

Assessing Gender Difference in Personality Factors: Neuroticism, Conscientiousness And Level Of Sports Emotional Intelligence Among Sports Players Belonging To Rural Areas.

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Abstract:

Over the last two decades, sports psychology has contributed to the performance of players. This study is an attempt to focus on the relationship of personality variables to sports performance, and the bulk of the quantitative research literature has identified a cluster of various other psychological concepts, one of them is emotional intelligence too. (Hardy et al., 1996). Present study was carried out with three objectives: (1) To compare personality factor (N) in male and female sports players belonging to rural areas. (2) To compare personality factor (C) in male and female sports players belonging to rural areas. (3) To compare sports emotional intelligence in male and female sports players belonging to rural areas. For this research between-group design was used, sample were collected by purposive sampling method from different colleges of Nashik rural area. Male and female Students involved in ground activity played at state level competition and in the age group of 18-25 years are considered as sports players. For assessing these personality traits NEO-FFI Inventory (the short and revised form), designed by Costa & McCrea (1992), has been used. In this study the other variable studied was emotional intelligence, for measuring the same SEIT developed by Dr.G.D. Agashe & Dr.G.D. Halode is used. On the basis of the obtained results, it is concluded that the female and male players exhibit similar kind of neuroticism, conscientiousness and sports emotional intelligence.

Keywords: Personality Factors, Neuroticism, Conscientiousness Sports Emotional Intelligence Sports Players.

Introduction

Over the last two decades, sports psychology has contributed to the performance of elite athletes through the implementation and practice of psychological methods and techniques such as relaxation, goal setting, mental rehearsal, visualization, and self task. For the most part, this focuses on psychological methods has been more widely considered by examining psychological skills derived from various personality traits and psychological dispositions of elite athletes. There has been a great deal of interest in understanding the relationship of personality variables to sports performance and the bulk of quantitative research literature has identified a cluster of broad psychological skill areas linked to effective performance. Such as motivation, self-confidence, arousal and activation, concentration and attention control, regulation of stress, and coping with adversity. Personality is a term commonly used by people concerned with almost every aspect of human interaction. Personality provides better understanding of an athlete's behaviour tendencies. Personality is vital in sports and personality. Sports performance linked to personality is that coping of behaviour and strategies. This related to the ability or techniques used by an athlete to deal with psychological stressors such as anxiety. Sports persons are required to be cooperative and competitive to accept victory and defeat in sporting manner, to demonstrate sense of fair play and to be socially outgoing. It is important to understand personality if dealing with athletes to promote the best coping strategies and goals to assist in improving perform. Emotional intelligence is an important aspect considering daily day to day life. It is the ability to identify and manage your own emotions and emotions of others. Emotional intelligence also reflects abilities to enhance thought and understanding of interpersonal dynamics. Emotional intelligence involves the ability to perceive accurately, appraise and express emotions; the ability to access and or generate feelings when they facilitate thought, the ability to understand emotions and emotional knowledge and intellectual growth.

Concepts under study

Personality: -

- I. "Personality is the dynamic organization within the individual of those psychophysical systems that determines his characteristics behaviour and thoughts" (Allport, 1961)
- II. "The characteristics or blend of characteristic that makes a person unique" (Weinberg & Gould, 1999).

Big five personality factor

Big five personality factor also known as the five-factor model (FFM) and the OCEAN model. It measures five personality factors. It is commonly used to describe human personality and psyche.

Neuroticism (N)

It is a tendency to show unpleasant emotions easily, it is a cluster of angry hostile (irritable), anxiety (tense), depression/blue (not contented), self-consciousness (shy), impulsiveness (moody), vulnerable (not self-confident).

Conscientiousness (C)

It is the cluster of order (organized, neat, perfectionist and have a planned behaviour), it is a tendency to show self-discipline (not lazy), they are achievement oriented, they are deliberating (not impulsive), they show competent (industrious, efficient and diligent).

