



# A Comparative Analysis of Personality Traits of Jumpers: A Key to Towards Success

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## Abstract

*Thus the aim of this study was to determine the comparative analysis of personality traits of jumpers. To obtain data, the investigators had selected Sixty (N=60), Male Inter-College and Inter-University Level Sprinters between the age group of 18-25 years (Mean  $\pm$  SD: age 20.683 $\pm$ 2.02 years, height 5.7449 $\pm$ 26.3 m, body mass 76.400 $\pm$ 14.3 kg) were selected. The subjects were purposively assigned into three groups: Group-A: Sprinters (n<sub>1</sub>=60) Inter-College (n<sub>1a</sub>=30) and Inter-University (n<sub>1b</sub>=30). To determine the significant differences of motor fitness components between Inter-College and Inter-University Sprinters, unpaired t-test was employed for data analyses. To test the hypothesis, the level of significance was set at 0.05. To conclude, it is significant to mention in relation to Personality Traits that insignificant differences occurs between Inter-College and Inter-University Jumpers on the factors A, B, F, G, H, I, L, N, O, Q2, Q3 and Q4. However, the significant differences occur between Inter-College and Inter-University Jumpers on the factors C, E, M and Q1.*

**Keywords:** Personality traits, jumpers.

## Introduction

In psychology, personality is a collection of emotions, thoughts and behaviour patterns unique to a person. There are several theoretical perspectives on personality in psychology which involve different ideas about the relationship between personality and other psychological construct as well as different theories about the way personality develops. Some of the important psychological theories are: Psychodynamic theory explains human behaviour in terms of interaction between the various components of personality. Sigmund Freud was the pioneer of this theory. Freud's methods of treating personality were primarily based on self analysis and extensive clinical observations of neurotics. In Freud's view id, ego and super ego are the three components of personality. Id is the pleasure seeking mechanism. In contrast, the Ego represents the conscious, logical, reality oriented aspect of the personality. The superego is the internalized standard of society entrusted upon the person by parental control and the process of socialization. As per Freud, personality is shaped by the interaction of these three components. Ciaran<sup>1</sup> Compare the personality profile of rowers, canoeists, judo players, archers and cross-country runners, by using Cattell 16PF questionnaire. Personality differences among these groups have been found. Cross-country runners had a very low score on factor F; this indicates taciturn, cautious, deliberate individuals, suited to monotonous and repetitive situations. The rowers, they also had the highest Q<sub>3</sub> scores, indicative of self-discipline and

compulsive tendencies. As regard to personality dimensions, cross-country runners contrasted significantly with judo players. They had the highest F score—impulsive, quick and alert, and the lowest Q<sub>3</sub> score—less self-controlled and disciplined. Judo players were also the most assertive in contrast to the archers who were least in this. Bruce<sup>2</sup> Investigate the Personality Profile at Various Level of Athletic Participation. The entire group was characterized by being more extraverted and fewer neurotics (compared to population norms); sex differences were exhibited, female profiles being higher on emotionality and lower on Psychoticism (tough-mindedness) with no significant difference being observed in mean Extraversion scores. When grouped in terms of 'level of competitive involvement', top-class male athletes were shown to be significantly more tough-minded and less stable than middle- or lower-class participants, an almost opposite trend being found in females, where top athletes were liable to be more extroverted, less neurotic and less aggressive and tough-minded than the other classes. Dennis, et al.<sup>3</sup> analyses the personality characteristics of male and female participants in team sport. To obtain the purpose of the study, male members of two college teams, baseball and football, and female members of two teams' field hockey and lacrosse (combined) and equestrians, were compared on the five scales of the Zuckerman-Kuhlman Personality Questionnaire (ZKPQ)<sup>4</sup>. All teams were significantly higher on the activity and lower on the Neuroticism-Anxiety scales than the general college population of the University of Delaware. Mahin and Mohammad<sup>5</sup> conducted a study on comparison of Athlete Personality Characteristics in Individual and Team Sports. The results

revealed that individual sport athletes scored significantly higher on conscientiousness and autonomy than did team sport athletes. The team sport athletes scored significantly higher on agreeableness and sociotropy than the individual sport athletes. No significant difference was found between the two groups on neuroticism, extraversion, and openness. It can be concluded that athletes' personality characteristics are different for individual and team sports. Marina and Sabah<sup>4</sup>, found that participation in sports has a positive effect on the personality characteristics of people.

### Methodology

**Selection of Subjects:** For the purpose of the present study, Sixty (N=60), Male Inter-College and Inter-University Level Sprinters between the age group of 18-25 years (Mean ± SD: age 20.683±2.02 years, height 5.7449±26.3 m, body mass 76.400±14.3 kg) were selected. The subjects were purposively assigned into three groups: Group-A: Sprinters (n<sub>1</sub>=60). Inter-College (n<sub>1a</sub>=30) and Inter-University (n<sub>1b</sub>=30)

**Selection of variables:** A feasibility analysis as to which of the variables could be taken up for the investigation, keeping in view the availability of tools, adequacy to the subjects and the

legitimate time that could be devoted for tests and to keep the entire study unitary and integrated was made in consultation with experts. With the above criteria in mind, the following variables were selected for the present study.

