

Research Papers



## Influence of Physical Education Academic Program on Personality Characteristics among Physical Education Students

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### Abstract

*The primary objective of the study was to influence of physical education academic program on personality characteristics among physical education students. Total 40 physical education students treated as a experimental group were selected as a subject for the presented studies & their age ranged from 22 to 30 years. No control group had been taken. Questionnaires were given to the 40 physical education students. The instructions were given to the students before filling these questionnaires by the researcher. For the present study, MPI was used for data collection before & after physical education academic program to the students through questionnaires.*

The instruction was given by the investigator to the students before filling these questionnaires

Pre and Post test data is statistically analysed to compare the personality characteristics among physical education student with respect to Neuroticism and extraversion. The level of significant was setup at 0.05.

The obtained mean values for Neuroticism are 0.86 and 0.91 and where as for extraversion are 0.80 and 0.52 reveals that significance influence of physical training Academic program on personality characteristics among physical education students is only with respect to Extraversion( $t=2.80$ ,  $p<.05$ )and not significant with respect to Neuroticism( $t=0.5$ ).

### Introduction

The great majority of empirical research in sport personality has utilized assessment devices, which embody the factor theory as their main premise. As expressed by Cattell (1973), the factor

theory searches for consistencies in behavior. It is assumed that internal dispositions or traits are relatively stable and so enduring that they override environmental or situational influences. This infers that questions could be asked in any situation and the responses to generalized to a sport situation.

Sports performance has been found to be related to some personality variables. Extraversion and neuroticism are among the variables, which influence sports performance in addition to many other personality variables. Extraversion has been found to be highly related or supportive to dominance and sociability in athletes and sports participants by Sperling (1942), Tillman (1964), Ruffer (1965), Whiting & Stembridge (1965), Wernet and Gottheil (1966), Bruner (1969), Kane (1970) and Ikegami (1970). Extraversion, according to Alderman (1974), is a construct evolving out of Jung's (1933) early designation of the two major attitudes of personality: the extraverted attitude,

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which orients the person to the external, objective world, and the introverted attitude, which orients one towards the inner, subjective world. Eysenck (1947) whose development of the two broad personalities dimensions of neuroticism-stability and extraversion-introversion provides the major underlying theoretical structure of this trait. He describes extraverted individuals as:

“Outgoing, impulsive, uninhibited, involved in group activities, sociable, friendly, craving excitement, and having many social contacts. They stick their necks out and take chances, act on the spur of the moment, are optimistic, aggressive, lose their temper easily, laugh a great deal, and are unable to keep their feelings under control.”

Eysenck (1960) developed two broad personality dimensions, the E scale, which is a continuum between extraversion and introversion, and the N-scale, which is a continuum between neuroticism and stability. Though this is essentially a behavior description of personality, he did attempt to link overt personality characteristics with their causal biological sources. He believes that behavioral characteristics can be explained at the neural level, with the F scale reflecting the strength of both the excitatory and inhibitory functions of the central nervous system i.e. (the cortex) and the N-scale reflecting the excitation of the autonomic nervous system.

In neuroticism, the individual reacts to some distressing stress situation with more than the usual amount of sadness and dejection. There is high level of anxiety and apprehensiveness, together with diminished activity, lowered self-confidence and a general loss of initiative. Eysenck (1967) has proposed that the neuroticism, His explanation revolves centrally around the hypothesized instability of the autonomic nervous system. He maintains that autonomic nervous system reactions are rooted in the person's constitutional structure, which mediates the reaction of the sympathetic nervous system to incoming stimuli. Though people react differently to sympathetic stimulation and to the way the parasympathetic system is controlled. In this context, introverts are seen to be more chronically aroused than extraverts and neurotic or unstable people then to become aroused more easily than stable people.

However, Eysenck (1947) states that neuroticism (emotional instability) refers to “general emotional over-responsiveness and the liability to neurotic breakdown under stress”. This

is essentially an integration and conceptualization of earlier thoughts by Jung (1929), Pavlov (1934) and Hull (1943), who suggested that variations in the strength of the excitatory and inhibitory functions of the nervous system could account for temperamental differences in human personality.

#### Academic Training Program

The duration of academic program was 6 weeks. 5 day a week and 60 minutes a day .Exercise that uses large muscles groups that can be maintained continuously and are aerobic in nature. These exercises included walking, running, jogging, climbing, jumping row and cross country. There was training program in the academic schedule of physical education department the exercise session should consist Warm-up period approximately 10 minutes this was combined callisthenic type stretching exercise and progressive aerobic activity .However cool-down period was 5-10 minutes.

The present study was delimited to the of 40 Physical education student between age group of 22-30 years of S.R.T.M. University, Nanded. The study was delimited to male subject only.

Different nature of students, the effects of weather, condition was considered as the limitation of the study there was no control of research scholar on the diet of subject.

#### Extraversion

The state of having thoughts and activities satisfied by things outside the self. He is continues outgoing social friendly & freeform worries. He is a carefree, easygoing optimist, like to laugh & to be merry & his feelings are not under tight control.

