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The relationship between physical self-perception and personality among students of KLSD College

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Abstract

This study was conducted on the select students of the KLSD College. The purpose of this study was to see the relationship between physical self-perception and personality among students of KLSD College. The use of tools in this study were two distinct questionnaires, which comprise of Big Five Inventory (BFI) and Physical Self-Description Questionnaire (PSDQ). The study was restricted to the KLSD students only. The study was restricted to 90 local students. The study was also restricted among university students of the age between 19-30 years. The results of this study show that there is a significant relationship between physical self-perception and personality among students of KLSD College.

Keywords: openness, conscientiousness, extraversion, neuroticism

Introduction

We are aware that the meaning of any term is arbitrary in nature and spirit. It is also holds true in case of the word personality. We have to trace the historical root of the word for its true meaning. The word Personality has been derived from the Latin word "persona" that was associated with the Greek theatre in ancient times Here Persona means a mask which the Greek actor commonly used to wear covering their faces when they worked on the stage. The use of mask, worn by the actors was called persona. The concept of mask in personality was thought to be the effect and influence which the individual wearing a mask left on the audience. In modern times, personality means the effect which an individual leaves on the other people. We can say that the mask or persona implied a cover of the real person behind it. The concept was developed on the basis of Plato's idealistic philosophy who believed that personality is a mere façade for some substances in this world.

The word Personality means stimulus: some psychologists define personality in terms of its social stimulus values, how an individual affects other persons with whom he comes in contact whether he is impressive or repulsive or has a dominating or submissive personality for others. The researchers have proposed that there are five basic dimensions of personality. Many contemporary personality psychologists believe that there are five basic dimensions of personality, often referred to as the "Big Five Personality Traits". The strong evidence of this theory has been growing over the past 50 years beginning with the research of D.W. Fiske (1949) and later expanded upon by other researchers including Goldberg (1981)^[6] and McCrae and Costa (1987)^[7]. These "Big Five" are broad categories of personality trait. There is a significant body of literature supporting this 5-factor model of personality, researchers don't always agree on the exact labels for each dimension. Yet, these five categories are usually described as follows:

1. **Extraversion:** The trait includes characteristics such as excitability, sociability, talkativeness, assertiveness and high amounts 'of, emotional expressiveness.
2. **Agreeableness:** Personality dimension includes attributes such as trust, altruism, kindness, affection and other pro-social behavior
3. **Conscientiousness:** The common features of this dimension include high levels of thoughtfulness, with good impulse control and goal directed behavior. Those high in conscientiousness tend to be organized and mindful of details.

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4. **Neuroticism:** The individuals high in this trait tend to experience, emotional instability, anxiety, moodiness, irritability and sadness.
5. **Openness:** The trait features characteristics such as imagination: and insight and those high in this trait also tend to have a broad range of interests.

The concept of Perception is the organization, identification and interpretation of sensory information in order to represent and understand the environment. Perception involves signals in the nervous system which in turn result from physical stimulations of the sense organs. E.g. vision involves light striking the retina of the eyes, smell is mediated by odor molecules and hearing involves pressure waves.

Further perception is a process by which individuals organize and interpret their impressions in order to give meaning to their environment. Individuals behave in a given manner based not on the way their environment, actually is but, rather on what they see or believe it to be organization may spend millions of dollars to create a pleasant work environment for its employees.

This is the general term that denotes all aspects of a person's perception of their physical self-including evaluation and descriptive elements. The importance of self-concept as a major determinant of behavior has long been recognized throughout the history and educational and social psychology. However, self-concept researchers who have relied primarily on the single self concept have not provided strong support for their interpretations.

Procedure and methodology

The select procedure adopted in selecting the subjects, variables, criterion L, measure along with the procedure used in the collection of data and the statistical techniques used in the analysis are described here. Subjects have been selected who were students of college age ranged from 18-30. Total

number of 90 students were selected from KLSJ campus. The investigators selected two questionnaire comprises of Big Five Inventory (BFI) and Physical Self Description Questionnaire (PSDQ). Big Five includes five variables and PSDQ consists of 11 variables.

Investigators had chosen variables that represent personality (Big Five Inventory) and Physical Self-Description Questionnaire. Big Five includes extraversion, agreeableness, conscientiousness, neuroticism and openness. As physical self-description questionnaire (PSDQ) includes strength, body fat, physical activity, endurance, sports competence, co-ordination, health, appearance, flexibility, global physical concept and self esteem.

The administration of test

The investigators distributed questionnaire among college students and the questionnaire comprises of big five and PSDQ which includes number of variables. Such as in BFI, the variables are extraversion, Agreeableness, conscientiousness, neuroticism and openness In PSDQ there are variables such as strength, body fat, physical activity, endurance, health, sports competence, co-ordination, appearance, flexibility, global physical concept and self esteem. These are the tools which include a number of variables represent the personality of college students.

