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## The contribution of sports to the personality development of Swarnim Gujarat sports University's students

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### Abstract

The study's objective is to ascertain the impact of a Sports Programme on the personality development of athletes. The study sample comprises 30 typical students from Swarnim Gujarat Sports University, Gujarat. The researcher administered sports practice sessions, encompassing various sports and games such as basketball, football, running, and more, consistently for a duration of six weeks. To assess personality traits, a Pre-Test and Post-Test were conducted employing R.B. Cattell's 16 personality traits scale as the research instrument. The research findings revealed that engaging in sports activities had a positive influence on personality development.

**Keywords:** Sports activities, personality development, students

### Introduction

Personality can be defined as the distinctive amalgamation of an individual's structure, patterns of behavior, attitudes, capacities, skills, and talents. Most scholars concur that personality is an internal, cognitive, and emotional framework of responses to the surroundings - a configuration of thoughts, emotions, and actions that influences every facet of a person's existence. It can also be described as the observable traits and qualities of an individual that set them apart from others; it represents what makes each person truly unique.

Participating in sports offers benefits that extend well beyond physical well-being. It forges character, imparts critical thinking skills, both analytical and strategic, fosters leadership capabilities, encourages goal-setting, and more. Encouraging individuals, including your child, to engage in sports is not only conducive to physical health but also contributes to mental and emotional development. Those who engage in sports often acquire character traits and behavioral attributes that enrich and define their personalities. Consequently, sports and games play a pivotal role in shaping the multifaceted nature of the human personality.

Personality is a fundamental concept in the field of psychology that encompasses a person's unique and enduring patterns of thinking, feeling, and behaving. It shapes who we are, how we interact with the world, and how we respond to different situations and experiences. Understanding personality is a complex and multifaceted endeavor that has intrigued psychologists and researchers for decades. In this comprehensive exploration, we'll delve into the various aspects of personality, its development, assessment, and its significance in our lives.

### Key aspects of personality

- **Traits:** Personality traits are enduring characteristics that describe consistent patterns of behavior, emotion, and thought. Traits can range from extraversion and introversion to conscientiousness, agreeableness, openness, and neuroticism (often referred to as the Big Five personality traits).
- **Structure:** Personality structure deals with the organization of personality traits and how they relate to one another. For example, some theories propose that traits exist on a continuum, while others suggest that they are organized into more distinct categories.
- **Dynamics:** Personality dynamics explore how personality traits interact and change over time. Psychodynamic theories, such as those developed by Sigmund Freud, emphasize the influence of the unconscious mind on personality.

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**Development of Personality**

The development of personality is a lifelong process influenced by a combination of genetic, environmental, and situational factors. Here are key considerations:

- **Nature vs. Nurture:** The debate over the relative contributions of genetics (nature) and environmental influences (nurture) to personality development has been ongoing. It is now widely accepted that both nature and nurture play critical roles.
- **Early Experiences:** Childhood experiences, including attachment to caregivers, family dynamics, and early traumas, can have a lasting impact on personality development. Attachment theory, proposed by John Bowlby, explains the significance of early relationships.
- **Social and Cultural Influences:** Societal norms, cultural values, and peer interactions also shape personality. Different cultures may prioritize certain traits or behaviors over others.
- **Life Events:** Major life events, such as marriage, divorce, job changes, and traumatic experiences, can trigger significant shifts in personality and behavior.

**Assessing Personality**

Psychologists employ various methods to assess and measure personality, including:

- **Self-Report Inventories:** These are questionnaires that individuals complete to provide information about their personality. Examples include the Minnesota Multiphasic Personality Inventory (MMPI) and the Big Five Inventory (BFI).
- **Interviews:** Structured or unstructured interviews involve face-to-face interactions with a trained psychologist to explore an individual's personality.
- **Behavioral Observations:** Observing and recording a person's behavior in various settings to infer personality traits and patterns.
- **Projective Tests:** These tests, such as the Rorschach Inkblot Test and the Thematic Apperception Test (TAT), present ambiguous stimuli to elicit responses that reveal underlying personality characteristics.
- **Significance of Personality:** Understanding personality is essential for several reasons:
- **Self-Insight:** Self-awareness of one's personality can aid in personal growth, self-improvement, and making informed life decisions.
- **Interpersonal Relationships:** Knowledge of one's and others' personalities can enhance communication, empathy, and conflict resolution in relationships.

