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Determined the personality of sportsperson and sedentary lifestyle person

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Abstract

The purpose of this study is to determine the personality of Sportsperson and sedentary lifestyle person. To achieve this objective, in this study I have compared personality profiles of 25 Sportsperson and 25 sedentary lifestyle person. For this study predominantly the data of 50 participants was taken and administered the MBTI (Myers-Briggs Type Indicator) and a Likert-type questionnaire to determine their preferences. I identified what type of personality they possess being an active person or a sportsperson and being a sedentary lifestyle person. A self-report questionnaire known as Myers Briggs Type Indicator personality type, it is used to determine the person strength, personality type, and their preference. One of the most prevalent psychological tool used today is Myers-Briggs Type Indicator (MBTI). There are 16 personality types that can be determined based on the responses based on the inventory questions. The MBTI was developed to help participants for better understanding of their likeness, dislikes, capability and relationship with others. No one in this world born perfect and there are no possibilities that they have no drawback, so the main objective of MBTI is to make people more aware about themselves. (<https://www.verywellmind.com/the-myers-briggs-type-indicator-2795583>). This study analysed the personality profiles with the help of MBTI that assess the psychometric personality. In this study 50 respondents (25 sportspersons and 25 sedentary lifestyle person) completed the MBTI assessment. The study indicated that sedentary lifestyle person preferred I and S more than sportsperson who preferred T and P. Sportsperson scored much higher on the F attribute compared to sedentary lifestyle with strong E, N, and J scores. The ESTJ personality type was found to be dominating.

Keywords: Personality profiles, MBTI (Myers-Briggs type indicator), sportsperson vs. sedentary lifestyle, psychometric assessment, ESTJ personality type

Introduction

Personality" refers to the defining characteristics, motives, values, interests, self-perception, skills, and emotional patterns that constitute a person's unique approach to coping with life. All theories agree that personality influences behaviour, even though they offer different explanations for how personalities are formed and evolve. Personality psychology studies the nature and idea of personality as well as its evolution, structure and trait constructions, dynamic processes, variations (focusing on stable and long-lasting individual differences), and maladaptive forms.

The goal of personality psychology is to understand how a person's behaviors, attitudes, and mental processes come together to form a unique whole and make their actions cohesive and well-rounded. In the realm of physical culture, concerns regarding personality are typically brought up.

Discovered that the variety of leisure activities are the origin of positive feeling states that concerns the investigation on creation of feelings state and how leisure activities affect personality. In addition to providing a platform for emotional expression and self-realization, sport help people to socialize with one another. A person learns to control his majority of negative thoughts and learns to regulate them with the help of sports.

In many ways sports have significantly assisted in personal growth. According to the information provided by Laker (2000) ^[6], Claimed that the education in general provides a chance to everyone in the society to achieve their preferred level of personal character development. He has said that in private environment the physical education offers an engaging setting that incorporates skill development, hardships and social transformations.

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According to what he says physical education fosters the social experiences and personal growth.

Sport has a significant influence in a person's socialization because it is a social activity that allows participation in lively social environment. In contemporary the societies, when sports are commonly viewed as communal events, people who are interested in sports engage in sporting activities to build social relationship with various groups of people. Sport has freed the person from his own constrained surroundings and allowed them to communicate with the individuals of all background, beliefs, and views in order to both influence and be affected by them. It is possible to argue that in in this regard, sports promote social bonds and ability to create new relationships.

Sport splays an essential role in people's lives by protecting their physical and mental health, which promotes healthy personal development and aids in socialization.

Experts examining the relationship between personality and sports, have come to a conclusion that a sport play a significant role in socialization and personality development. In their study Newman and Cooper examined the personality traits of sportsperson and sedentary lifestyle person finding that, sportsperson is dynamic, self-controlling, gregarious and adaptive that the sedentary lifestyle person. Engaging in sporting activities allows people to socialize themselves and to bond around a share interest. People develop competitiveness, work ethics, and fighting spirit in this setting. They can have positive interaction with people if they learn to win, accept failure, learn to respect others opinions and ideas.

