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## A correlation study of personality traits and self-efficacy behavior of interuniversity sportsperson

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### Abstract

The purpose of the present research was to describe and compare the personality traits, self-efficacy, and locus of control of competitive athletes in Group game and Individual sports. The method of the study is descriptive analyses, total 200 (Each 100) samples representing both in individual and group game were selected men women and to collect the data. Participating in interuniversity tournament, later 'correlation swas applied to assess the significant difference in factor of personality traits self-efficacy, locus of control, between sportsperson of individual and group game, the correlation was drawn that group game sportsperson have possessed the high women sports person and individual game men high possessed. Comparing to their counterpart, it was rationalized that nature of group participation develops and cultivates the social values and character among the participants.

**Keywords:** personality traits, self-efficacy, locus of control between individual and group game

### Introduction

Sport psychology is the scientific study of people and their behaviors in sport contexts and the practical application of that knowledge. Sport psychologists identify principles and guidelines that professionals can use to help adults and children participation and benefit from sport and exercise activities in both team and individual environments. Sport psychologists have two objectives in mind: (a) to understand how psychological factors affect an individual's physical performance and (b) to understand how participation in sport and exercise affects a person's psychological development, health and well-being. Sport psychology is deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance.

In this modern era of competition the psychological preparation of a team is as much important as teaching the different skills of a game on the scientific lines. The teams are prepared not only to play the games, but to win the games. And for winning the game, it is not only the proficiency in the skills which bring victory but more important is the spirit of the players with which they play and perform their best in the competition. Within a short span of time, sports psychology has taken giant strides. Not it does claim to be a full-fledged discipline in the sense that no training of sportsman is considered complete without adequate emphasis on "psychological conditioning" which plays an extremely important role in competitive sports.

### Personality Traits

Personality is one of those concepts that is familiar to everyone but is difficult to define, most people use the term, "Personality" to identify the most obvious characteristics of a person, or to refer to that person's social skills.

Although the construct of personality has been defined in many ways, there is a general consensus on what personality is, Allport (1937) collected some more than 50 definitions of personality and also created one of his own, according to Allport Personality is dynamic organization within the individual of those psychophysical systems that determine his unique adjustments to his environment.

### Self-Efficacy

Self-efficacy is an individuals' assessment of their capabilities to organize and execute actions

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required to achieve successful levels of performance (Bandura, 1986) that mean, it is an athlete’s belief about their capabilities to produce designate level of performance that exercise influence over events that affect their level.

**General Self-Efficacy**

In competitive settings, academic settings and musical performance settings research has supported the notion that higher levels of general self-efficacy directly affect persistence, effort, and performance on an activity. Coutinho and Neuman (2008) tested whether general self-efficacy was positively related to academic performance, met cognition, and deep processing of new information (e.g., critical thinking) with 629 undergraduates. They found that general self-efficacy was the strongest predictor of performance, indicating that students with confidence in their abilities tend to experience success in performance.

**Social Self-Efficacy**

Social self-efficacy is a specific application of self-efficacy theory. Perceived self-efficacy is the belief in one’s capabilities to organize and execute the courses of action required to produce given attainments. Perceived social self-efficacy is an individual’s confidence in his/her ability to engage in the social interactional tasks necessary to initiate and maintain interpersonal relationships. This includes behaviors such as negotiating interpersonal conflict, meeting new people, displaying Assertiveness in social situations, cultivating romantic relationships, developing friendships, and Interacting in group settings.

**1.1 Statement of the Problem**

The personality is product of interaction between environment and heredity factor of sportsperson. Sports performance and selection of games and physical activities depends upon the nature of personality. Same time activities and Nature of participation also leads to determine the certain character and qualities of sportsperson, and continuous exposé to sports activities results in term of developing personality abilities and characteristics, hence researcher made a plane to assess. “A correlation study of Personality Traits and Self-Efficacy behavior of all India-Interuniversity Sportsperson”

**1.2 Significance of the Study**

1. The present study would acquaint physical education, experts, players and coaches with the psychological

factors which are useful in the modern sports not only during the training period, But also during higher sports competitions.

2. The coaches will know about the importance of psychological training in ensuring the peak performance among the sports person.

**1.3 Objectives of the Study**

1. To find out the correlation exist between personality traits and self-efficacy among the sportsperson

**1.4 Hypothesis**

1. It was hypothesed that there may be positive correlation between personality traits and self-efficacy of sports person.
2. It was hypothesed that there is no correlation between personality traits and self-efficacy of sports person.

**1.5 Limitation**

1. The present study and personality traits self-efficacy and locus of control not other factors of sports person.
2. Data was be collected by administering standardized scale and questionnaire on individual and group game participated at Inter University, sports participation of Karnataka Universities.
3. The selected for individual and group game the Study are limited to Karnataka.

