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## Compare the personality trait among athletes and non-athletes

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### Abstract

Sports Psychology is the learn of special behavior in games. The reason of the study was to appraise the personality characteristic among Athletes and Non-athletes. Total one hundred boys and one hundred Girls were preferred as a taster from secondary and higher secondary school in the Rajkot city and rural area. Sex, Type of the student and personality were preferred as the variable for the study. The information collected from the preferred variable such as personality characteristic were analyzed the difference through t-test at 0.05 level of significance.

**Keywords:** Sports psychology, personality trait

### Introduction

Competitors show their own particular examples of conduct while involved in sports execution. A few analysts feel that estimation of execution and commitment in sport are dictated by character. It is far-fetched that a significance of character will be look at genuinely. To improve the term is, on the other hand, significant. The term character is subsidiary from the word 'persona', which was a falsification in Greek dramatization. This infer an individual may give the appearance of being changed their actual character, which makes the assessment of character troublesome.

To welcome the psychology of competitor, explore have asked whether they contrast in character from non-athletes and whether competitors change among various games (McKelvie, 2003). Competitors contrast from non-athletes on numerous characters trademark. It is every now and again a matter of hypothesis whether these distinctions support the competitors or the non-athletes (Cox, 1998). As indicated by past investigations and the criticalness of impact physical movement on character. According to previous studies and the significance of effect physical activity on personality trait. The aim of their study was to evaluate the personality trait of athletes and non-athletes' student in Rajkot city and rural area of Gujarat. Here problem are raised whether are near different between personality trait athletes and non-athletes?

### Purpose of the study

The purpose of the study was to compare of personality trait among athletes and non athletes.

### Selection of the sample

Total two hundred (one hundred Boys and one hundred Girls) were selected as a taster from secondary and higher secondary school in Rajkot city and rural area of Gujarat.

**Table 1:** Selection variable

|   |                     |                                |
|---|---------------------|--------------------------------|
| 1 | Sex                 | 1. Boys<br>2. Girls            |
| 2 | Type of the student | 1. Athletes<br>2. Non-Athletes |
| 3 | Personality         | Personality trait              |

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**Tools**

Singh's Differential personality questionnaire industrial by Arun Kumar and Ashish Kumar Sing were used.

**Methodology**

The t-test was used to analyze the significant differences in

personality trait between Sex and Type of the student. Level of significance was set at 0.05.

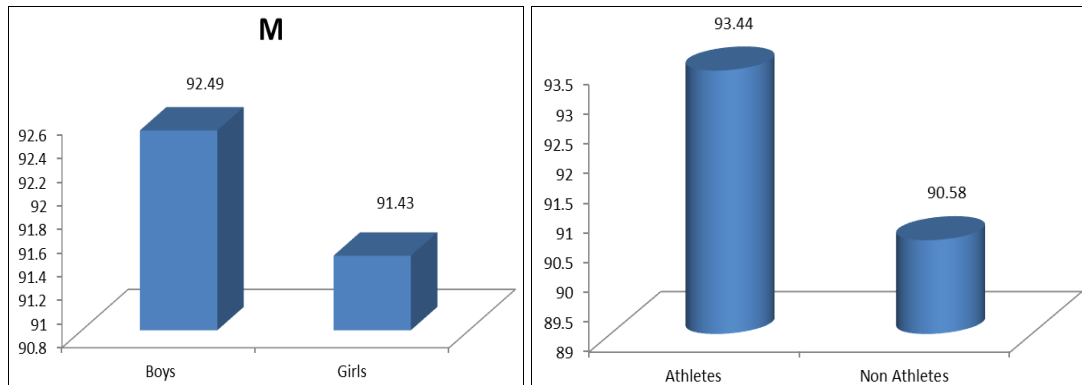
**Result and Discussion**

**Table 2:** Sex and Personality Characteristic.

| Sex   | Number | M     | SD    | t    |
|-------|--------|-------|-------|------|
| Boys  | 100    | 92.49 | 9.44  | 0.82 |
| Girls | 100    | 91.43 | 10.51 |      |

The Table No. 2 show that the boys students on personality trait (Mean - 92.49, Stander Deviation - 9.44) was not significance of difference between girls student (Mean -

91.43, Stander Deviation - 10.51). The calculated value of t = 0.82 was found less than the tabulated value t = 1.96 at 0.05 level of significance.



**Fig 1:** Show the boys and girls student Mean, Stander Deviation, athletes and non-athletes

**Table 3:** Type of the Learner and Personality Characteristic

| Group        | Number | M     | SD    | T    |
|--------------|--------|-------|-------|------|
| Athletes     | 100    | 93.44 | 10.08 | 2.23 |
| Non-Athletes | 100    | 90.58 | 9.63  |      |

The Table No. 3 show that the athletes students on personality trait (M = 93.44, SD = 10.08) was significance of difference between girls student (M = 90.58, SD = 9.63). The calculated value of t = 2.23 was found greater than the tabulated value t = 1.96 at 0.05 level of significance.

Athletes have a helpful effect on the personality characteristic compare to non-athletes. Athletes have more talent; they are meat various group for training part. They have additional social communication as like non-athletes students. They are used various type of yoga and physical training in everyday life.

**Conclusion and recommendations**

1. It is concluded that Athletes are having higher personality trait compare to non-athletes.
2. It is suggested that coaches and instructor must give psychological preparation to sports persons to increase the performance.

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