

Comparison of Personality Traits Between Individual and Team Athletes

¹Gasem Ilyasi and ²Mir Hamid Salehian

¹Department of Physical Education, Sarab Branch, Islamic Azad University, Sarab, Iran

²Department of Physical Education, Tabriz Branch, Islamic Azad University, Tabriz, Iran

Abstract: The purpose of this research was to compare the personality of individual and team athletes. So data were collected by NEO questionnaire. One hundred and fifty sportsmen participating in different sports (Judo, Weight lifting, Mountain climbing, volleyball and Basketball) were chosen randomly. Data were analyzed by U Mann-Whitney. Following results were obtained from this research:

- Individual sportsmen have higher degree of extraversion, openness and conscientious than team sportsmen.
- There are no significance difference in agreeableness and neuroticism between individual and team sportsmen.

Key words: Personality traits • Individual athletes • Team athletes

INTRODUCTION

Sport psychology has emerged as a field with a research tradition that provides a foundation for direct application with athletes. As the role played by psychological factors in the performance and over well-being of athletes has become better understood, intervention have been designed to favorably affect athlete behavior throughout their involvement in sport and beyond [1]. Sport psychology researchers have been interested in how athletes' psychological and characteristics influence performance. From this point, it is clear that psychological characteristics differ between more and less effective athletes and teams. Moreover, the ability to mentally prepare is considered a key component of such differences [1]. The optimal level of skills in championship depends on three factors; physical, skill and mental preparation. It seems that champions different performance depends on mental preparation, influence of psychology and personality of sportsmen. So it needs to compare the relationship between psychological variables (personality) in different sports. This matter would help coaches to choose talented players and direct them to choose a right sport activity, ending to optimal result. This helps coaches to instruct them effectively with accuracy contact. Personality structure has explained based on different models. Three-dimensional model of

personality [2, 3] including dimensions of extraversion, neuroticism and psychoticism; and five factor model of personality [4] including dimensions of neuroticism, extraversion, openness, agreeableness and conscientiousness, two that have supported both theoretical and empirical by a large number of researches in the last decades [5, 6, 7]. Numerous studies [8-11] have examined the relations between five factor model dimensions and sport activities; these studies suggest that there is a positive correlation between sport activities, extraversion and conscientiousness and also a negative correlation between sport activities and neuroticism. Also the results of studies connected with Three-dimensional model of personality have shown a correlation between sport activities with one or more dimensions of low neuroticism, high extraversion and low psychoticism [12-15]. Kon (1965) believed sportsmen and women are extraversion and there is a significant relation between sport abilities and extraversion rate. It is obvious higher abilities have related with extraversion and lower abilities with introspection [16]. Some findings have found different results in this case.

Attila (1992) stated that endurance athletes have higher extraversion than non-athletes [17]. Ericson (1993) found a significance difference in personality traits between athletes and non-athletes [18]. Davis and Mogk [19] found no significant difference among elite, non-elite

athletes, entertainment group and non-athletes in extraversion, neuroticism, psychoticism, paratelic and tendency to success. The results show decrease of neuroticism, paratelic in professional athletes, especially in individual ones. Since to succeed in competition, there is need to long hours training and periodically [20]. Vipene *et al.*, (1996) studied personality traits of athletes and non-athletes by Eysenck and Cattell Personality Questionnaire and found there were significant differences between them in some traits [21]. Etemadi nia and Besharati (2010) found individual sport athletes scored significantly higher on conscientiousness and autonomy than did team sport athletes. The team sport athletes scored significantly higher on agreeableness and sociotropy than did the individual sport athletes. No significant difference was found between the two groups on neuroticism, extraversion and openness. It can be concluded that athletes' personality characteristics are different in individual and team sports [22]. Some studies have shown the positive effect of sport on personality, on the contrary some have shown no positive effect of sport on personality. Some believe that team athletes are more extraversion, with higher anxiety and dependency, on the contrary individual athletes are more introspection and with higher self-confidence. Then the study of athletes' personality characteristics, either individual or team sport athletes provide an opportunity for sport counselor, coaches and specialists to discover and select the talented ones for guiding them to the highest level of skills. Based on this, the main purpose of the present study is to survey and diagnose athletes' personality characteristics in individual and team sports and to compare their personality characteristics with each other.