**1.6 Delimitations**

1. The study is Delimited to the measuring the level of personality traits, locus of control, and self-efficacy Inter University sports participation of Karnataka Universities.
2. The study sample is delimited to 200 players in various games.
3. Individual players 100 and Group game players 100

**Hypothesis:** There is no significant correlation between personality traits and its components (i. e. sociability, dominance, extroversion, conventionality, self-concept, mental toughness and emotional stability) and Self efficacy and components (i. e. general self-efficacy and social self-efficacy) of interuniversity group game sports persons  
To achieve this hypothesis, the Karl Pearson’s correlation coefficient technique has been applied and the results are presented in the following table

**Table 1:** Results of correlation coefficient between personality traits and its components and Self efficacy and components of interuniversity group game sports persons

Variables	Self-efficacy		General self-efficacy		Social self-efficacy	
	r-value	p-value	r-value	p-value	r-value	p-value
Personality Traits	0.6882	<0.001	0.5547	<0.001	0.6931	<0.001
Sociability	0.5363	<0.001	0.4852	<0.001	0.4822	<0.001
Dominance	0.4891	<0.001	0.3901	<0.001	0.4971	<0.001
Extroversion	0.4444	<0.001	0.3720	<0.001	0.4326	<0.001
Conventionality	0.5427	<0.001	0.3975	<0.001	0.5902	<0.001
Self-Concept	0.4811	<0.001	0.3433	<0.001	0.5331	<0.001
Mental Toughness	0.4549	<0.001	0.3838	<0.001	0.4394	<0.001
Emotional Stability	0.5958	<0.001	0.4977	<0.001	0.5810	<0.001

From the results of the above table it can be seen that,

- A significant and positive correlation was observed between personality traits with self-efficacy (r= 0.6882, p<0.05), component of personality traits i.e. sociability with self-efficacy (r=0.5363, p<0.05), component of

personality traits i. e. dominance with self-efficacy (r=0.4891, p<0.05), component of personality traits i.e. extroversion with self-efficacy (r= 0.4444, p<0.05), component of personality traits i.e. conventionality with self-efficacy (r=0.5427, p<0.05), component of

personality traits i. e. self-concept with self-efficacy ( $r=0.4811, p<0.05$ ), component of personality traits i. e. mental toughness with self-efficacy ( $r=0.4549, p<0.05$ ) and component of personality traits i.e. emotional stability with self-efficacy ( $r=0.5958, p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the personality traits; its components and self-efficacy scores of interuniversity group game sports persons are dependent on each other.

- A significant and positive correlation was observed between personality traits with component of self-efficacy i. e. general self-efficacy ( $r=0.5547, p<0.05$ ), component of personality traits i. e. sociability with component of self-efficacy i. e. general self-efficacy ( $r=0.4852, p<0.05$ ), component of personality traits i.e. dominance with component of self-efficacy i. e. general self-efficacy ( $r=0.3901, p<0.05$ ), component of personality traits i.e. extroversion with component of self-efficacy i. e. general self-efficacy ( $r=0.3720, p<0.05$ ), component of personality traits i. e. conventionality with component of self-efficacy i. e. general self-efficacy ( $r=0.3975, p<0.05$ ), component of personality traits i. e. self-concept with component of self-efficacy i. e. general self-efficacy ( $r=0.3433, p<0.05$ ), component of personality traits i. e. mental toughness with component of self-efficacy i. e. general self-efficacy ( $r=0.3838, p<0.05$ ) and component of personality traits i. e. emotional stability with component of self-efficacy i. e. general self-efficacy ( $r=0.4977, p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the personality traits; its components and component of self-efficacy i. e. general self-efficacy scores of interuniversity group game sports persons are dependent on each other.

- A significant and positive correlation was observed between personality traits with component of self-efficacy i.e. social self-efficacy ( $r=0.6931, p<0.05$ ), component of personality traits i. e. sociability with component of self-efficacy i. e. social self-efficacy ( $r=0.4822, p<0.05$ ), component of personality traits i.e. dominance with component of self-efficacy i. e. social self-efficacy ( $r=0.4971, p<0.05$ ), component of personality traits i. e. extroversion with component of self-efficacy i. e. social self-efficacy ( $r=0.4326, p<0.05$ ), component of personality traits i. e. conventionality with component of self-efficacy i. e. social self-efficacy ( $r=0.5902, p<0.05$ ), component of personality traits i. e. self-concept with component of self-efficacy i. e. social self-efficacy ( $r=0.5331, p<0.05$ ), component of personality traits i. e. mental toughness with component of self-efficacy i. e. social self-efficacy ( $r=0.4394, p<0.05$ ) and component of personality traits i. e. emotional stability with component of self-efficacy i. e. social self-efficacy ( $r=0.5810, p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the personality traits; its components and component of self-efficacy i. e. social self-efficacy scores of interuniversity group game sports persons are dependent on each other.

