



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2018; 3(1): 768-770

© 2018 Yoga

www.theyogicjournal.com

Received: 15-11-2017

Accepted: 16-12-2017

**Dr. Gurdeep Bhola**

R K S D PG College Kaithal,  
Haryana, India

**Dr. Jagtar Singh**

Asst. Professor SGGGS Sec -26  
Chandigarh, Punjab, India

## A study of personality traits between the secondary school level physical education teachers and other subject teachers of Patiala city

**Dr. Gurdeep Bhola and Dr. Jagtar Singh**

### Abstract

**Introduction:** Personality is an interaction or merging of all the parts of one's psychological life the way one thinks, feels acts and behaves. Thus the purpose of this study was to compare Secondary School Level Physical Education Teachers and Other Subject Teachers on their levels of Personality Traits. **Sample:** Total numbers of 60 Teachers were selected purposively as the samples for the study from 20 secondary schools of Patiala city of Punjab State. In which 30 were physical education teachers and rest 30 were other subject teachers.

**Methodology:** The present study is the descriptive survey method. In the study Personality is interpreted as Extraversion, Agreeableness, Conscientiousness, Neuroticism and Openness. The data collection tool used in the study was the Dr. Tom Buchanan's 'Big five personality Inventory'. The Inventory is based on the Five Factor Model of personality.

**Analysis of Data:** Data was analyzed by descriptive statistics and Independent Sample 't' test. The level of significance was kept at 0.05 to test the hypothesis.

**Findings and Conclusion:** Results shows, in the all five personality factors, there was no significant difference between physical education teachers & other Subject teachers. Researcher also observed that in personality factors, physical education teachers were less energetic, reserved, less careful, less cooperative, less emotional, relaxed and less cultured as compared to other subject teachers. While as other subject teachers were more energetic, outgoing, sociable, careful, focused methodical more trusted, friendly, cooperative, emotional, less relaxed, tense, imaginative and cultured in nature as compare to physical education teachers. Finally, Researcher concluded the in the matter of personality both groups of teaches have similar personality traits.

**Keywords:** Personality traits, physical education teachers, other subject teachers

### Introduction

Personality is an interaction or merging of all the parts of one's psychological life the way one thinks, feels acts and behaves. In the study Personality is interpreted as Extraversion, Agreeableness, Conscientiousness, Neuroticism and Openness. There is a broad consensus amongst personality theorists that this model, which describes five major traits, is the best current description of the structure of personality as follows:

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

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

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

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

**Correspondence**

**Dr. Gurdeep Bhola**

R K S D PG College Kaithal,  
Haryana, India

**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.

From the above discussion, thus researcher has employed Dr Tom Buchanan's Big five personality Inventory to measure Extraversion, Agreeableness, Conscientiousness, Neuroticism, and Openness of Physical education teachers and other Subject teachers and to evaluate who among the teacher group have the good personality traits, and who needs to develop the personality traits. In the present study the researcher try to measure the levels of Personality Traits between physical education teachers and other subject teachers. Thus the purpose of this study was to compare Secondary School Level Physical Education Teachers and Other Subject Teachers on their levels of Personality Traits.

**Sample:** Total numbers of 60 Teachers were selected purposively as the samples for the study from 20 secondary schools of Patiala city of Punjab State. In which 30 were physical education teachers and rest 30 were other subject teachers.

**Methodology:** The present study is the descriptive survey method. The data collection tool used in the study was the Dr. Tom Buchanan's 'Big five personality Inventory'. The Inventory is based on the Five Factor Model of personality.

**Analysis of Data:** Data was analyzed by descriptive statistics and Independent Sample 't' test. The level of significance was kept at 0.05 to test the hypothesis.