#### Neuroticism

It is a minor mental disorder characterized by inner struggles & Discord & social relationship. It is a perceptual trade by the emotional stress conflict & frustration. Some of the more frequent psychological complaints in neuroticism are Anxiety, depress, sprits, inability to concentrate or make decision, memory disturbance heightened irritability, and morbid bout observation irrational fare insomnia.

#### Methodology

In the present study e-score and n-score on MPI has been taken as a measure of extraversion. The selection of subjects, Collection of data, tools of the study, administration of the test and statistical procedure has been done as per fallow

#### Selection of Subject

Total 40 physical education students treated as a experimental group were selected as a subject for the presented studies & their age ranged from 22 to 30 years were selected. No control group had been taken.

**Administration of the Test**

Questionnaires were given to the 40 physical education Students. The instructions were given to the students before filling these questionnaires by the researcher.

**Tools of the Study**

For the present study, MPI was used for data collection in Hindi Version of prepared by S. Jallota & S. D. Kappor was utilized.

**Collection of Data**

The data was collected before & after physical education academic program to the students through questionnaires. The instruction was given by the investigator to the students before filling these questionnaires

**Statistical Analysis**

To analysis of data Mean, Standard Deviation and t- ratio were used to compare the extraversion & neuroticisms. The level of significant was setup at 0.05.

Formula for Mean, S.D and percentage are as follows I

$$S.D = \sqrt{\sum x^2/N}$$

$$T\text{-ratio} = m_1 - m_2 / \text{critical ratio}$$

**Analysis of Data and Results**

The data was collected before and after physical education academic program to the students through questionnaires to study its influence on Physical Education Student of personality characteristics with respect to Neuroticism and Extraversion.

The Standard Raw Scores among an experimental group (40 students) is collected for Pre and Post test physical education academic program to with respect to Neuroticism and Extraversion Respectively

The results of the present study were statistically analyses to determine Mean scores, standard deviation, S.ED. and t- value of Pre and Post test of Physical Education students with respect to Neuroticism and Extraversion respectively.

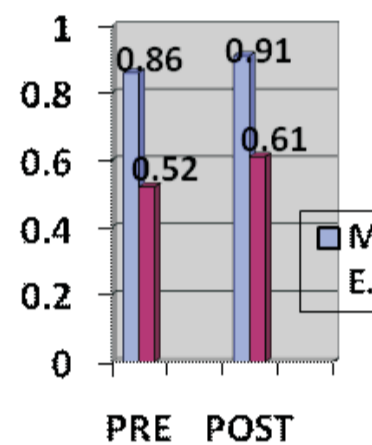
The influence of the physical training academic program on Physical Education

Student of personality characteristics with respect to Neuroticism were shown in Table and same data is presented in Chart as fallows,

Test	No of Students	Means Scores	Standard Deviation	S.ED.	t- value*
Pre	40	0.86	0.52	0.1	0.5
Post	40	0.91	0.61		

\*Not significant

**Table No.1** The influence of the physical training academic program with respect to Neuroticism



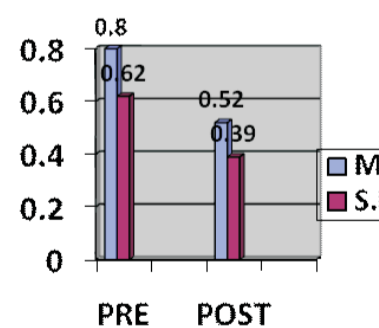
**Chart No.1** The influence of the physical training academic program with respect to Neuroticism.

The influence of the physical training academic program on Physical Education Student of personality characteristics with respect to Extraversion were shown in Table and same data is presented in Chart as fallows

Test	No of Students	Means Scores	Standard Deviation	S.ED.	t- value*
Pre	40	0.80	0.62	0.1	2.80
Post	40	0.52	0.39		

\*Significant

**Table No.2** The influence of the physical training academic program with respect to Extraversion



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**Chart No.2** The influence of the physical training academic program with respect to Extraversion

#### Discussion of Findings

With regard Pre and Post test of personality characteristics among physical education student with respect to Neuroticism they have obedient the mean values of 0.86 and 0.91 respectively. which are given in Table No.01 reveals that non significance influence of physical training Academic program on neuroticism. ( $t=0.5$ )

With regards Pre and Post test of personality characteristics among physical education student with respect to Extraversion they have obedient the mean values of 0.80 and 0.52 respectively. Which are given in Table No.2 reveals that significance influence of physical training Academic program on Extraversion ( $t=2.80$ ,  $p<.05$ ).

#### Conclusion

1. The influence of the physical training academic program on Physical Education Student of personality characteristics with respect to neuroticism does not shows significance ( $t$ -value=0.5)

2. The influence of the physical training academic program on Physical Education Student of personality characteristics with respect to extraversion shows significance ( $t$ -value=2.80,  $p<.05$ )

Hence The findings of the study would be helpful to coaches, sports trainer and Physical education teachers to know the Influence of physical education academic program to improve Student of personality characteristics and also The finding of the study will be provide a guide line to the future research investigators to conduct farther research in this field.

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