Emotional intelligence: -

1. Mayer and Salovey (1993) have defined emotional intelligence as the ability to monitor one's own and others feeling and emotions to discriminate among them and use this information to guide one's thinking and actions.
2. Gollman (1998) emotional intelligence refers to the capacity for recognizing our own feeling and those of others, for motivating ourselves, and for managing emotions well in ourselves and in our relationships.

Sports emotional intelligence:

The capacity of the sports person for making apt use of emotional intelligence to manage their own feelings and emotions and those of others to ensure success.

Statement of the problem

To compare the personality factors (N, C) and sports emotional intelligence of male and female sports players of rural areas.

Significance of the study

The result of this study would provide a guideline to the physical educator, coaches, trainers, and players to understand sports emotional intelligence and personality factors.

If a player is nervous, anxious and emotionally unstable can affect the performance.

If a player is well organised, responsible, careful and self-discipline it affects positively.

The finding of the study would add to the level of knowledge with regards to difference of sports emotional intelligence and personality factors between rural areas male and female players.

Objectives of the study

- 1) To compare personality factor (N) in male and female sports players belonging to rural areas.
- 2) To compare personality factor (C) in male and female sports players belonging to rural areas.
- 3) To compare sports emotional intelligence in male and female sports players belonging to rural areas.

REVIEW OF LITERATURE

Anjanabai S and N Chandrappa (2016) A comparative study of personality traits between male and female of volleyball player. The purpose of this research was to describe and compare the personality traits of male and female in volleyball player (sociability, Extraversion, Dominance, Self-concept, Conventionality, Mental Toughness, and Emotional Stability). It was rationalized that nature of male participation develops and cultivates the self-concept values and character among the participants volleyball player. The method of the study is descriptive analyses. Total fifty (Each 25) samples representing both in male and female were selected. To collect the data the standardized scale devised by DrAjith Sing has administered on the subject who are participating in all India interuniversity tournament, later 't' test was applied to assess the significant difference in self-concept factor of personality traits between volleyball sportsperson of male and female. The conclusion was drawn that male sportsperson have possessed the high self-concept personality traits comparing to their counterpart.

Singh. N.P (2019) a Comparative Study of Personality Traits between Sports and Non-Sports Women. The purpose of the study was to compare the psychological profile of sports and no sports women in

Bharati Vidyapeeth Deemed University. The present study was conducted on the 30 sports and 30 non-sports women. The hypothesis was formulated that there would be significant difference in personality traits of sports and non-sports women in Bharati Vidyapeeth Deemed University. The psychological questionnaire developed by personality traits (H.J.Eysenck) in national psychological corporation test was selected for the collection data because it was found to be most reliable and have been very often used in research in the profession physical education and sports. In order to determine the psychological profile of sports and non-sports women independent 't' was employed and the level of significance was set (0.05). It is observe that, calculated 't' value is 6.808 s greater than the tabulated t-value of 2.002, hence there is significant difference was found between the personality trait of selected sports and non-sports women.

Kosta.S and Nayak.A (2019) a study on sports emotional intelligence profile of high achiever female kho-kho players.

In this study sports emotional intelligence profile of high achiever female kho-kho players has been prepared. This study was conducted on 100 high achiever female kho-kho players participated in national level tournament and part of teams who stood in first three positions. It was hypothesized that majority of elite female kho-kho players will exhibit higher magnitude of sports emotional intelligence. Purposively sampling method was used to analyse the data. The psychological instrument used in this study was five dimensional sports emotional intelligence test prepared by Agashe and Helode (2008). Chi-Square statistics reveal that majority i.e. 83% subjects had high level of sports emotional intelligence while 14% exhibited moderate and only 3% demonstrated low level of sports emotional intelligence. It was concluded that majority of high achiever female kho-kho players possess higher magnitude of sports emotional intelligence considered as one of the most important psychological variable in today's sporting context.

Sakpal.H (2017) A comparative study of emotional intelligence between sports women's and non-sports women's of Karnataka state women's university.