Distinct results

The analysis of data, interpretation of findings and discussion of results have been shown. The entire analysis in here was carried out by using statistical software SPSS version 19. These outputs generated by statistical software are presented in Tables and Graphs.

These descriptive statistic like Mean and Standard deviation for Big five Personality Factor and Physical Self description questionnaire are presented in Table 1 & 2.

Table 1: The Descriptive Statistics of Physical Self-Description Variables of College Students

S No.	Variables	Means	Std. Deviation
1	Strength	11.6444	4.33774
2	Body fat	15.1222	3.49583
3	Physical activity	10.8444	5.23152
4	Endurance	9.6556	4.36318
5	Sports competency	9.4889	5.55513
6	Coordination	20.4667	6.61833
7	Health	21.2444	7.08109
8	Appearance	13.3333	3.69938
9	Flexibility	10.6333	4.07913
10	Global physical self concept	14.0000	3.82775
11	Self esteem	22.0778	4.68377

Table 1 shows the descriptive profile static of physical self description among college students and shows the difference between standard deviation and mean of these variables. Strength, global physical self concept, flexibility, appearance, health, endurance. The Body fat, physical activity and sports competency are highly varied, self esteem have average variability. The Table also shows that the variables which have variation in strength, global physical self concept, flexibility, appearance, health, coordination, endurance and body fat are found these students describe themselves more flexible, possessing good strength, body fat, coordination etc while some describe themselves less flexible, having lack of strength, endurance etc.

Table 2: The Descriptive Statistics of Personality Factors of College Students

S No.	Variables	Means	Std. Deviation
1	Extraversion	24.7222	5.88853
2	Agreeableness	34.7222	5.42161
3	Conscientiousness	30.2778	6.39703
4	Neuroticism	24.0111	5.89705
5	Openness	34.5889	6.38625

Table 2 shows the difference between the personality factors of college students, which shows normal variation between mean and standard deviation of all variables i.e., extraversion, Agreeableness, conscientiousness, neuroticism and openness.

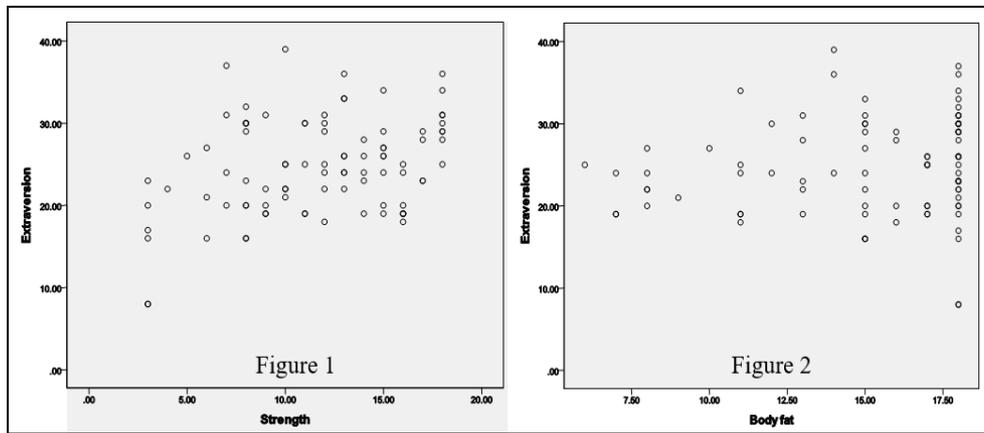


Fig (1, 2): The Figures depicting Relationship between Big Five personality factors and various dimensions of Physical self-description questionnaires.

Discussion of findings

This study was undertaken to study the relationship between personality and Physical self-perception among university students. The Findings of results are discussed below:

1. Agreeableness

Relationship between Agreeableness and some variables of Physical Self-Description (PSDQ) reveals that the students are trust Moreover, Worthy, kind, affectionate and sociable and describe themselves as Physically active, having better coordinative abilities, healthier possessing good appearance, are obese otherwise.

2. Extraversion

Relationship between Extraversion with some variables of Physical Self-Description (PSDQ) reveals that those students who are energetic, The positive emotional, assertive, seek company of others, those who are talkative are likely to describe themselves as more strong, better sports competent, having better coordination, healthier and good looking and having more self-esteem among them.

3. Neuroticism

Relationship between Neuroticism and some variables of Physical Self-Description (PSDQ) reveals that the students who are emotionally Unstable, anxious, moody, irritable and sad describe themselves as Physically weak, less sports competent, less coordinative, unhealthy and are not good looking at all.

4. Conscientiousness

The relationship between Conscientiousness with certain variables Of Physical Self-Description (PSDQ) reveals that the students who are thoughtful, behave in a better way and are intelligent describe themselves as physically fit and sports competent.

5. Openness

Relationship between Openness and some variables of Physical Self-Description (PSDQ) reveals that the students who are imaginative, having insight, interest in doing things describe themselves as physically strong, better coordinative, healthier, good looking but they describe themselves as physically inactive as such.

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