# ASSESSMENT OF PERSONALITY CHARACTERISTICS AS ANINFLUENCER IN PERFORMANCE OF SPORTS AMONG COLLEGE PLAYERS

Tarun Goyat
Research Scholar
Kalinga University Raipur C G
Dr.Atul Shukla
Professor
Kalinga University Raipur C G

## ABSTRACT

*To achieve this goal, this article defines a coaching viewpoint from which a coach should assess and evaluate personality traits that have an impact on athletic performance in a team sport. Athletes competing in sports tournaments should begin the competition with the correct mentality in order to accomplish their best possible performance. Athletes who have been super stoked by personal, motivational, and environmental factors might benefit from the services of a sport psychologist, which cannot be overstated. A sport psychologist is uniquely qualified to deliver this type of treatment because of their training and experience. The findings of the study indicated statistically significant variations in personality characteristics between team sports. Champions of team sports were distinguished by a lower degree of neuroticism, a greater level of extraversion, and an open to new situations when compared to their counterparts in other activities. It was also verified that the degree of distribution of personality characteristics differed depending on the athletic discipline.*

**KEYWORDS:** Personality, Sport, Athlete, Extraversion, Neuroticism.

## I.  INTRODUCTION

Sport psychology academics have long been intrigued by the ways in which players' psychological and physical traits impact their overall performance. From any of this moment forward, it is evident that psychological qualities differ between athletes and teams who are more and much less effective. Athletes and teams who are less effective furthermore, it is believed that the capacity to mentally prepare is a vital part of such variances. The relevance of personality as a predictor of behavior performance has long been acknowledged in the field of psychology. Researchers have lately discovered that one's personality has a substantial impact on athletic performance. When athletes compete in a competitive sport, their fundamental personality qualities invariably influence how they act and perform on the field of play. According to the dictionary, personality is described as "psychological characteristics that contribute to an individual's persistent and distinctive patterns of feeling, thinking, and behaving." A five-factor model of personality

has emerged as a popular choice among trait theorists, according to a recent consensus. However, there are several personality tests available, but the Big-Five, or the Five-Factor Model, is a popular estimation method in the social sciences that has been widely accepted for several decades. That using five-factor model of personality, Blanco, Hill, and Piedmont discovered that it was possible to predict a player's success in sports based on his or her personality characteristics. There are five components to the big five model: extroversion, agreeableness, conscientiousness, neuroticism, and openness to experiencing new things. Various components of a person's personality traits, such as assertiveness, emotional stability, and the proclivity to suffer discomfort, are connected with these dimensions of personality. It is the first of the five personality types to be discussed: extraversion. Extraversion is concerned with an individual's inclination to be either extraverted or introverted and, consequently, whether or not a person is chatty, assertive, and social or not. The second component, neuroticism, displays an individual's emotional stability as well as their proclivity to suffer discomfort as well as their capacity to properly deal with any stressful scenario on an emotional level. It is common to correlate this component of personality with feelings of anxiety, despair, and worry. Extraversion and neuroticism are sometimes referred to as the "big two" personality characteristics.

## II. LITERATURE REVIEW

**Piepiora et al (2020)** to define personality profiles and determinants of athletic achievement in connection to the Big Five Personality Model, the article's goal is to use the Big Five Personality Model. For the purpose of achieving this goal, the personality characteristics of players from a variety of sports disciplines were compared to the personality attributes of winners, which are individuals who have achieved significant success in sporting tournaments. Following that, an attempt was made to discover which personality attributes are strongly associated with belonging to a group of champs, consequently, with sporting achievement. The subjects were young males between the ages of 20 and 29 who were drawn from the Polish sportsmen's community. A total of 1260 athletes were examined, with 118 of them being qualifying for the champions sample because they had achieved notable sporting achievements in the past. The NEO-FFI Personality Questionnaire was employed in this investigation. Statistical analysis included basic descriptive statistics, a series of Student's t-tests for independent samples using the bootstrapping approach, as well as the development of a logistic regression model. In comparison to other athletes, champions had lower levels of neuroticism and greater levels of extraversion, openness to experience, agreeableness, and conscientiousness, as well as higher levels of conscientiousness. Neuroticism was found to be a significant personality determinant: the lower the degree of neuroticism, the greater the likelihood that an athlete would be labelled as a champion is found. In terms of the Big Five, there are significant disparities between champions and other athletes in all of their personality aspects. A conclusion may be drawn from the findings of the study that personality differences should be considered as a consequence of athletes' success rather than as a cause of athletes' success, when evaluating athletes between the ages of 20 and 29 years old.