These study attempts to describe the personality profile of the hypothetical emotionally intelligent person from the perspective of the five factor model of personality and draw some implications about the emotional intelligence construct from established knowledge about personality traits. To collect the data pertaining with research problem Thimguzam scale was administered on the Sports student and Non-sports student of women's university students. Samples age ranging from 21-25 Years. The present study has found the significant relation between participation of physical activities, which is also a component of psychological factors has been from different perspective by different people. The participation of physical activities has significant influence on the emotional intelligence of Sports Women's. There is a moderate correlation between participation of physical activities and emotional intelligence of Sports Woman's.

Hemant.K.S (2014) Gender difference in emotional intelligence among sports persons of university of Rajasthan. The purpose of these research was to describe and compare emotional intelligence level between male and female sports person of Rajasthan University. Sample for the present study was 60 (i.e. 30 Males and 30 Females).The subjects for this study were selected sportspersons those who have participated at Inter-University and National Level in various individual and team games. The subjects were selected by using random sampling method. The age of subjects was between 18-30 Years. Emotional intelligence test developed by Dr. N.K. Chadha is used for measuring emotional intelligence. It was hypothesized that there will not be any significant difference between emotional intelligence level of male and female sportspersons. It was founded that there is a significant difference between the obtained scores of male and female sportsperson of University of Rajasthan. The overall results of the study as reveal that female sportspersons ratings on the emotional intelligence test are obviously higher then male sportspersons.

Research Design:

Between group design is used for present research study.

Operational Definitions:

Personality Factors:

'N' Neuroticism— scores obtained on NEO-FFI inventory by Paul T. Costa, and Robert R. McCrae was considered as score on N

'C' Conscientiousness - scores obtained on NEO-FFI inventory by Paul T. Costa, and Robert R. McCrae was considered as score on C

Sports emotional intelligence

The scores of sports emotional intelligence computed with SEIT constructed by Dr.C.D.Agashe and Dr.R.D.Halode was considered as score on SEIT.

Sport players

Male and female Students involved in ground activity played at state level competition and in the age group of 18-25 years are considered as sports players.

Hypotheses

- 1) Female players have high level of neuroticism (N) as compared to male players.
- 2) Female players have low level of conscientiousness (C) as compared to male players.
- 3) Male players have high level of Sports Emotional Intelligence as compared to female players.

Sample

Random sampling was used to collect data for the present study.

Variables	Players	Age-Group
MALE	30	18-25
FEMALE	30	18-25
Total	60	

Two tests were administered on the sample with their due consent and confidentiality of the results. Personality factor were measured by NEO-FFI Test. Emotional intelligence were measured by Sports Emotional Intelligence Test. After finishing all the data collection the data were analyzed statistically and the Mean, SD, and ‘t’ score were calculated for all the selected research variables.

Research variables

Dependent variables:

- Neuroticism
- Conscientiousness
- Sports emotional intelligence

Independent variables:

- female sports players
- male sports players

Procedure

Data were collected from two groups of participants separately, one time for each group. Participants were seated in a college classroom. Prior to the start of the procedure, they received the informed consent document, had an opportunity to read it and ask questions, and submitted their signed consent to a research assistant. Participants were first surveyed about their basic demographics. Then they were given instructions about how to solve the questionnaire and also asked them to ask their doubts. These activities altogether took approximately 1 hour.

Tools

NEO-FFI- Developed by Paul T. Costa, and Robert R. McCrae (1992), it is a short version of NOE PI. It provides a quick, reliable, and accurate measure of Big Five personality dimensions (N, E, O, A, C). It is an adolescent form, self-rated inventory having 60 items, a five-point rating scale. It is a paper-pencil test. The internal consistency reliability value ranges from 0.89 to 0.93. It is a highly valid test.

Sports Emotional Intelligence Test –

To assess sports emotional intelligence, a five-dimensional sports emotional intelligence inventory prepared by Agashe and Helode (2008) was used. This Inventory comprises of 15 items. The scoring pattern is based on five alternatives i.e. (a), (b), (c), (d), and (e) with numerical weightage of 20, 15, 10, 05, and 00 respectively. The test-retest reliability coefficient gives this test a very high level of reliability with sufficient construct validity.

