Chapter – ii

REVIEW OF RELATED LITERATURE

The review summarizes and analysis previous research and shows how the present study is related to this research. Without reviews of the literature, it would be difficult to build a body of accepted knowledge on a topic.

Research signifies the search for the unknown and the establishment or rejection of the known. For this purpose, a thorough scrutiny of relevant and related literature is imperative to provide a scientific basis and to make logical interpretations. The research scholar, thus, has gone through all the relevant literature and research pertaining to the study in order to widen the horizon and body of knowledge on the subject, which was available at the “Indira Gandhi institute of Physical Education and Sports Sciences, New Delhi”; Central Reference Library, Delhi University; NCERT Library, Delhi; Kurukshetra University, Kurukshetra and Rajasthan University, Jaipur.

The study made it imperative to screen the research quarterlies, journals, and periodicals, proceedings of various conferences, internet, newspapers and other research material available. The study of the related literature also implied locating, reading and evaluating reports / abstracts of
research as well as casual observations and opinions of experts in the field. Some of the references directly or indirectly related to the present study have been categorized and cited in the succeeding paragraphs.

Ogilvie and Tutko (1966)\textsuperscript{16} conducted a study on personality traits of athletes. They found that “the athletes have need for achievements and tend to set realistic goals of highly organized, orderly and dominant nature. They have large capacity for trust, great psychological endurance, self-control, low levels of anxiety and slightly high aggression.” Along with this, they also concluded that female athletes show a greater tendency towards neuroticism, greater need for autonomy and tendency to show more creative than their counterparts (men) do. They are more reserved, cool, more experimental, and seek more independence than male.

Walter Krol (1967)\textsuperscript{17} Studied “the Sixteen Personality Factor Questionnaire” in studying the personality profiles of ninety-four wrestlers of various abilities. In the first group, he used twenty-eight wrestlers who either represented the United States on the Olympic Team, or were

\textsuperscript{16} Ogilvie and Tutko, “Problem athletes and how to handle them” , London : Pelham Books, 1966

\textsuperscript{17} Walter Krol, “Sixteen Personality Factor Profiles or Collegiate wrestlers,” Research Quarterly, XXXVIII, pp 49-5, March, 1967
champions of either the “National Collegiate Athletic Association or National Association of Intercollegiate Athletics, or were place winners in these two National Tournaments.” Thirty-three wrestlers, who were rated by their college coaches as being excellent wrestlers, composed the second group. The third group was composed of thirty-three wrestlers, who ranked average or below average in wrestling, according to their collegiate coach. Discriminate function analyses failed to establish profile differences. When the results of the testing, of the wrestlers, were compared to norms, the wrestlers demonstrated a significantly higher score on the factor indicating tough-mindedness, self-reliance, and masculinity. There was no support found for the suggestion that wrestlers may possess a neurotic profile.

Rai and Rao (1970)\(^{18}\) randomly selected the scores of 100 male undergraduates on the Eysenck personality inventory from those of 665 Ss. These were then compared with those of 100 male stutterers at a speech institute. 13 stutterers and 26 nonstutterers who received lie score of 7 or above were eliminated from the study. “Significant differences were found between the two groups on the neuroticism” and the stutterers and the item, which differentiated the two groups, indicated their closer affinity to

neurotics than normal. As a group, the stutterers were more inclined to introversion and introverted neuroticism. It is suggested that factorial studies intercorrelating the neurotic responses of stutterers may further explicate the syndrome of stuttering. Implication of findings for behavioral therapy with stutterers is noted.

Kanekar and Mukherjee (1971) investigated “the possibility of personality differences among people of three states in India.” Ss were 40 Maharashtrians, 40 Bengalies and 40 Madrasis. All were adult males. “The Eysenck personality inventory” had been taken to evaluate extroversion and neuroticism, 6 item short form of California F scale, to measure authoritarianism; and a 10-item misogyny scale, to measure misogyny.

“The Maharashtrians were found to be significantly more extrovert than the Bengalis; the Madrasis were intermediate between the two on extroversion.” Across the 3 groups, authoritarianism and misogyny were found to be positively correlated. It, therefore, appears that Bengalis have more neurotic factors than Maharashtrians and Madrasis.

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19 Suresh Kanekar and Sumita Mukherjee, “Personality Variables Among Three Communities In India.” Journal of Social Psychology, Aug 1971: Vol. 84 (2) : 305-306
Thakur and Thakur (1980) assessed “the personality differences between the athlete and non-athlete college male.” Thirty six athletes and 36 non-athletes under graduate male students of Bihar constituted sample of the study; their main age being 18.64 years. “Seven cards of Thematic apperception Test (TAT) 1, 3BM, 4, 6BM, 7BM, 13MF and 16 were used to ascertain the differences of the two groups. Results indicated that the characteristics associated with the athletes are happiness, cordial and affectionate relations, anxiety, achievement, dominance and superior organizational capacity whereas the characteristics related to non-athletes are guilt acquisition, assivity, rejection superior imagination implying that neurotic factors are present more in non-athletes.”

