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PERSONALITY TRAITS BETWEEN COMBAT AND NON-COMBAT SPORTS: A COMPARATIVE ANALYSIS

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ABSTRACT

The purpose of the present investigation was to compare the personality traits between combat and non-combat sports groups. The investigation was conducted on a sample of two hundred forty (N=240) male players of age ranging from 20-23 years and were actually participated in inter-university tournament/s in their respective sport. This group was further divides into two groups, first group consists of one hundred & twenty (N₁=120) male players from combat sports (Fencing-40, Judo - 40 and Taekwondo-40) and second group involves one hundred twenty (N₂=120) male players from non-combat sports (Softball-40, Netball-40 and Baseball-40). All the subjects were informed nearly the intention and methodology of the investigation and they



wishfully agreed to participate in this investigation. The data was collected with the help of Big Five Personality Questionnaire developed by Oliver, P. John & Sanjay Srivastava (1999). The independent samples t-test was applied to evaluate the differences between combat and non-combat sports. The level of significance was set at 0.05. The results revealed statistically significant differences between combat and non-combat sports in respect to Extraversion ($p < 0.05$), Agreeableness ($p < 0.05$) and Conscientiousness ($p < 0.05$), however, insignificant differences with regard to Neuroticism ($p > 0.05$) and

Openness ($p > 0.05$).

KEYWORDS: Personality Traits, combat sports, non-combat sports.

INTRODUCTION

Elite competitors frequently have to perform beneath great pressure, and it is therefore not shocking that psychological characteristics regularly distinguish those fruitful successes at the peak standard from their fewer successful colleagues (Morris, 2000). Early research reports evidence already supported a healthy relationship between psychological characteristics and performance of an athlete (Morgan and Pollock, 1977; Morgan,

1979 & May et al., 1985). Many researchers concluded that combativeness is an attitude, which may include the "fighting spirit" or competitive anger related to sports that has remained exposed to enable an individual to show better performance (Robazza et al., 2006). However, it furthermore contains an upper level of impulse control and attention that vary among several martial arts forms, to enhance the athlete's performance (Sanchez-Lopez et al., 2013), as well as regulation of mood (Stevens et al., 2006). In the area of non-combat sports the sport specialists approve that player's performance is influenced not simply by physical skills and techniques but also by psychological characteristics. In demand to attain peak performance, the sports persons need a total package of schedule which

including psychological skills, fitness, injury prevention and physical skills (Gould and Eklund, 1991). Auweele et al. in 1993 have determined that there is a positive link between personality and few aspects of athletic performance. It was also supposed that a person's responses on a questionnaire might be used to predict fruitful performance (Auweele et al., 1993). Personality traits are comparatively constant arrangements of feelings, behaviors and thoughts that imitate the tendency to react in certain ways beneath certain situations (Roberts, 2009). Researchers have considered personality in several areas extending from the workplace to athletics. A personality character seems to have consequences for persons across a variety of life spheres because they offer evidence about how dissimilar persons and clusters of individuals typically self-regulate or how individuals control their feelings, behaviors and thoughts (Hoyle, 2006).

MATERIALS AND METHODS

Subjects:

A sample of two hundred & forty (N=240) male players, which actually participated in inter-university tournament(s), were selected for the study and were divided into two groups. First group named as combat sports group (N₁=120), which comprises players from combat sports i.e. fencing (40), judo (40) and taekwondo(40). The second group named as non-combat sports group (N₂=120), which comprises players from non-combat sports i.e. softball (40), netball (40) and baseball (40). The age of subjects were ranging from 20 to 23 years. All the participants were informed nearby the intention and methodology of the study and they wishfully volunteered to participate in this study. The purposive sampling technique was used to select the subjects.

Methodology:

For the assortment of data, questionnaire method was applied. Big Five Personality Questionnaire developed by Oliver, P. John & Sanjay Srivastava (1999) was used for data collection. The questionnaire comprises of 44 items measuring the personality traits in five dimensions i.e. Extraversion(08), Agreeableness (09), Conscientiousness (09), Neuroticism(08) and Openness(10). It's a 5 point Likert scale and subject has to place a tick mark in one of the five alternatives to his best of honesty and sincerity. Before filling up the questionnaire necessary instructions were given and questions were explained to the subjects.

Statistical Analyses:

Data was analyzed using SPSS Version 16.0 (Statistical Package for the Social Sciences, version 16.0, SPSS Inc, Chicago, IL, USA). Independent samples t-test was used to test if population means estimated by two independent samples differed statistically significant. The level of significance was set at 0.05.

RESULTS

Table-1. Mean values (\pm SD), standard error difference of the mean, test statistic t and p-value of Personality between Combat and Non-Combat Sports Groups.

VARIABLES	Combat Sports Group (N ₁ = 120)		Non-Combat Sports Group (N ₂ = 120)		Mean Difference	SEDM	t-value	p-value
	Mean	SD	Mean	SD				
Extraversion	29.14	4.67	26.83	4.05	2.31	0.56	4.087*	0.000
Agreeableness	23.99	4.49	27.15	3.17	2.84	0.50	5.661*	0.000
Conscientiousness	32.98	4.36	29.97	5.56	3.01	0.64	4.650*	0.000
Neuroticism	30.27	5.44	29.32	3.65	0.95	0.60	1.588	0.114
Openness	34.10	6.25	35.02	4.39	0.92	0.70	1.314	0.190

*Significant at 0.05 level

Table 1 evidently presents the mean values (\pm SD), mean difference, standard error difference of mean, t value and p value of combat sports group and non-combat sports group with respect to Extraversion, Agreeableness, Conscientiousness, Neuroticism and Openness, the sub-variables of Personality. The combat sports group when compared to non-combat sports group, have exhibited statistically significant ($p < 0.05$) differences in respect with Extraversion, Agreeableness and Conscientiousness. These differences may possibly arise due to required level of combativeness as per the nature of sport(s). However, statistically insignificant ($p > 0.05$) differences were observed in respect with Neuroticism and Openness.

DISCUSSION

The results of the current study revealed that combat sports group has exhibited statistically significant differences ($p < 0.05$) with regard to Extraversion, Agreeableness and Conscientiousness, when compared to non-combat sports group. Present findings are partially in line with the results of Ilyasi, G. & Salehian, M.R. (2011), as they found individual sportsmen have statistically higher degree of extraversion and conscientiousness than team sportsmen, however, no significance differences in respect to neuroticism and the study is in contrast in regards with openness, as they found significance difference on the account of openness. Results of Mahin, E.N. & Mohammad, A.B. (2010) are also partially in line with the present study, as the findings revealed in their study that no significant differences were found between individual and team sports in respect to neuroticism and openness and same study is in contrast in case of extraversion, as they found no significance difference on the account of extraversion. Findings of Mokhtari, P. & Haghi, M. (2014a) also in line with the results of present study, as they depict that athlete students have achieved statistically higher score than non-athlete students in relation to extraversion, agreeableness and conscientiousness, while in neuroticism their score was lower than non-athlete students. Outcomes of Talyabee, S. R. et al. (2013) were also partially in line with the outcomes of present study, as they found that athletes' group gained significantly higher score at extraversion, agreeableness and conscientiousness.

CONCLUSIONS

It is concluded that statistically significant differences were found between combat and non-combat sports group with regard to Extraversion, Agreeableness and Conscientiousness; however, insignificant differences were found in respect with Neuroticism and Openness. The combat sports group was more extroverts, agreeable and conscientious than non-combat sports group, however, both the groups were almost equivalent on account of neuroticism and openness.

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