Statistical Analysis:

After the scoring has been done, Mean, SD, ‘t’, are calculated for result analysis.

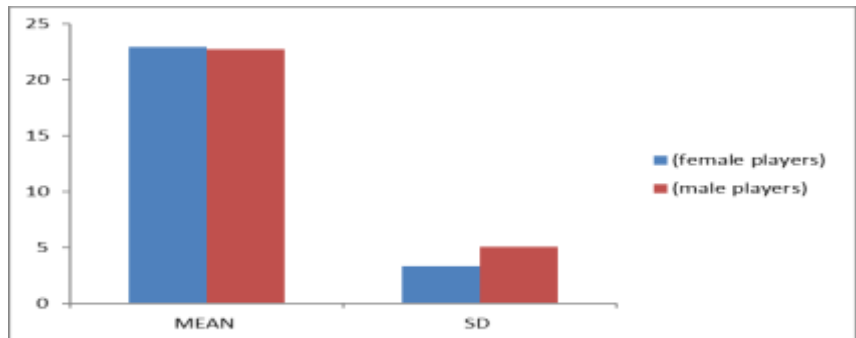
Result and Discussions

Mean, SD, and ‘t’ value for female and male players for neuroticism.

(Table no 1)

N	MEAN	SD	‘t’	Level of significance

30 (female players)	22.96	3.35	0.21	NS
30(male players)	22.73	5.05		



Bar diagram showing the Mean, SD, and 't' value for female and male players for neuroticism.

Discussion

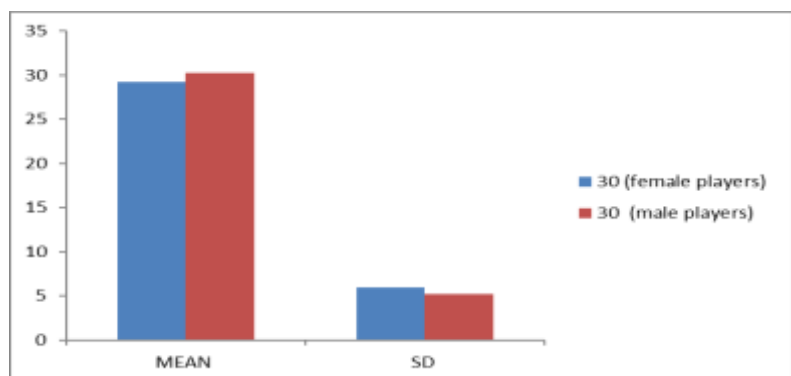
As per the t value in table 1, no significant difference is observed in both the groups. The hypothesis that female players have a high level of neuroticism than male players is rejected.

Both the groups comprising of players with rural backgrounds no difference is observed in their neuroticism level. One can say that as a performer they show less anxiety, tension, and worry. This means as a part of their playing ability they have developed a good capacity of dealing with stress. The research has studied gender differences which is not significant for the present study. This may confirm that players are better at handling difficulties on the field

Table 2: Mean, SD, and 't' value for female and male players for conscientiousness.

(Table no 2)

N	MEAN	SD	't'	Level of significance
30 (female players)	29.26	5.99	0.69	NS
30(male players)	30.26	5.25		



Bar diagram showing Mean, SD, and 't' value for female and male players for conscientiousness.

Discussion

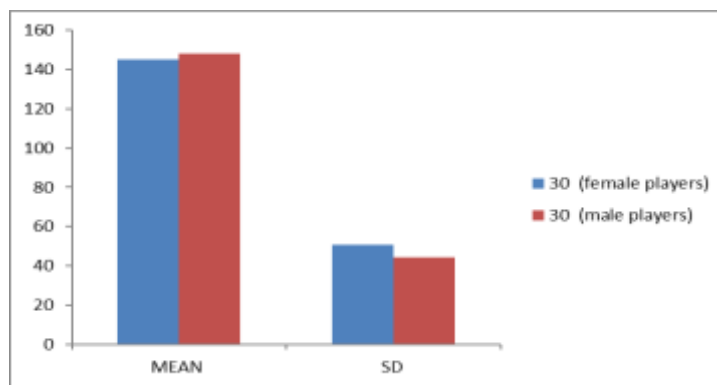
As per the t value in table 2, no significant difference is observed in both the groups. The hypothesis that female players have low level of conscientiousness than male players is rejected.

