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## **A comparative study on personality traits of bachelor of physical education and bachelor of education of Sardar Patel University**

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### **Abstract**

To study the personality traits of Bachelor of Physical Education and Bachelor of Education of Sardar Patel University, Anand, Gujarat and to compare the personality dimensions of Bachelor of Physical Education and Bachelor of Education. The sample consists of hundred Bachelor of Physical Education and Bachelor of Education of Sardar Patel University, Anand, Gujarat. The subjects were drawn from the colleges affiliated to Sardar Patel University, Anand, Gujarat. Random Sampling Technique was employed to select the subjects. The researcher will use survey research methodology for the study. Agya Jit Singh's Sports Specific Personality Test has been taken to assess the personality traits. This questionnaire consisted of hundred statements. Student's t test has been applied to find out the significant differences among two groups at 0.05 levels of significance. The collected data were tabulated to find out the difference of sports personality dimensions among two groups. There has been significant difference between Bachelor of Physical Education and Bachelor of Education of Sardar Patel University, Anand, Gujarat on Sociability. There has been significant difference between Bachelor of Physical Education and Bachelor of Education on Dominance, extraversion. There has been significant difference between Bachelor of Physical Education and Bachelor of Education on Conventionality.

**Keywords:** Bachelor of physical education, bachelor of education, personality traits

### **Introduction**

According to Phares and Chaplin, "Personality has been defined as a unique pattern of characteristic, thoughts, feelings and behaviors that distinguish one person from another and that persist over time and situations." Personality traits are organized in a structural hierarchy. Sports personality is a product of biological and cultural heritage. It reveals the psychological makeup of an individual through his behavior. In fact, it is the quality of a person's total behavior. In a review of numerous studies conducted that eight personality traits were closely linked to athletic performance—emotional stability, tough-mindedness, conscientiousness, self-discipline, self-assurance, trust, extraversion and low tension. This was supported in research by who found that athletes were more likely to have stable and extravert personalities than non-athletes. The literature shows that athletes in one sport often differ in personality type and profile from athletes in other sports. Athletes differ from non-athletes on many personality traits. It is often a matter of conjecture whether these differences favour the Athletes and Non-Athletes. Personality research in sports has considered whether particular personality traits are related to the sports which people take up, the positions they take on a team and their success in sports. Overall personality is seen as only one of several factors which are related to sports performance.

### **Methodology**

#### **➤ Objective of the study**

The objectives of the study are stated as follows:

1. To study the personality traits of Bachelor of Physical Education and Bachelor of Education of Sardar Patel University, Anand, Gujarat
2. To compare the personality dimensions of Bachelor of Physical Education and Bachelor of Education.

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**Subjects**

The sample consists of hundred Bachelor of Physical Education and Bachelor of Education of Sardar Patel University, Anand, Gujarat. The subjects were drawn from the colleges affiliated to Sardar Patel University, Anand, Gujarat. Random Sampling Technique was employed to select the subjects. The researcher will use survey research methodology for the study.

**Questionnaire Used**

Agya Jit Singh's Sports Specific Personality Test has been taken to assess the personality traits. This questionnaire consisted of hundred statements.

**Statistical Technique**

Student's t test has been applied to find out the significant differences among two groups at 0.05 levels of significance. The collected data were tabulated to find out the difference of sports personality dimensions among two groups.