- **Career and Education:** Understanding one's personality traits can help in making career and educational choices that align with individual strengths and preferences.
- **Mental Health:** Personality traits and disorders are closely linked. Recognizing one's personality features can aid in identifying and managing mental health concerns.
- **Research and Applications:** Personality research informs various fields, including clinical psychology, organizational psychology, and marketing.

In conclusion, personality is a multifaceted concept that encompasses the stable and enduring patterns of behavior, emotion, and thought that make each person unique. It is shaped by a complex interplay of genetic, environmental, and situational factors and plays a crucial role in our lives, influencing how we interact with others, make life choices, and navigate the world around us. Studying and understanding personality is a fundamental endeavor in psychology, with far-reaching implications for personal growth, mental health, and various practical applications.

**Objective of the study**

To find out the Role of sports activities on the personality

**Hypothesis of the study**

There would be significant positive effect of sports activities on personality traits

**Methodology**

The researcher was organized the camp for the sample before the experimental personality levels were measured, after the sports activities the researchers again collected the data and statistically interpreted.

**Sample of the study**

The sample for the study consists of 30 normal Students of Swarnim Gujarat Sports University, Gujarat. Pre Test and Post Test 16 personality traits scale of R.B.Catell were used as a research tool for the study to find out the personality. The Students has given 16 PF Catell Test before and after the Sports Training.

**Data interpretation and Discussion**

Table 1 shows the difference between personality traits before & after the Sports Practice

**Table 1:** Shows the differences between personality traits before & after the sport practice

		A	B	C	E	FG	HIL	M	N	O	Q1	Q2	Q3	Q4	
BEFORE	M	4.94	74.84	94.94	14.95	75.65	44.54	94.14	55.05	1					
				88											
	S	1.41	91.31	2		1.61	1.82	41.21	11.1	1.09	1.61	91.11	6	1.55	
	D			28											
AFTER	M	6.26	06.56	2		6.45	5.65	24.54	34.3	3.93	4.05	56.1	6	4.48	
				35											
	S	1.41	51.71	3		1.75	1.11	0	1.0	1.01	2	1.00	1.21	61.01	8
	D			96											
t-value		8.37	48.69	0		7.83	5.71	05.66	16.0	3.12	3.35	57.23	5	2.46	
				81											

Significance level of 0.05\*

This clearly demonstrates that subsequent to participating in outdoor sports activities, the sample group displayed traits such as being more proactive, adventurous, discerning, pragmatic, analytical, direct, open-minded, exploratory, adaptable to change, discerning, self-reliant, and decisive, among others. In contrast, prior to engaging in sports activities, the same sample group exhibited characteristics including being composed, less intellectually inclined, less inclined toward abstract thinking, emotionally stable, mild-mannered, accommodating, serious, rule-bound, persistent, introverted, reticent, empathetic, group-oriented, undisciplined, and tense, among other attributes. The t-values associated with all these traits are statistically significant beyond the 0.05 level. This underscores the considerable impact of sports activities on personality factors, thus affirming significant differences in personality traits among the individuals. Prior research has also echoed these current findings. Outdoor sports activities exert a substantial influence on personality.

### Conclusion of the study

The research study successfully validated the study's hypothesis, demonstrating the substantial utility of sports activities such as basketball, football, running, etc., in shaping the personalities of the participants. This study underscores the positive influence of outdoor sports activities on personality traits. Future research endeavors may yield valuable insights for the general populace, as well as individuals in professions such as the police force and the military.

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