The test assesses four major characteristics of human preferences using a self-evaluation questionnaire that may be completed in 15-20 minutes. The first dimension is extraversion vs. introversion, which determines whether a person's energy comes from the outer world (extraversion) or the inside world (introversion). The second dimension is sense vs. intuition, which refers to a person's preference for specific details or the overall picture of an experience. The third preference dimension, thinking vs. feeling, describes how people make decisions. Thinking types prioritize reasoning, facts, and fairness in decision-making, whereas feeling types consider the impact. The final preference dimension explores how individuals like to organize their

reality. Individuals with a judging vs perceiving preference tend to be organized, timely, and prepare ahead, whereas those with a perceiving preference are typically impulsive, versatile, and open to new ideas.

Methodology

Study Design and Sampling Procedure

Survey method is used in this research; a questionnaire is filled by the respondents. With ex post facto research design. This is used to determine the personality profile of students and Chi-square method is used it is also called equal answer hypothesis. A total of 50 participants included 25 sportspersons and 25 sedentary lifestyle person composed of the sample. Participants were informed of the research objectives and that their data would be used solely for research reasons.

Instrument Development and Data Collection Procedure

The study employed the reviewed Indonesian version of MBTI with 25 questions. The MBTI identifies the 8 personality "preferences". The preferences are divided into four dichotomies, with subcategories based on the major personality traits such as Perception (P), Sensing (S), Intuition (I), Judgement (J), Feeling (F), Introversion (I), Extraversion (E). Subjects completed questionnaire in 15-20 minutes, with the study nature given at the top. Participants answered the questions it has no right or wrong answers; it was just to evaluate the perception of the respondents. The MBTI instrument is not a test. Select the most appropriate answer for each subject.

Data Processing and Analysis

To analyse the different the different personality profiles for student talent assessment, I used descriptive percentage analysis (average and standard variation of each variable). The t-test was used to summarize the data and identify differences. I chose a significance level of 0.05 to compare research groups.

Result and Discussion

Table 1 displays the socio-demographic sample of 50 respondents, including 25 sports person and 25 sedentary lifestyle person.

Table 1: General characteristics of sample

S. No.	Participants	No. of participants
1.	Sportsperson	25
2.	Sedentary lifestyle person	25

The study focused on the identifying an analysing data using a percentage distribution. Table 2 displays the distribution of personality profiles among all 50 respondents. The ESTJ

personality type accounted for the highest percentage in the sample. The least prevalent personality types were ISFP and INTP.

Table 2: Representation of Participants

Type	Sportsperson	Sedentary lifestyle person
ISTJ	3	2
ISFJ	1	2
INFJ	1	2
INTJ	1	1
ISTP	1	2
ISFP	1	1
INFP	1	1
INTP	1	1
ESTP	2	1

ESFP	2	1
ENFP	1	2
ENTP	2	1
ESTJ	5	4
ESFJ	2	2
ENFJ	1	1
ENTJ	1	
SUM	26	24
AVERAGE	8.783333333	14.1
S.D	1.060098827	0.8

T-test value is 0.5, Degree of freedom= 18, P value- 17.338

In case of a tie

1. Between E & I, Select I
2. Between S & N, Select N
3. Between T & F, Male Will Select 'T' & Females 'F'
4. Between J & P, Select P

Extraversion: By actively interacting with people and things, you focus on the outside world and direct and receive energy.

Introversion: You direct and receive energy by thinking back on concepts, memories, and experiences. You concentrate on your inner world.

Sensing: You take note of and have faith in current events, specifics, and facts.

Intuition: You pay attention to and have faith in theories, future prospects, and connections.

Thinking: To attain objectivity in your decision-making, apply logical analysis.

Feeling: To attain harmony, you base your decisions on person-centered principles.

Judging: You have a propensity for being well-prepared, orderly, and fast to make decisions.

Perceiving: You have a propensity to remain open-minded and flexible, as well as to explore new choices whenever available.