**Hypothesis:** There is no significant correlation between personality traits and its components (i. e. sociability, dominance, extroversion, conventionality, self-concept, mental toughness and emotional stability) and Self efficacy and components (i. e. general self-efficacy and social self-efficacy) of interuniversity individual game sports persons To achieve this hypothesis, the Karl Pearson’s correlation coefficient technique has been applied and the results are presented in the following table

**Table 2:** Results of correlation coefficient between personality traits and its components and Self efficacy and components of interuniversity individual game sports persons

Variables	Self-efficacy		General self-efficacy		Social self-efficacy	
	r-value	p-value	r-value	p-value	r-value	p-value
Personality Traits	0.8917	<0.001	0.8272	<0.001	0.8558	<0.001
Sociability	0.8087	<0.001	0.7405	<0.001	0.7859	<0.001
Dominance	0.8751	<0.001	0.8157	<0.001	0.8358	<0.001
Extroversion	0.8282	<0.001	0.7688	<0.001	0.7943	<0.001
Conventionality	0.8131	<0.001	0.7721	<0.001	0.7623	<0.001
Self-Concept	0.8607	<0.001	0.8100	<0.001	0.8142	<0.001
Mental Toughness	0.8575	<0.001	0.7926	<0.001	0.8259	<0.001
Emotional Stability	0.8039	<0.001	0.7254	<0.001	0.7921	<0.001

From the results of the above table it can be seen that,

- A significant and positive correlation was observed between personality traits with self-efficacy ( $r=0.8917, p<0.05$ ), component of personality traits i. e. sociability with self-efficacy ( $r=0.8087, p<0.05$ ), component of personality traits i. e. dominance with self-efficacy ( $r=0.8751, p<0.05$ ), component of personality traits i. e. extroversion with self-efficacy ( $r=0.8282, p<0.05$ ), component of personality traits i.e. conventionality with self-efficacy ( $r=0.8131, p<0.05$ ), component of personality traits i. e. self-concept with self-efficacy ( $r=0.8607, p<0.05$ ), component of personality traits i.e. mental toughness with self-efficacy ( $r=0.8575, p<0.05$ ) and component of personality traits i.e. emotional stability with self-efficacy ( $r=0.8039, p<0.05$ ) at 5%

level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the personality traits; its components and self-efficacy scores of interuniversity individual game sports persons are dependent on each other.

- A significant and positive correlation was observed between personality traits with component of self-efficacy i. e. general self-efficacy ( $r=0.8272, p<0.05$ ), component of personality traits i. e. sociability with component of self-efficacy i. e. general self-efficacy ( $r=0.7405, p<0.05$ ), component of personality traits i.e. dominance with component of self-efficacy i. e. general self-efficacy ( $r=0.8157, p<0.05$ ), component of personality traits i. e. extroversion with component of self-efficacy i. e. general self-efficacy ( $r=0.7688,$

$p < 0.05$ ), component of personality traits i. e. conventionality with component of self-efficacy i. e. general self-efficacy ( $r = 0.7721$ ,  $p < 0.05$ ), component of personality traits i. e. self-concept with component of self-efficacy i. e. general self-efficacy ( $r = 0.8100$ ,  $p < 0.05$ ), component of personality traits i. e. mental toughness with component of self-efficacy i. e. general self-efficacy ( $r = 0.7926$ ,  $p < 0.05$ ) and component of personality traits i. e. emotional stability with component of self-efficacy i. e. general self-efficacy ( $r = 0.7254$ ,  $p < 0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the personality traits; its components and component of self-efficacy i. e. general self-efficacy scores of interuniversity individual game sports persons are dependent on each other.

- A significant and positive correlation was observed between personality traits with component of self-efficacy i. e. social self-efficacy ( $r = 0.8558$ ,  $p < 0.05$ ), component of personality traits i. e. sociability with component of self-efficacy i. e. social self-efficacy ( $r = 0.7859$ ,  $p < 0.05$ ), component of personality traits i. e. dominance with component of self-efficacy i. e. social self-efficacy ( $r = 0.8358$ ,  $p < 0.05$ ), component of personality traits i. e. extroversion with component of self-efficacy i. e. social self-efficacy ( $r = 0.7943$ ,  $p < 0.05$ ), component of personality traits i. e. conventionality with component of self-efficacy i. e. social self-efficacy ( $r = 0.7623$ ,  $p < 0.05$ ), component of personality traits i. e. self-concept with component of self-efficacy i. e. social self-efficacy ( $r = 0.8142$ ,  $p < 0.05$ ), component of personality traits i. e. mental toughness with component of self-efficacy i. e. social self-efficacy ( $r = 0.8259$ ,  $p < 0.05$ ) and component of personality traits i. e. emotional stability with component of self-efficacy i. e. social self-efficacy ( $r = 0.7921$ ,  $p < 0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the personality traits; its components and component of self-efficacy i. e. social self-efficacy scores of interuniversity individual game sports persons are dependent on each other.

## Conclusion

The most of the personality factor and sports participation have positive correlation with each factors of personality traits, if assertive traits increases the locus of control nature and performance is increased, and self-efficacy increases competence and self-confidence also increases, it means positive correlation has exist between personality traits and sports behavior.

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