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COMPARATIVE STUDY OF PERSONALITY AMONG UNMARRIED AND MARRIED FEMALE ATHLETES

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A= Study Design, B= Data Collection, C= Statistical Analysis, D= Manuscript Preparation, E= Funds

Abstract

The study aimed to compare personality traits of unmarried and married female athletes using Big five personality Inventory. 400 female athletes from different parts of India and different sports were randomly selected. Data were analysed using independent t-test and Mann-Whitney U test. Result reveals there married female athletes significantly differs from unmarried female athletes in traits like agreeableness, neuroticism and openness, while in extraversion and conscientiousness no significant difference occurred.

Keywords: Personality, Big Five Inventory, Extraversion, Agreeableness, Conscientiousness, Neuroticism, Openness, Unmarried and Married Female Athletes

Introduction:

Personality is a most popular topic which is being studied among sports psychologists, physical educators and researchers. Now a days every manager either club, state or national team wants their team to perform better in competition (Schade, Piehler, & Burmann, 2014). Thus every coach or manager wants to select athletes who are more competitive and have better coping style. It is very well quoted by (Austin & Mann, 2012) "If the body is strong but the mind is weak, all physical gains are lost." Personality has been defined as an exceptional pattern of thoughts, feelings, and behaviours that distinguish one person from another that persist over time and situations (Aidman & Schofield, 2004).

Successful athletes are above the population norm on vigour, but below the surface on the more negative moods of tension, depression, anger, fatigue and confusion (Iceberg Profile, 2016). But little evidence exists to support the existence of a given athletic personality type, a personality profile that separates elite athletes from the rest of athletes or specific personality types associated with specific activities (Gill, 1986). Therefore identification of this mental toughness requires studying personality of sportsperson. Today, psychology pays great attention to the subject of personality, to an extent that most psychologists try to put light on its many different dimensions through varying perspectives (Dennis et.al. 1991).

Everybody deals with these factors and their personality profile, consisted of the five factors, can be drawn out. Based on this model, a character or personality is consisted of the five major aspects of: Neuroticism (N), Extraversion (E), Openness to Experiences (O), Agreeableness (A), and Conscientiousness (C) (De Fruyt F et.al.2006).

Previously studies were conducted to analyse the athletes personality of team and individual sports including both male and female subjects states team sports athletes are better in agreement, extraversion and task (Mollazadeh, Gharayagh, H, Rostamizadeh, & Kateb, Y, 2019). Team sports athlete differs in extraversion and openness(Singh, 2017) and personality characteristics are different for team and individual sports (Nia & Ali Besharat, 2010). Some study conducted to compare personality traits of male and female athletes reveals female are more competitive (Marczak & Ginszt, 2017), and females are more assertive, experimenting emotionally stable and controlled than by male (Sanford, 1975).

Reviewing previous studies of team and individual sports, and male and female athletes a gap was observed that, is there any differences in personality characteristics of female and male sportsperson? Because in India maximum number of sportsperson belongs to middle and low socio-economic status(Verma & Verma, 2016). Maximum female of these groups are restricted to participate in any sports due to dressing requirement of sport, gender inequality, and social, other religious, factors (Ahmad, R.H. 2015) (Rao, 2010). Female who participate in sports are bounded with several household and domestic responsibilities(Oglesby, Iwg, & Wsi, 2007). These responsibilities increase as they get married and go to her husband's house, where she has to play different role for different members in the family(Ruseski, Humphreys, Hallmann, & Breuer, 2011). Now over in sports both unmarried and married participate in national championship. Therefore it is necessary to study personality characteristics of both categories. In this study effort has been made to compare personality traits of married and unmarried female athletes.

Aim of Study:

The present study aimed to compare personality traits of married and unmarried female active sportsperson. It was hypothesized that there would significant difference between personality traits of married and unmarried female athletes.

Methodology:

Subjects: 400 (200 unmarried and 200 married) female sports person who actively participated in Masters Championship (for married) and Open National Games or All India Intervarsity Games for consecutive 2 years were randomly selected from different sports and different states of India. Age of subjects ranged from 20 to 35 years.

Materials: Big 5 personality inventory by O.P.John, E.M.Donahue, & R.L.Kentle, 1991 Consisting 44 items was used as a tool for collecting the data.

Statistics: All acquired data were analysed using IBM SPSS V.20.0.0. To check normality violation Shapiro-Wilk test, and to check heterogeneity violation Levene's test was used. To compare difference among two groups independent sample t-test was used for normal data and for non-normal data non-parametric test equivalent to its parametric test Mann-Whitney U test was used. Level of significance was set at 0.05. Conversion of mean, maximum and minimum score into linear transformation score has been done to make profile chart.