Conclusion

The MBTI is typically utilized in business settings, while it is occasionally applied in other contexts where psychometric analysis of a person's abilities, personality traits, or team constellations is desired has a significant impact. Although there isn't a particular MBTI for athletes, we think that athletes may lean more toward one of the 16 MBTI types than another. Conversely, this could assist coaches in more personally customizing training regimens and provide them with a foundation for analysis and a potential course of action in the event that a particular training approach proves ineffective for a particular player. Knowing who they are coaching and what their MBTI may be will help you become a better coach and build a better team. Additionally, having the data the MBTI gives you on hand could facilitate professional athlete recruitment and improve communication between the associates.

The degree of satisfaction derived from an activity can influence an individual's inclination to participate in it. Research published in Kandler *et al.* (2012)^[17] and Mann,

Briley, Tucker-Drob, & Paige Harden *Advances in Health Science Research*, volume 12 170 (2015) suggested that knowledge of the genetic foundations of callous and emotionless behavior may be gleaned from the development of normal personality. This internal regulation is supported by innate interests that are sparked by genetic influences. However, as pointed out, "You still need to develop the internal motivators that are determined by your genetics through practice." Based on the findings, it can be deduced that ESTJ (Extrovert; Sensing; Thinking; and Judgment) had the highest proportion of personality, while INTP (Introvert; Intuition; Thinking; and Perceiving) and INFP (Introvert; Intuition; Feeling; Perceiving) have the least proportion of personality.

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Appendix

Percentage Points of the Chi-Square Distribution									
Degrees of Freedom	Probability of a larger value of χ^2								
	0.99	0.95	0.90	0.75	0.50	0.25	0.10	0.05	0.01
1	0.000	0.004	0.016	0.102	0.455	1.32	2.71	3.84	6.63
2	0.020	0.103	0.211	0.575	1.386	2.77	4.61	5.99	9.21
3	0.115	0.352	0.584	1.212	2.366	4.11	6.25	7.81	11.34
4	0.297	0.711	1.064	1.923	3.357	5.39	7.78	9.49	13.28
5	0.554	1.145	1.610	2.675	4.351	6.63	9.24	11.07	15.09
6	0.872	1.635	2.204	3.455	5.348	7.84	10.64	12.59	16.81
7	1.239	2.167	2.833	4.255	6.346	9.04	12.02	14.07	18.48
8	1.647	2.733	3.490	5.071	7.344	10.22	13.36	15.51	20.09
9	2.088	3.325	4.168	5.899	8.343	11.39	14.68	16.92	21.67
10	2.558	3.940	4.865	6.737	9.342	12.55	15.99	18.31	23.21
11	3.053	4.575	5.578	7.584	10.341	13.70	17.28	19.68	24.72
12	3.571	5.226	6.304	8.438	11.340	14.85	18.55	21.03	26.22
13	4.107	5.892	7.042	9.299	12.340	15.98	19.81	22.36	27.69
14	4.660	6.571	7.790	10.165	13.339	17.12	21.06	23.68	29.14
15	5.229	7.261	8.547	11.037	14.339	18.25	22.31	25.00	30.58
16	5.812	7.962	9.312	11.912	15.338	19.37	23.54	26.30	32.00
17	6.408	8.672	10.085	12.792	16.338	20.49	24.77	27.59	33.41
18	7.015	9.390	10.865	13.675	17.338	21.60	25.99	28.87	34.80
19	7.633	10.117	11.651	14.562	18.338	22.72	27.20	30.14	36.19
20	8.260	10.851	12.443	15.452	19.337	23.83	28.41	31.41	37.57
22	9.542	12.338	14.041	17.240	21.337	26.04	30.81	33.92	40.29
24	10.856	13.848	15.659	19.037	23.337	28.24	33.20	36.42	42.98
26	12.198	15.379	17.292	20.843	25.336	30.43	35.56	38.89	45.64
28	13.565	16.928	18.939	22.657	27.336	32.62	37.92	41.34	48.28
30	14.953	18.493	20.599	24.478	29.336	34.80	40.26	43.77	50.89
40	22.164	26.509	29.051	33.660	39.335	45.62	51.80	55.76	63.69
50	27.707	34.764	37.689	42.942	49.335	56.33	63.17	67.50	76.15
60	37.485	43.188	46.459	52.294	59.335	66.98	74.40	79.08	88.38