**Personality traits:** The personality traits scores of the subjects (Jumper) were obtained by using Sixteen Personality factors (16 PF) Questionnaire developed by Raymond B. Cattell (1962).

**Statistical Technique Employed:** To determine the significant differences of Personality Traits between Inter-College and Inter- University Jumpers, unpaired t-test was employed for data analyses. To test the hypothesis, the level of significance was set at 0.05.

### Results and Discussion

The results of Personality Traits of Inter-College and Inter-University level Jumpers are presented in the following tables and their interpretations are given accordingly. Graphical representation of each variable is also presented for mean comparison. Further discussion of finding is initiated for better understanding of results.

Table-1

Significant Differences in the Mean Scores of Inter-College and Inter-University Jumpers on the Variable Personality Traits

Variables	Mean		SD		Mean Difference	t-value	p-value
	Inter-College	Inter-University	Inter-College	Inter-University			
Factor-A	4.6667	4.8667	1.47001	1.35782	.20000	.547	.586
Factor-B	5.8333	6.3793	1.59921	1.37357	.545	1.405	.168
Factor-C	5.2667	8.0000	1.55216	1.46217	2.73333	7.021*	.000
Factor-E	5.8667	7.5333	1.71672	1.50249	1.66667	4.001*	.000
Factor-F	5.4333	5.9667	1.33089	1.80962	.533	1.300	.199
Factor-G	6.8000	6.0333	1.76947	1.77110	.766	1.677	.099
Factor-H	5.6333	5.8000	1.79046	1.54026	.16667	.387	.701
Factor-I	5.0000	4.5000	1.64002	1.38340	.50000	1.276	.207
Factor-L	5.4000	4.9333	1.79271	1.52978	.46667	1.085	.283
Factor-M	5.7333	3.7667	1.77984	1.35655	1.96667	4.813*	.000
Factor-N	5.3667	5.5333	1.58622	1.43198	.16667	.427	.671
Factor-O	5.3000	4.4667	1.70496	1.54771	.8333	1.982	.052
Factor-Q1	4.5333	7.6000	1.49482	1.40443	3.06667	8.374*	.000
Factor-Q2	5.1667	5.9333	1.85850	1.91065	.76667	1.575	.121
Factor-Q3	5.7000	5.4333	1.76459	1.86960	.26667	.568	.572
Factor-Q4	6.4000	6.0667	1.54474	1.38796	.33333	.879	.383

\*Significant at 0.05 level, t<sub>05</sub> (58)

**Factor-A (Cool v/s Warm):** A glance at table-10 shows the results of Inter-College and Inter-University jumpers with regard to personality traits. The descriptive statistics shows the Mean and SD values of Inter-College jumpers on the factor-A as 4.6667 and 1.47001 respectively. However, Inter-University jumpers had Mean and SD values as 4.8667 and 1.35782 respectively. The 't'-value .547 as shown in the table above was found statistically insignificant ( $p>.05$ ).

**Factor-B (Concrete Thinking v/s Abstract Thinking):** The descriptive statistics shows the Mean and SD values of Inter-College jumpers on the factor-B as 5.8333 and 1.59921 respectively. However, Inter-University jumpers had Mean and SD values as 6.3793 and 1.37357 respectively. The 't'-value 1.405 as shown in the table above was found statistically insignificant ( $P>.05$ ).

**Factor-C (Affected by Feeling v/s Emotional Stable):** The descriptive statistics shows the Mean and SD values of Inter-College jumpers on the factor-C as 5.2667 and 1.55216 respectively. However, Inter-University Jumpers had Mean and SD values as 8.0000 and 1.46217 respectively. The 't'-value 7.021 as shown in the table above was found statistically significant ( $P<.05$ ).

**Factor-E (Submissive v/s Dominant):** The descriptive statistics shows the Mean and SD values of Inter-College jumpers on the factor- E as 5.8667 and 1.71672 respectively. However, Inter-University jumpers had Mean and SD values as 7.5333 and 1.50249 respectively. The 't'-value 4.001 as shown in the table above was found statistically significant ( $P<.05$ ).

**Factor-F (Sober v/s Enthusiastic):** The descriptive statistics shows the Mean and SD values of Inter-College jumpers on the factor-F as 5.4333 and 1.33089 respectively. However, Inter-University jumpers had Mean and SD values as 5.9667 and 1.80962 respectively. The 't'-value 1.300 as shown in the table above was found statistically insignificant ( $P>.05$ ).