Results & Conclusion:

Table 1: Rank for the Variable Category

	Category	N	Mean Rank	Sum of Ranks
Extraversion	UNMARRIED	200	198.46	39692.50
	MARRIED	200	202.54	40507.50
Agreeableness	UNMARRIED	200	216.49	43297.00
	MARRIED	200	184.52	36903.00
Conscientiousness	UNMARRIED	200	211.34	42267.50
	MARRIED	200	189.66	37932.50
Neuroticism	UNMARRIED	200	213.93	42786.50
	MARRIED	200	187.07	37413.50
Openness	UNMARRIED	200	212.64	42527.00
	MARRIED	200	188.37	37673.00

A comparison of the mean for BFI was desired for both category unmarried and married female athletes but due to the non-normality of variables Mann-Whitney U test was carried out. Category unmarried had large mean rank than married on variables Agreeableness, Conscientiousness, Neuroticism, and Openness whereas, married category have highest mean rank on Extraversion (See Table 1).

Table 2: Test statistics: Mann-Whitney U test

	EXT	AGS	CNS	NEU	OPN
Mann-Whitney U	19592.50	16803.00	17832.50	17313.50	17573.00
Wilcoxon W	39692.50	36903.00	37932.50	37413.50	37673.00
Z	-.353	-2.769	-1.877	-2.328	-2.101
Asymptotic Sig. (2-tailed)	.724	.006*	.060	.020*	.036*

*Significance at 0.05

Statistical significance were only found in three personality traits Agreeableness ($U=16803.0$, $p=.036$); Neuroticism ($U=17313.50$, $p=.020$); and Openness ($U=17573.0$, $p=.036$) (See Table 2).

The result indicates that unmarried female athletes tend to be more agreeable, neurotic and open in nature than married female sportsperson, a difference that is statistically significant whereas, these two categories do not significantly differ in personality traits like Extraversion and Conscientiousness.

