RELATIONSHIP BETWEEN PERSONALITY AND PHYSICAL SELF-PERCEPTION AMONG STUDENTS OF KASHMIR UNIVERSITY

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ABSTRACT:

This study was conducted on the students of the Kashmir University Hazratbal Srinagar. The purpose of this study was too seeing the relationship between personality and physical self-perception among students of University of Kashmir. The tools used in this study were the two questionnaires, which comprise of Big Five Inventory (BFI) and Physical Self-Description Questionnaire (PSDQ). The study was delimited to the Kashmir University students only. The study was delimited to 90 Kashmir University students. The study was further delimited among university students age ranged between 19-30 years. The results of this study show that there is a significant relationship between personality and physical self-perception among students of Kashmir University Hazratbal Srinagar.

KEY WORDS: *Extraversion, Neuroticism, Openness, Conscientiousness.*

INTRODUCTION

The meaning of any term is arbitrary. This also holds true in case of the word personality. To arrive at its meaning; we have to trace the historical root of the word. The term personality has been derived from the Latin word "persona" that was associated with the Greek theatre in ancient times Persona means a mask which the Greek actor commonly used to wear covering their faces when they worked on the stage. The mask, worn by the actors was called persona. According to the concept of mask personality was thought to be the effect and influence which the individual wearing a mask left on the audience. Even today, for a layman personality means the effect which an individual leaves on the other people. Precisely we can say that the mask or persona implied a cover the real person behind it. It was developed on the basis of Plato's idealistic philosophy who believed that personality is a mere façade for some substances. Personality as a stimulus:- some psychologists define personality in terms of its social stimulus values, how an individual affects other persons with whom he comes in contact whether he is impressive or repulsive or has a dominating or submissive personality.

DIMENSIONS OF PERSONALITY

Personality researchers have proposed that there are five basic dimensions of personality. Today, many contemporary personality psychologists believe that there are five basic dimensions of personality, often referred to as the "BIG FIVE PERSONALITY TRAITS". Evidence of this theory has been growing over the past 50 years beginning with the research of D.W.Fiske (1949) and later expanded upon by other researchers including Norman (1967), Smith (1967), Goldberg (1981) and McCrae and Costa (1987). The "BIG FIVE" are broad categories of personality trait. While there is a significant body of literature supporting this 5-factor model of personality, researchers don't always agree on the exact labels for each dimension. However, these five categories are usually described as follows:

1. Extraversion:-This trait includes characteristics such as excitability, sociability, talkativeness, assertiveness and high amounts 'of, emotional expressiveness.

2. Agreeableness:-This personality dimension includes attributes such as trust, altruism, kindness, affection and other pro-social behavior

3. Conscientiousness:-Common features of this dimension include high levels of thoughtfulness, with good impulse control and goal directed behavior. Those high in conscientiousness tend to be organized and mindful of details.

4. Neuroticism:-Individuals high in this trait tend to experience, emotional instability, anxiety, moodiness, irritability and sadness.

5. Openness:-This trait features characteristics such as imagination: and insight and those high in this trait also tend to have a broad range of interests.

PERCEPTION

Perception is the organization, identification and interpretation of sensory information in order to represent and understand the environment. All perception involves signals in the nervous system which in turn result from physical stimulations of the sense organs. E.g. vision involves light striking the retina of the eyes, smell is mediated by odor molecules and hearing involves pressure waves.

Perception is a process by which individuals organize and interpret their impressions in order to give meaning to their environment. Individuals behave in a given manner based not on the way their environment, actually is but, rather on what they see or believe it to be organization may spend millions of dollars to create a pleasant work environment for its employees.

PHYSICAL SELF PERCEPTION

It is the general term that denotes all aspects of a person's perception of their physical self-including evaluation and descriptive elements.

The importance of self-concept as a major determinant of behavior has long been recognized throughout the history and educational and social psychology. However, self-concept researchers who have relied primarily on the single self- concept have not provided strong support for their interpretations.

STATEMENT OF THE PROBLEM

The present study entitled as: "Relationship between personality and physical self-perception among students of Kashmir University."

METHODOLOGY AND PROCEDURE

The procedure adopted in selecting the subjects, variables, criterion L, measure along with the procedure used in the collection of data and the statistical techniques used in the analysis are described.

SELECTION OF SUBJECTS

Subjects have been selected who were students of university age ranged from 18-30. Total number of 90 students were selected from University of Kashmir campus.