**Table 1.1:** Descriptive Statistics of Personality Traits of Physical Education Teachers and other Subject Teachers

Personality Traits	Physical Education Teachers				other Subject Teachers			
	N	Mean	Standard Deviation	St. Error Mean	N	Mean	Standard Deviation	St. Error Mean
Extraversion	30	28.06	5.14	0.93	30	29.06	4.06	0.74
Agreeableness	30	24.60	3.29	0.60	30	25.56	3.94	0.72
Conscientiousness	30	32.80	6.20	1.13	30	34.73	4.14	0.75
Neuroticism	30	20.46	2.71	0.49	30	20.50	4.27	0.78
Openness	30	23.73	4.16	0.76	30	24.60	3.54	0.64

**Table 1.2:** Independent sample 't' test of Personality Traits of Physical Education Teachers and other Subject Teachers

Personality Traits	't' value	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Extraversion	0.83	58	0.40	1.00	1.19
Agreeableness	1.03	58	0.30	0.96	0.93
Conscientiousness	1.41	58	0.16	1.93	1.36
Neuroticism	0.03	58	0.97	0.03	0.92
Openness	0.86	58	0.38	0.86	0.99

From the table no 1.2, the results of this study revealed that in all the selected personality traits such as Extraversion, Agreeableness, Conscientiousness, Neuroticism, and Openness there is no significant difference between physical education teachers & other Subject teachers.

**Findings and Conclusion:** Results shows, in the all five personality factors, there was no significant difference between physical education teachers & other Subject teachers, thus the Research hypothesis was accepted. The mean scores of all personality traits showed that other subject teachers have high degree of personality traits than physical education teachers. In the present study we found that there is no significant difference between physical education teachers and other subject teachers in all personality factors. This finding was supported by the Dr. Mohan N. Khatal (2009) <sup>[3]</sup> in his study of relationship between personality traits & effective communication of teachers from the professional courses, concluded that the personality traits of both effective and non-effective teacher communicator do not differ from profession to profession. Richard R. DeBlassie (1971) <sup>[5]</sup> in his study, A Comparative Study of the Personality Structures of Persistent and Prospective Teachers, suggest that only slight personality difference exist between teachers with an undergraduate teacher training background and prospective teachers with an undergraduate liberal arts background. Sing,J and Sing,P (2005) <sup>[6]</sup> In their study on personality make up of winners and non winners students sport person in relation to social economic status concluded that winners sports persons, as a whole, do not differ in their personality make up. While

social-economic status is not significance different of personality make up of sportsperson. Studied the Mid-life women: Relation of age and role to personality. Found no difference among different age groups in personality dimensions like self-esteem, locus of control, achievement and affiliation needs, indices of psychological adjustment.

Researcher also observed that in personality factors, physical education teachers were less energetic, reserved, less careful, less cooperative, less emotional, relaxed and less cultured as compared to other subject teachers. While as other subject teachers were more energetic, outgoing, sociable, careful, focused methodical more trusted, friendly, cooperative, emotional, less relaxed, tense, imaginative and cultured in nature as compare to physical education teachers. In the present study we found that there is no significant difference in the personality of physical education teachers and other subject teachers, so we can conclude that their personality traits are similar and will not affect their teaching. Rather we can say that both groups of teachers are the two sides of a same coin in matter of personality traits.

## References

1. Allport GW. Personality and Psychological Interpretation. New york : Henry Holt & Co. 1927, 132-140.
2. Buchanan T, Goldberg LR, Johnson ja. Personality assessment: Evaluation of an online Five Factor inventory, 1999. <http://www.personalitytest.org.uk/>. Retrieved on 18/07/2012
3. Dr. Mohan N Khatal. A study of relationship between personality traits & effective communication of teachers from the professional courses, Deptt. of Education Govt. College of Education, Akola, Maharashtra. International Research Journal. 2009 August 2010 ISSN- 0975-3486 RNI: RAJBIL 2009/30097 VOL I \*ISSUE.
4. Gay P. Psychology. 4<sup>th</sup> Edition. Worth Publishers, 2001.
5. Richard R DeBlassie. A Comparative Study of the Personality Structures of Persistent and Prospective Teachers. The Journal of Educational Research. 1971;

64(7):331-333 Published by: Taylor & Francis, Ltd.  
Article Stable URL: <http://www.jstor.org/stable/27536144>. Retrieved on 14/01/2012.

6. Sing J, Sing P. A study of personality make up of winners and non-winners students sport person in relation to social economic status, 2005.