**Pawel Piepiora (2020),**is to establish the viewpoint from which a trainer must accurately assess personality factors that have an impact on team elite athletes. The participants in this study are Polish players (N = 300) in their senior years (20–29 years) from ten different team sports (each with an n = 30

participants). The NEO Five-Factor Inventory questionnaire was used to assess the personalities of a selection of champions (n = 13) drawn from the study population. The Big Five model was used to assess their personalities, and the results were compared to the sample population. All of the statistical analyses were carried out using the IBM SPSS Statistics programme, version 25. Team sports differed markedly in four personality traits, according to the findings of the study: neuroticism (introversion), extraversion (agreeability), and industriousness (conscientiousness). Champions of team sports were distinguished by a lower degree of neuroticism, a greater level of extraversion, and an openness to new experiences when compared to their counterparts in other sports. It was also verified that the degree of distribution of personality characteristics differed depending on the athletic discipline. Consequently, those mental training strategies that promote mental equilibrium, team communication, and strategic thinking abilities, and which show themselves in triggering start-up preparedness, must be given a prominent place in the training process.

**Wojciech Waleriaczyk (2020)** despite the fact that several research have examined the influence of perfectionism on athletic drive and emotions, studies investigating its significance in actual athletic performance are few and far between. Researchers in the present paper conducted two independent studies to examine the effects of two characteristics of perfectionism—perfectionist strivings and perfectionistic concerns—on performance in two different distances: a 10-kilometer street run (Study 1; n = 332) and a half-marathon (Study 2; n = 133). The findings were published in Psychological Science. Before the tournament, the competitors were required to complete a series of online questions. Perfectionism was found to be a significant predictor of running performance in

both trials, accounting for an extra 7 percent (Study 1) and 13 percent (Study 2) of variation beyond gender and age. More importantly, perfectionistic strivings attenuated the correlation between predicted and actual performance; yet, among perfectionistic persons, the associations were much larger than among non-perfectionists. Furthermore, Study 2 demonstrated that the effects remained significant after adjusting for the Big Five personality characteristics, indicating that they cannot be due to perfectionists' greater conscientiousness. Conclusion the research presented in this study is ground-breaking in that it demonstrates a statistically significant beneficial influence of perfectionistic strivings on athletic performance in distance running.

**Moşoi Adrian Alexandru et al (2013)** in this study, we aimed to uncover the psycho-motor elements that influence the position of competitors in the important in order system and to determine their strength. We presume that athletes who earn high results on tests of psycho-motor variables are also highly rated in their respective sports. The research was carried out on 67 sportsmen between the ages of 13 and 18 years. Participants were subjected to the Concentrated Attention Test, the Sport Motivation Scale SMS, the Tapping and Tracing test, the Revised NEO Personality-Inventory, and the Tapping and Tracing test in order to evaluate these predictors. The Revised NEO Personality-Inventory was used to measure personality. We discovered one predictor on the mental level (duration attention), one factor on the motor-coordination level (tracing left hand), and one predictor on the personality level through our survey (wish to succeed). After everything is said and done, players who possessed highly developed psycho-motor abilities also achieved a high ranking in the national ranking.

**Matthew E. Smallwood (2009),** was to

investigate the effect of player motivation and judgment on the link between athletic ability and athletic performance in a sport. Motivation and cognitive capacity in connection to athletic performance have gotten a great deal of attention in the existing empirical literature, while athlete judgment has gotten comparatively less attention from researchers. As a result, it was predicted that top achievers would have higher judgment and motivation ratings than low performers. According to the findings, the capacity to make strategic judgments, as operationalized by Systemic Judgment, may be a predictor of athletic performance in some cases.

## III. RESEARCH METHODOLOGY

### Participants

In this research, 100 college players (63 males and 37 females) ranging in age from 18 to 30 years (mean/standard deviation: 25.09/1.58) participated. The information was acquired from three colleges using a method called as purposive sampling.