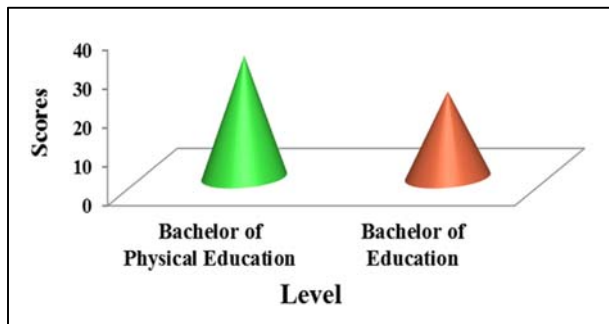
**Results and Discussion**

**Table 1:** Means, SDs. & T-Values of Personality Traits of Bachelor of Physical Education and Bachelor of Education

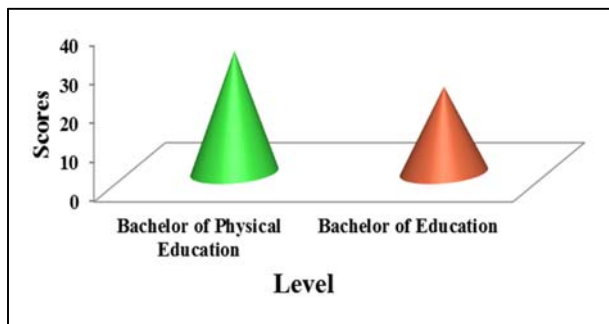
S. No.	Dimensions	Bachelor of Physical Education		Bachelor of Education		T -Values
		Mean	S. D.	Mean	S. D.	
1.	Sociability	33.6	2.84	28.9	1.69	7.07*
2.	Dominance	31.5	1.98	26.1	2.08	9.40*
3.	Extraversion	27.2	1.23	21.5	1.36	15.7*
4.	Conventionality	31.2	2.15	22.0	1.84	16.2*

\* Significance at 0.05 level of confidence.

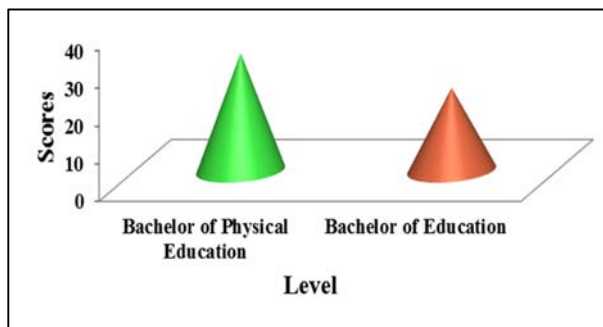
The above table shows that the dimensions of sports personality Sociability, Dominance, Extraversion and Conventionality are significant at 0.05 level of confidence. It shows that the mean scores for the Bachelor of Physical Education and Bachelor of Education differ significantly. The result indicate that mean scores of athletes are higher than non-athletes in Sociability, Dominance, Extraversion and Conventionality dimensions depicting that Bachelor of Physical Education are more better personality traits than Bachelor of Education.



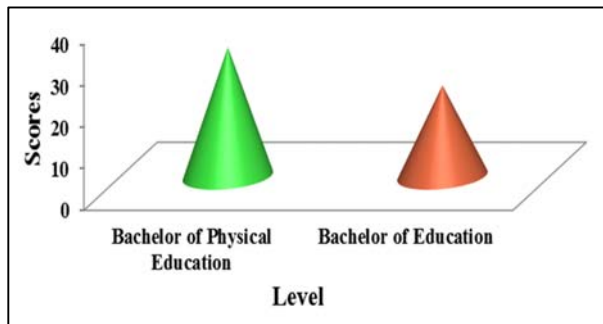
**Fig 1:** Comparison of Mean Score of Sociability between Bachelor of Physical Education and Bachelor of Education



**Fig 2:** Comparison of Mean Score of Dominance between Bachelor of Physical Education and Bachelor of Education



**Fig 3:** Comparison of Mean Score of Extraversion between Bachelor of Physical Education and Bachelor of Education



**Fig 4:** Comparison of Mean Score of Conventionality between Bachelor of Physical Education and Bachelor of Education

The means of all personality dimensions of Bachelor of Physical Education and Bachelor of Education was significant at 0.05 levels of confidence. Hence all hypotheses are accepted.

**Conclusions**

On the basis of the findings of the study the following conclusions have been drawn:

1. There has been significant difference between Bachelor of Physical Education and Bachelor of Education of Sardar Patel University, Anand, Gujarat on Sociability.

2. There has been significant difference between Bachelor of Physical Education and Bachelor of Education on Dominance, extraversion.
3. There has been significant difference between Bachelor of Physical Education and Bachelor of Education on Conventionality.

### **Recommendations**

1. This study may be taken for female inter university and national level sports and on team games.
2. Similar study may be taken on other psychological variables like anxiety, stress and aggression on another group of athletes.

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