SELECTION OF TOOLS

The investigators selected two questionnaire comprises of Big Five Inventory (BFI) and Physical Self - Description Questionnaire (PSDQ). Big Five includes five variables and PSDQ consists of 11 variables.

SELECTION OF VARIABLES

The Investigators had chosen variables that represent personality (Big Five Inventory) and Physical Self-Description Questionnare. Big Five includes extraversion, agreeableness, conscientiousness, neuroticism and openness. While as physical self-description questionnaire (PSDQ) includes strength, body fat, physical activity, endurance, sports competence, co-ordination, health, appearance, flexibility, global physical concept and self- esteem.

ADMINISTRATION OF TEST

Investigators distributed questionnaire among university students and the questionnaire comprises of big five and PSDQ which includes number of variables. Such as in BFI, the variables are extraversion, Agreeableness, conscientiousness, neuroticism and openness In PSDQ there are variables such as strength, body fat, physical activity, endurance, health, sports competence, co-ordination, appearance, flexibility, global physical concept and self- esteem. These tools which include a number of variables represent the personality of university students.

RESULTS

Analysis of data, interpretation of findings and discussion of results have been shown. The entire analysis was carried out by using statistical software SPSS version 19. The outputs generated by statistical software are presented in Tables.

The Descriptive statistic like Mean and Standard deviation for Big five Personality Factor and Physical Self- description questionnaire are presented in Table 1 & 2.

Table 1
Descriptive Statistics of Physical Self-Description Variables of University Students

S No.	Variables	Means	Std. Deviation
1	Strength	11.6444	4.33774
2	Body fat	15.1222	3.49583
3	Physical activity	10.8444	5.23152
4	Endurance	9.6556	4.36318
5	Sports competency	9.4889	5.55513
6	Coordination	20.4667	6.61833
7	Health	21.2444	7.08109
8	Appearance	13.3333	3.69938
9	Flexibility	10.6333	4.07913
10	Global physical self-concept	14.0000	3.82775
11	Self esteem	22.0778	4.68377

Table 1 shows the descriptive profile static of physical self- description among university students and shows the difference between standard deviation and mean of these variables. Strength, global physical self- concept, flexibility, appearance, health, endurance. Body fat, physical activity and sports competency are highly varied, self- esteem have average variability. Table also shows that the variables which have variation in strength, global physical self- concept, flexibility, appearance, health, coordination, endurance and body fat are found these students describe themselves more flexible, possessing good strength, body fat, coordination etc while some describe themselves less flexible, having lack of strength, endurance etc.

Table 2
Descriptive Statistics of Personality Factors of Universit Students

S No.	Variables	Means	Std. Deviation
1	Extraversion	24.7222	5.88853
2	Agreeableness	34.7222	5.42161
3	Conscientiousness	30.2778	6.39703
4	Neuroticism	24.0111	5.89705
5	Openness	34.5889	6.38625

Table 2 shows the difference between the personality factors of university Students, which shows normal variation between mean and standard deviation of all variables i.e., extraversion, Agreeableness, conscientiousness, neuroticism and openness.

DISCUSSION OF FINDINGS

This study was undertaken to study the relationship between personality and Physical self-perception among university students. The Findings of results were discussed below:

1. Extraversion:-

The relationship between Extraversion with some variables of Physical Self-Description (PSDQ) reveals that those students who are energetic, Positive emotional, assertive, seek company of others, those who are talkative are likely to describe themselves as more strong, better sports competent, having better coordination, healthier and good looking and having more self-esteem.

2. Agreeableness:-

The relationship between Agreeableness and some variables of Physical Self-Description (PSDQ) reveals that the students are trust Worthy, kind, affectionate and sociable and describe themselves as Physically active, having better coordinative abilities, healthier possessing good appearance, are obese.

3. Conscientiousness:-

The relationship between Conscientiousness with certain variables Of Physical Self-Description (PSDQ) reveals that the students who are thoughtful, behave in a better way and are intelligent describe themselves as physically fit and sports competent.

4. Neuroticism:-

The relationship between Neuroticism and some variables of Physical Self-Description (PSDQ) reveals that the students who are emotionally Unstable, anxious, moody, irritable and sad describe themselves as Physically weak, less sports competent, less coordinative, unhealthy and are not good looking.

5. Openness:-

The relationship between Openness and some variables of Physical Self-Description (PSDQ) reveals that the students who are imaginative, having insight, interest in doing things describe themselves as physically strong, better coordinative, healthier, good looking but they describe themselves as physically inactive.

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