### Personality Questionnaires

The NEO personality inventory modified (NEO-PI-R) was used to evaluate the participants' personalities. With the 50-item IPIP self-report, which is based on five aspects of the Big Five, including extraversion, neuroticism, openness, agreeableness, and conscientiousness, you may learn more about yourself. Furthermore, according to a 5-point Likert scale (strongly disagree to strongly agree).

To evaluate the competence of a trainer, game performance, playerness of a team, athletic ability, and work ethic, the ratings of five dimensions of performance-relevant variables were utilized in conjunction with player ratings on five dimensions of performance-relevant variables. The ratings were given on a Likert scale ranging from 1 to 7. (Below average to above average). Through the use of averages, the credibility of each rating was improved and improved in all aspects of the rating system when it came to coach ability, the effective average reliability was 0.71, but it was 0.81 when it came to game performance.

### Data Collection

Prior to data collection, the authors were asked for permission to use the tools in this study, which was obtained before data collection began. The ethical review panel also gave its formal approval, which was obtained in addition. After understanding the purpose and goal of the research to the participant, he or she was asked for their consent. Before giving the questionnaire, it was necessary to establish a rapport with the participants. They were given the assurance that all of the material would be kept strictly private. First and first, the participants were handed a demographic information sheet in order to get information on their age, education, and place of residence. For their involvement and cooperation in the study, they received a certificate of appreciation. The descriptive correlational approach was used in this investigation. The information was gathered through the use of questionnaires and a field study approach.

## IV. DATA RESULTS

Descriptive method was used to describe and categories original data, as well as to measure the mean, frequency, standard deviation, and table design, among other things. For the purpose of forecasting athletes' athletic performance, regression analysis was performed. The following is a breakdown of the demographic profile of those who

responded: -

**Table 1 Characteristic of Respondents (N=100)**

| Respondent's Characteristics | N | M (SD) |
|---|---|---|
| **Gender** | | 25.09 (1.58) |
| Male | 63 | |
| Female | 37 | |
| **Education** | | |
| BS (Hons)/ Master | 77 | |
| M. Phil/ M.S | 23 | |
| **Residence** | | |
| Urban | 42 | |
| Rural | 58 | |
| Sports Game | | |
| Cricket | 25 | |
| Football | 30 | |
| Badminton | 17 | |
| Hockey | 27 | |

**Table 2 Correlation among Personality Characteristics and Sports Performance (N=100)**

| Variables | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|---|---|---|---|---|---|---|---|---|
| 1.Neuroticism | - | .41* | -.39** | -.44** | -.19** | -.28** | -.35 | -.41** |
| 2.Extraversion | | - | .29* | .24* | .37** | .45** | .49** | .51** |
| 3.Agreeableness | | | - | .39** | .35** | .58** | .55** | .56** |
| 4.Conscientiousness | | | | - | .39** | .55** | .51** | .56** |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 5.Openness | | | | | - | .38** | .41** | .37** |
| 6.Coach Ability | | | | | | - | .52** | .60** |
| 7.Athletic Ability | | | | | | | - | .53** |
| 8.Game Performance | | | | | | | | - |
| 9.Team Playerness | | | | | | | | |
| 10.Work Ethic | | | | | | | | |
| 11. Overall Sports Performance | | | | | | | | |

*p<.05; **p<.01

In accordance with the findings of Table 2, neuroticism is a personality trait that is significantly negative associated with the ability of a coach and the ability of an athlete. It is also associated with game performance, team playerness, work ethic, and overall sports performance among university athletes. Extraversion, conscientiousness, openness, and agreeableness, on the other hand, are significantly and positively related with the ability of a coach, the ability of an athlete, game performance, team playerness, work ethic, and as a whole sports performance among college sportsmen, according to the findings.

**Table 3 Multiple Regression Evaluation for Finding the Prediction of Personality Characteristics in Sports Performance (N=100)**

| Variables | Sports Performance | | | |
|---|---|---|---|---|
| | R2 | F | B | 95% CI |
| | .47 | 39.51** | | |
| Neuroticism | | | -.11 | [-.29, .05] |
| Extraversion | | | .06 | [-.13, .25] |
| Agreeableness | | | .38** | [.19, .54] |
| Conscientiousness | | | .31** | [.18, .50] |
| Openness | | | .24** | [.11, .38] |

**p<.01; *p<.05

The findings of Table 3 demonstrate that the entire model explains 47 percent of variance in sports performance, with F 39.51 and p.01 indicating a significant relationship. Sports performance is found to be significantly predicted by three personality traits: conscientiousness, agreeableness, and openness, according to this model. Therefore, agreeableness, conscientiousness, and openness have a considerable impact on athletic performance amongst college players, according to the findings.