MATERIALS AND METHODS

The method of the present study is descriptive research. 150 sportmen from Sarab city (East Azarbaijan State), with 2 years of experience, participating in different sports (judo, weightlifting, climbing, football, volleyball and basketball) were selected randomly. Data were collected by NEO questionnaire containing 60 questions. Data were analyzed by U Mann-Whitney.

RESULTS

As it is shown in Table 1, there is significance difference between individual and team athletes in extraversion, openness and conscientious. Individual sportmen have a higher degree of extraversion, openness

Table 1: Relation between Personality traits between Individual and Team sports

Personality characteristic	U	A
Neuroticism	0.8966	0.05
Extraversion	0.04115*	0.05
Openness	0.00795*	0.05
Agreeableness	0.10265	0.05
Consciousness	0.01025*	0.05

and conscientious than team sportsmen and no significance difference in agreeableness and neuroticism between individual and team sportsmen.

DISCUSSION

As the results show individual sportsmen have a higher degree of extraversion, openness and conscientious than team sportsmen. Garousi (2000) believed that extraversion people love people, prefer large assembled groups and are courageous, strong, active, talkative, with high power and paratelic [23]. According to Eysenck's theory, central nervous system affects extraversions, they are less sensitive to the stimulus, looking for things that are provocative, they risk less and dislike to work hard and with low stability, they like humor [24]. Sports like judo, weightlifting and climbing are considered individually, but they need power risk, high motion and excitement. These factors are extraversion traits. Then the results of this research are parallel to NEO five-factor model.

According to NEO five- factor, Openness people are conscientious, purposeful, strong-willed, accurate, punctual duties. By the way, they tend to accept new ideas and experience positive and negative excitements [23]. In Eysenck's theory of trait, there is no openness characteristic, but according to this theory, to extraversion are openness and they like humor [24]. According to NEO five- factor, we can see some extraversion traits such as excitement and warmhearted are visible in openness people. According to this theory, extraversion are openness and they love stimulus, so it can be concluded that individual athletes are more extraversion and openness than team athletes. Extraversion grant great values to their jobs [24]. Individual athletes feel their knowledge of results and feedback of their tasks directly, they are aware of readiness, capability of their success, understand their abilities, enjoy much order, much aware and ethical to principles and committed to achieve their goals very hard. These athletes continue to work diligently and efficiently and try to a good end, they are more cautious in decision-

making. Fields such as weightlifting, judo and climbing need big risk and higher activity and more cautious in decision -making.

According to this interpretation, individual athletes rely on their own abilities, but team athletes play with a scattered responsibilities of work, which could indicate low conscientious trait, since to win or get a result individually is much more difficult and also requires much effort. Personality can be influenced by some factors such as environment (family, sports, community, school, nature of sports, etc.), heredity and gender. Albert Bandura (1925) believes behavior can be learned by observing others doing the same expected outcomes. This emphasis on learning through observation is the most striking characteristic [24]. Julian Rotter (1916) calls his idea as a social learning theory to show his belief that we learn behavior mainly through social experience. According to his theory of personality, since we are always exposed to new experiences, constantly we are changing, but the rate has stabilized considerably [24]. Allport (1967 - 1897) believes character is constantly changing and determines behavior. Personality is the product of environment and heredity and childhood experience is separated [24]. Cattell (1905) believes that about a third percent of personality is determined by genetic factors and two-third of it by environmental factors. Personality of some people depends on characteristics of a giant social group and we should understand his personality and the affected group personality such as; environment, heredity, individual, etc. [24]. Generally speaking, we can state that the findings of this research can be influenced by some variables including environment, heredity, individual, etc. which is situated outside the control of the researcher. The findings of this research can statistically be generalized.