**Factor-G (Expedient v/s Conscientious):** The descriptive statistics shows the Mean and SD values of Inter-College jumpers on the factor-G as 6.8000 and 1.76947 respectively. However, Inter-University jumpers had Mean and SD values as 6.0333 and 1.77110 respectively. The 't'-value 1.677 as shown in the table above was found statistically insignificant ( $P>.05$ ).

**Factor-H (Shy v/s Bold):** The descriptive statistics shows the Mean and SD values of Inter-College jumpers on the factor-H as 5.6333 and 1.7904 6respectively. However, Inter-University jumpers had Mean and SD values as 5.8000 and 1.54026 respectively. The 't'-value .387 as shown in the table above was found statistically insignificant ( $P>.05$ ).

**Factor-I (Tough Minded v/s Tender Minded):** The descriptive statistics shows the Mean and SD values of Inter-College Jumpers on the factor-I as 5.0000 and 1.64002

respectively. However, Inter-University jumpers had Mean and SD values as 4.5000 and 1.38340 respectively. The 't'-value 1.276 as shown in the table above was found statistically insignificant ( $P>.05$ ).

**Factor-L (Trusting v/s Suspicious):** The descriptive statistics shows the Mean and SD values of Inter-College jumpers on the factor-L as 5.4000 and 1.79271 respectively. However, Inter-University Jumpers had Mean and SD values as 4.9333 and 1.52978 respectively. The 't'-value 1.085 as shown in the table above was found statistically insignificant ( $P>.05$ ).

**Factor-M (Practical v/s Imaginative):** The descriptive statistics shows the Mean and SD values of Inter-College jumpers on the factor-M as 5.7333 and 1.77984 respectively. However, Inter-University jumpers had Mean and SD values as 3.7667 and 1.35655 respectively. The 't'-value 4.813 as shown in the table above was found statistically significant ( $P<.05$ ).

**Factor-N (Forthright v/s Shrewd):** The descriptive statistics shows the Mean and SD values of Inter-College jumpers on the factor-N as 5.3667 and 1.58622 respectively. However, Inter-University jumpers had Mean and SD values as 5.5333 and 1.43198 respectively. The 't'-value .427 as shown in the table above was found statistically insignificant ( $P>.05$ ).

**Factor-O (Self Assured v/s Apprehensive):** The descriptive statistics shows the Mean and SD values of Inter-College jumpers on the factor-O as 5.3000 and 1.70496 respectively. However, Inter-University jumpers had Mean and SD values as 4.4667 and 1.54771 respectively. The 't'-value 1.982 as shown in the table above was found statistically insignificant ( $P>.05$ ).

**Factor-Q<sub>1</sub> (Conservative v/s Experimenting):** The descriptive statistics shows the Mean and SD values of Inter-College jumpers on the variable of Factor-Q<sub>1</sub> as 4.5333 and 1.49482 respectively. However, Inter-University jumpers had Mean and SD values as 7.6000 and 1.40443 respectively. The 't'-value 8.374 as shown in the table above was found statistically significant ( $P<.05$ ).

**Factor-Q<sub>2</sub> (Group oriented v/s Self Sufficient):** The descriptive statistics shows the Mean and SD values of Inter-College jumpers on the factor-Q<sub>2</sub> as 5.1667 and 1.85850 respectively. However, Inter-University jumpers had Mean and SD values as 5.9333 and 1.91065 respectively. The 't'-value 1.575 as shown in the table above was found statistically insignificant ( $P>.05$ ).

**Factor-Q<sub>3</sub> (Undisciplined v/s Following Self-image):** The descriptive statistics shows the Mean and SD values of Inter-College jumpers on the factor-Q<sub>3</sub> as 5.7000 and 1.76459 respectively. However, Inter-University jumpers had Mean and SD values as 5.4333 and 1.86960 respectively. The 't'-value .568 as shown in the table above was found statistically insignificant ( $p>0.05$ ).

**Factor-Q<sub>4</sub> (Relaxed v/s Tense):** The descriptive statistics shows the Mean and SD values of Inter-College jumpers on the variable of Factor- Q<sub>4</sub> as 6.4000 and 1.54474 respectively. However, Inter-University jumpers had Mean and SD values as 6.0667 and 1.38796 respectively. The 't'-value .879 as shown in the table above was found statistically insignificant (P>.05).

## Conclusions

Based on the findings of this study, the following conclusions were drawn: To conclude, it is significant to mention in relation to Personality Traits that insignificant differences occurs between Inter-College and Inter-University Jumpers on the factors A, B, F, G, H, I, L, N, O, Q<sub>2</sub>, Q<sub>3</sub> and Q<sub>4</sub> . However, the significant differences occur between Inter-College and Inter-University Jumpers on the factors C, E, M and Q<sub>1</sub>.

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