Figure 1: Independent Sample Mann-Whitney U Test

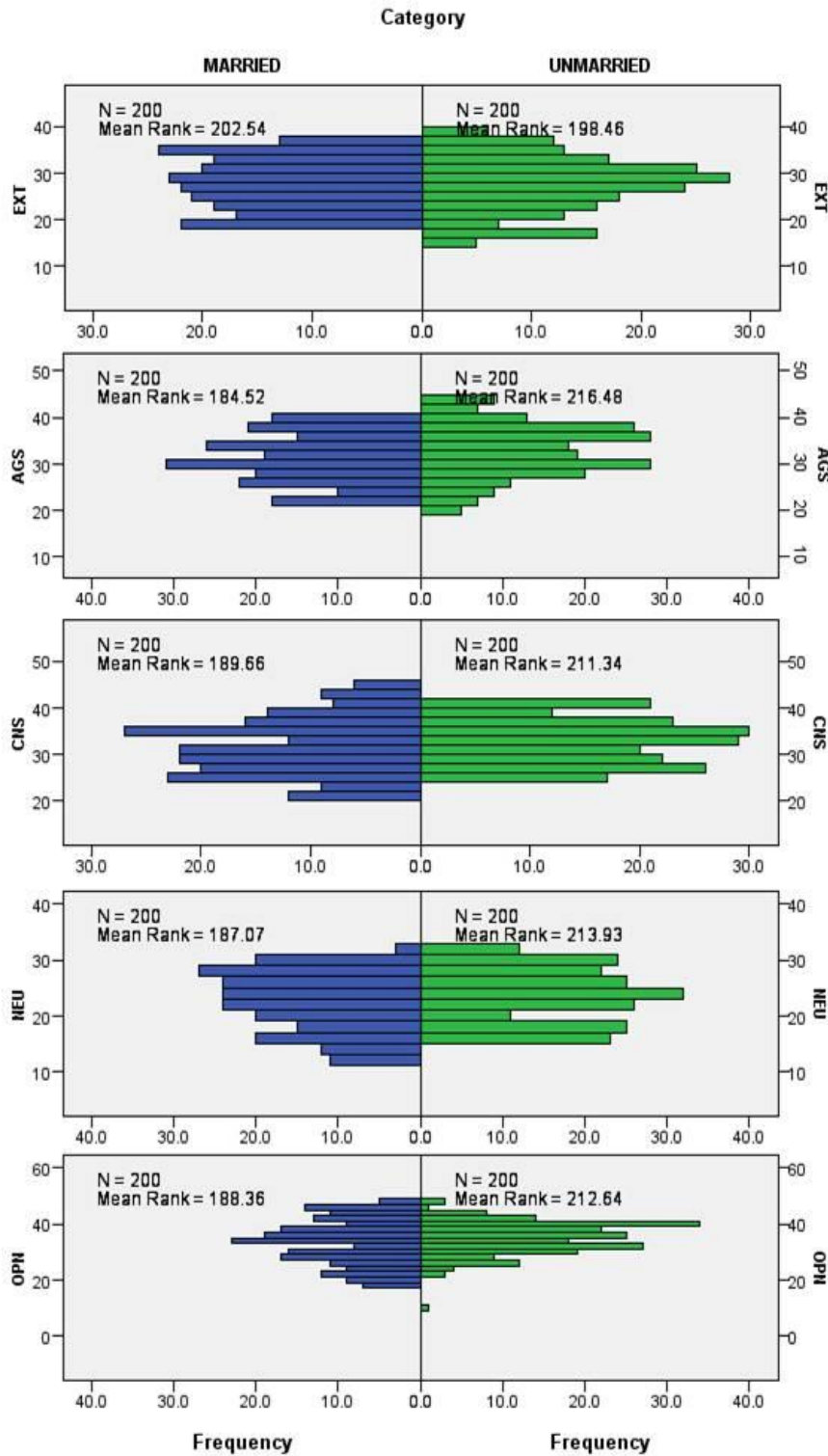


Figure 2: Profile Chart of Married and Unmarried Female Athletes

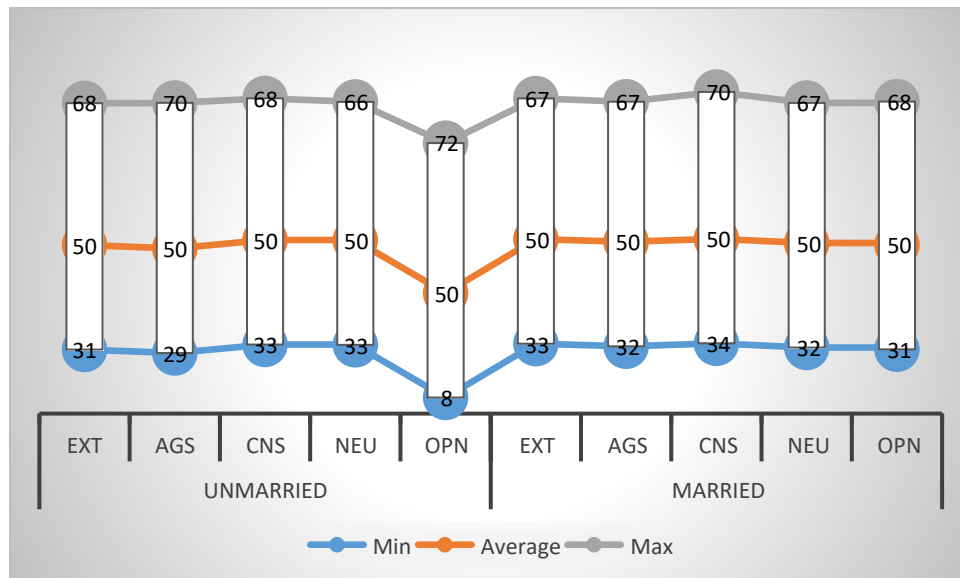


Figure 2 depicts the profile of married and unmarried female athletes based upon Big Five Personality Traits after conversion of mean, maximum and minimum score into linear transformed score.

Discussion:

The present study assumed that personality traits of unmarried and married female athletes will significantly differ as measured by Big 5 Inventory. By looking to the profile chart it is clear that both category athletes are less in neuroticism but unmarried female athletes significantly differs from married female athletes. That means unmarried female athletes are good in adjusting themselves in new situation and are more emotionally stable as compared to married female athletes. As decrease in neuroticism other traits like extroversion, agreeableness, conscientiousness, and openness are higher in both categories. Hence, in extroversion married female athletes are better than unmarried ones. It means quality and intensity of interaction of interpersonal interaction is better in married female but do not differs significantly. In traits like agreeableness and openness unmarried significantly differs from married athletes, it means unmarried female athletes are better in interpersonal orientation qualities, and productive change seeking and appreciation of experience for her own sake. While on conscientiousness again unmarried female athletes are found good as it means married athletes are less in looking in individual's degree of persistence and less in goal directed behaviour than unmarried female athletes, but they do not differ significantly. The reason may be attributed that as a girl gets married the responsibilities increases, by the increase in responsibilities thinking style changes and ability to think increases as compared to unmarried female athletes. Where unmarried female athletes think only about her sporting career and a small family members to whom she knows from childhood, but when she gets married, she has to put her life goal aside and involve her into new unknown world. This creates different changes in her life. She has to work for her goal by keeping balance to her family responsibilities. Therefore, the change in profile chart indicates that married female athletes are higher in extroversion but lower in other personality traits like agreeableness, conscientiousness, neuroticism and openness. This is not only in the condition of sports but also applies to general life setting. There may be exception in both unmarried and married female categories where one feel what she is doing is right by neglecting social values and her family responsibilities. In some cases where she has supportive family members who concern about her life goals, have helping hands and allow her to put effort for her goals.

Conclusion:

From the result it may be concluded that unmarried female athletes are more agreeable, conscience, neurotic and open whereas, married female athletes are more extrovert. It must be noted that the present research was solely a comparison in nature and that future studies would be needed to assess how athletes actually interpret behaviour in competitive sports situations. Again additional research is needed to find out the real reason of similarities and difference exists in the present study. An elaboration of this information could be potentially useful to coaches and athletes in order to optimize the experience of participants in sport and exercise activities.

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