This finding indicates that players with high discipline, responsibility; achievement motivation and goal orientation have high performance in the game. Female players from rural areas might face some restrictions for getting involved in sports activities but it doesn't affect their performance on the field. The researcher had studied gender difference which is not significant for the present study. This shows that players are more organized, self-disciplined, responsible on the field.

Table 3 Mean, SD, and 't' value for female and male players for sports emotional intelligence test

N	MEAN	SD	't'	Level of significance
30(female players)	145.16	50.62	0.24	NS
30(male players)	148.16	44.20		

(Table no 3)



Bar diagram showing Mean, SD, and 't' value for female and male players for sports emotional intelligence test

Discussion

As per the t value in table 3, no significant difference is observed in both the groups. The hypothesis that male players have a high level of SEIT than female players is rejected.

One can say that in daily life players may be able to have enough control over their emotions and aspects of emotional intelligence. It also confirms that area of living is not much affected on one's performance. This means they have developed much stability in handling their own emotions and of others also.

Supportive Review Of Literature:

Karad and wahid (2011) the differences in the Personality traits between Kabaddi and Kho-Kho players; with regard to neuroticism psychosticism and extraversions.

In this study 50Kabaddi and 50 Kho-Kho players selected as subjects. Their age ranged between 17-25 years, who were participating in Dr. Babasaheb Ambedkar Marathwada University inter-collegiate Kabaddi and Kho-Kho tournaments.held at Vaidyanath College Parli-Vaidyanath and M.I.T.College, Aurangabad 2010 The Eysenck Personality Inventory (E.P.I.) was administered to find out the Personality traits of the Kho-Kho and Kabaddi players, with regards to neuroticism extraversion, psychoticism, and Lie-Scale. Means Scores for neuroticism, psychoticism extraversion, and Lie-Scale for these two types of players were computed. t-test was used to compare the significance difference between Kabaddi and Kho-Kho players, t-ratios for Extraventions, psychoticism are (3.17, P < .01), (t=2.63, P<.05) respectively indicating that Kabaddi players are less extrovert and more psychotic than Kho-Kho players.

Kamble.A.A and Jagtap.R.S (2018) A study on emotional intelligence and sportsman personality among college students.

The present study is an endeavor to explore the role of gender and area of living in developing emotional intelligence and sportsman personality. The sample of 118 college students (male = 60 & female = 60; rural = 59 & urban = 59) from Kolhapur city was selected. Researcher used Purposive sampling method for the present study. The data was assessed using Mangal's Emotional Intelligence Inventory by S K Mangal. This test contains 100 items. Its reliability is by split half 0.89, and by test-retest 0.92 and Validity is 0.662. It has been designed for use of 16+ year age of school, college and University students. Sportsman personality test Indian adaptation based on C.D. Spielberger devised by L.N. Dubey. It contains 60 items. Its reliability by test-retest is 0.76 and by Kuder-Richardson is 0.69 and its validity is 0.67 and 0.58. It has been designed to use for the age range of 16-26 years. Descriptive statistics namely Mean and Standard Deviation and inferential statistics ('t' test) were used for interpret the data obtained. The results revealed that, gender plays significant role in developing emotional intelligence and sportsman personality. There was no such difference found regarding area of living (Rural & Urban Area) in respect to sportsman personality.

Conclusions

1. Female exhibits similar kind of neuroticism with male players
2. Female exhibits a similar kind of conscientiousness with male players
3. Male and female players exhibit similar kinds of sports emotional intelligence

Limitations and suggestions

1. The sample is not consisting of players with only one type of game or sports activity.
2. Comparative studies by participating non-sports persons can be conducted.
3. Further research on emotional intelligence and other variables like anxiety and stress may be conducted to large samples including sportspersons from various training colleges, schools and other concerned institutions.

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