The purpose of this study is to determine whether or not personality characteristics are a predictor of athletic performance among university athletes. The present research revealed that extraversion, conscientiousness, openness and agreeableness were significantly and positively correlated with the ability of a coach, the ability of an athlete, game performance, team playerness, work ethic and overall sports performance among university athletes. The results of the present research are shown in Table 2. The majority of past studies have looked into how different components of one's personality are associated with one's ability to excel in sports. For example, a large number of scholars investigated the association between personality characteristics and sports performance results. It seems from the majority of them that football players' ranks were favorably connected with personality attributes such as agreeableness and conscientiousness. Matsumoto, Takeuchi, Nakajima, and Iida (2000) hypothesize that the attribute of conscientiousness is associated with adherence to training, and that this element, as a result, causes athletes to feel less anxious and more confident in their abilities. Other backgrounds are associated with better outcomes in athletics, with the attribute of conscientiousness being the most strongly associated with them.

As shown in Table 2, the results of this study discovered that neuroticism was a personality characteristic that was strongly and adversely connected with coach ability, athlete ability (game performance), team playerness, work ethic, as well as overall sports performance among university players. A previous study by Teshome et al. (2015) discovered that emotionality was substantially inversely linked with athletic performance in men's basketball. A similar conclusion was discovered by Favor (2011), who discovered that emotional instability (e.g., neuroticism) was associated with an athlete's degree of coach ability. These early findings provide some insight into the relationship between personality and coaching abilities, as well as how guiding athletes who are less neurotic may perform for the advantage of the team.

The findings of this study are summarized in Table 3, which concludes that the overall model accounts for 47 percent of the variance in sports performance. The characteristics of conscientiousness, agreeableness, and openness are shown to be important predictors of athletic performance. Researchers Singh (2013) discovered that one's level of conscientiousness was a significant predictor of athletic performance in a previous research. The same findings were published in another study, which found that the level of conscientiousness had a considerable influence on athletic performance. Others research conducted in the West, however, came to the conclusion that other personality traits such as openness, agreeableness, extraversion, and neuroticism were not substantially associated with athletic performance.

## V. CONCLUSION

It is determined that the personality qualities of extraversion, agreeableness,

conscientiousness, and openness are all favorably related with athletic performance and success. Positive personality qualities, such as extraversion, agreeableness, conscientiousness, and openness, can help university players perform at a higher level in athletic competition. Sporting athletes with emotional problems (neuroticism) on the other hand, struggle to attain good results in competition. Aside from that, agreeableness, conscientiousness, and openness are all proven to be significant predictors of athletic success among college players.

**REFERENCES**

1. Piepiora, P.; Piepiora, Z.Personality Determinants of Success in Men's Sports in the Light of the BigFive.Int. J. Environ. Res. Public Health2018, 6297

2. Moşoi Adrian Alexandru et al (2013)," Predictors of tennis performance of junior players", Procedia - Social and Behavioral Sciences

3. Matthew E. Smallwood (2009)," Predicting Athletic Performance: The Effects of Judgment and Motivation",

4. Meyer, B. B., & Fletcher, t. B. (2007). Emotional intelligence: A theoretical overview and implications for research and professional practice in sport psychology. Journal of Applied Sport Psychology, 19, 1-15.

5. Laurin, R. (2009). The influence of the "Big Five" factors on the demands-abilities fit in soccer academics. Perceptual & Motor Skills, 109, 239-251.

6. Kaiseler, M., Polman R. C. J., & Nicholls, A. R. (2012). Effects of the Big Five personality dimensions on appraisal coping, and coping effectiveness in sport. European Journal of Sport Science, 12, 62-73.

7. Hoffman, S. J. (2013). Introduction to Kinesiology, Fourth Edition. Champaign, IL: Human Kinetics.

8. Hellison, D. (2011). Teaching Personal and Social Responsibility through Physical Activity. Champaign, IL: Human Kinetics.

*****