REFERENCES

1. Brewer, B.W., Sport Psychology, 2009. Handbook of Sport Medicine and Science. Willy- Blackwell, UK., 5: 55.
2. Eysenck, H.J., D.K. Nias and D.N. Cox, 1982. Sport and personality. *Advances in Behavior Research and Therapy*, 4: 1-56.
3. Eysenck, H.J. and M.W. Eysenck, 1985. Personality and individual differences. New York: Plenum.
4. Costa, P.T. and R.R. McCrae, 1992. Revised NEO Personality Inventory (NEO-PI-R) and NEO Five Factor Inventory (NEO-FFI) professional manual. Odessa, FL: Psychological Assessment Resources.
5. Markon, K.E., R.F. Krueger and D. Watson, 2005. Delineating the structure of normal and abnormal personality: An integrative hierarchical approach. *J. Personality and Social Psychol.*, 88: 139-157.
6. McCrae, R.R., 2005a. A. Terracciano and 78 Members of the Personality Profiles of Cultures Project. Universal features of personality traits from the observes' perspective: Data from 50 cultures. *J. Personality and Social Psychol.*, 88: 547-561.
7. Terracciano, A., P.T. Costa and R.R. McCrae, 2006. Personality plasticity after age 30. *Personality and Social Psychology Bulletin*, 32: 999-1009.
8. Rhodes, R.E., K.S. Couneya and T.M. Bobick, 2001. Personality and exercise participation across the breast cancer experience. *Psycho-Oncol.*, 10: 380-388.
9. Conner, M. and C. Abraham, 2001. Conscientiousness and the theory of planned behavior: toward a more complete model of the antecedents of intentions and behavior. *Personality and Social Psychology Bulletin*, 27: 1547-1561.
10. Naseri, T., Sh. Pakdaman and A. Asgari, 2008. The role of sport and personality traits in psychological development of students. *J. Iranian Psychologist*, 5: 53-62.
11. Saklofske, D.H., E.J. Austin, B.A. Rohr and J.J.W. Andrews, 2007. Personality, emotional intelligence and exercise. *J. Health Psychol.*, 12: 937-948.
12. Arai, Y. and S. Hisamichi, 1998. Self-reported exercise frequency and personality: a population-based study in Japan. *Perceptual and Motor Skills*, 87: 1371-1375.
13. David, J.P., P.J. Green, R. Martin and J. Slus, 1997. Differential roles of neuroticism, extraversion and event desirability for mood in daily life: an integrative model of top-down and bottom-up influence. *Journal of Personality and Social Psychol.*, 73: 149-159.
14. Potgieter, J.R. and R.E. Venter, 1995. Relationship between adherence to exercise and scores on extraversion and neuroticism. *Perceptual and Motor Skills*, 81: 520-522.
15. Yeung, R.R. and D.R. Hemsley, 1997. Personality, exercise and psychological well-being: static relationships in the community. *Personality and Individual Differences*, 22: 47-53.
16. Frost, D., 1997. Sports psychology, Translator by Alijani *et al.*, Physical Education Organization.
17. Attila, S., 1992. Habitual participation in exercise and personality, *Perceptual and Motor Skills*, pp: 978.
18. Erickson, R.S., 1993. Personality difference between athletes and Nonathletes, 31: 59.

19. Devis, C. and J.P. Mogk, 1994. Some personality Correlates of interest and excellence in sport. *International J. Sport Psychol.*, 25: 131-134.
20. Davis, C., S. Elliott, M. Dionne and I. Mitchell, 1991. The relationship of personality factors and physical activity to body satisfaction in men. *Personality and Individual Differences*, 12: 689-694.
21. Vipene J.R. and P.B. Ikulayo, 1996. Domain personality characteristics Nigerian female athletes in selected sport, *Journal of the international Council for Health, Physical Education, Recreation, Sport and Dance.*, 32(4): 58-59.
22. Etemadi Nia, M. and M. Besharat, 2010. Comparison of athletes' personality characteristics in individual and team sports, *J. Procedia Social and Behavioral Sci.*, 5: 808-812.
23. Garousi, T., 2001. Evaluation of personality. Jame Pazhuh Publication, pp: 40-45.
24. Devon, S., *Character Theory*, 2000. Translator by Y. Karimi, *et al.*, Arasbaran Press Publishing.