Sybil B.G. Eysenck (1982) aimed personality traits of adults and children of Hong Kong and England. “90-item adult version of the Eysenck Personality Questionnaire was translated into Chinese.” 270 male and 462 female samples were selected from Hong Kong. “In a second study the 81-item version of the Junior EPQ (JEPQ) was translated into Chinese and given to 698 boys and 629 girls. Reasonably valid scales for use in Hong Kong are suggested for both adult and junior forms of the questionnaire. In a

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direct comparison of British and Chinese (Hong Kong) groups, using reduced scales comprising only items both scoring keys had in common. Hong Kong adults scored higher on Psychoticism and Social Desirability and lower on Extraversion than the British while children from Hong Kong scored lower on Extraversion and Neuroticism but higher on Social Desirability than their British counterparts. Indices of factor comparison were universally high, indicating that the major dimensions of personality were very similar in Hong Kong Chinese as in British subjects.”

**MA Schickit(1983)**

conducted the personality study on alchohlic and non alchohlic men. “The Eysenck Personality Inventory extroversion and neuroticism scores of 32 nonalcoholic young men with an alcoholic close relative and of controls were not significantly different. This implies that these personality attributes are not related to a predisposition to alcohol.”

**Singh (1984)**

administered the Eysenck personality inventory (EPI), 3scale (value orientation, manifest aggression and maladjustment) of the Jesness Inventory (JI) and the neuroticism scale questionnaire (NSQ) to fifty

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22 Schickit, “Extroversion and neuroticism in young men at higher or lower risk for alcoholism.” *American Journal of Psychiatry*, 1983; p. 140

runaway and 50, no runaway Indian females (mean age 16yrs) to compare their home situations, parent-child relationships, and personality characteristics with their western counterparts. It was noticed that the majority of runaways belonged to psychologically broken homes and unsatisfactory parent-child relationship. Runaways also scored higher on the EPI, NSQ, and JI scales than no runaways. Finding suggests the need for developing adequate treatment and intervention programs for runaway Indian females as they have more factors that are neurotic.

Daino(1985) 24 “examined personality traits between a group of adolescent tennis players and a group of non-practicing sports adolescents.” Eysenck personality questionnaire was used on a sample of 132 subjects. Investigation has exhibit that tennis players scored higher than non sports group in the will to win indicating that tennis players have more desire to reach excellence, superiority, and achievement thereby scoring significantly high in extroversion, than non-sports group. Tennis players scored significantly lower in neuroticism, anxiety, depression, mood, and commoditization.”

Rhodora D. Deatras (1985) examined “Personality Traits of selected Athlete and Non-Athlete Students of The University of The Philippines: A Comparative study.” The aim of this research was to compare the personality traits of selected athlete and non-athlete students with ages ranging from 17-23 enrolled in academic year 1984-1985 at the University of the Philippines. Specifically, this study aimed to construct group/individual profiles of groups, athlete and non-athlete, as measured by Cattell 16 P.F. Inventory. The study involved: a total of 88 athletes were selected from nine male and female varsity team sports namely: Basketball, Baseball, Soccer, Softball and Volleyball, which have been members of the regular playing team for at least one year; and 100 randomly selected male and female non-athletes from the group of students enrolled in service physical education courses (SY 1984-85) which have never been members of a team. They were asked to answer the Cattell 16 P.F inventory. “The data revealed that two groups differ significantly in 3 of the 16 factors involved. The difference between variances of both groups proved to be statistically significant at .01 level of the two factors: Factor B (Less Intelligent vs. More Intelligent) and Factor Q1 (Conservative vs.

25 Rhodora D. Deatras, “Personality traits if selected athlete and non athlete students of the university of The Philippines: A Comparative Study.” May 1985.
Experimenting), as shown in the F ratio of 15.742 and 7.849 respectively. The F-ratio of 6.689 of both groups in factor G (Expedient vs. Conscientious) indicates that athletes and non-athletes differ significantly at .05 level. It is, therefore, concluded that there is no great difference between athletes and non-athletes on their personality traits. However, the results of this study can be most useful to coaches and athletes for better personality understanding.”

It is recommended that coaches and trainers should consider the results of this study as a tool with which to develop a better understanding of athlete’s personality traits. This could provide a helpful adjunct to instruction procedure that is conducive to training situation. Also, in utilizing the results of this study, particularly the individual profiles of athletes, it is recommended that coaches and trainers seek advice from the University Guidance and Counseling Office for proper interpretations and analysis of profiles.

Bruce D. Kirkcaldy (1985)\textsuperscript{26} conducted “personality profile of various level of athletic participation. Various grades of athletes (265 male and 134 female) were administered the German version of the EPQ. The

\textsuperscript{26} Bruce D. Kirkcaldy, “Personality profiles at various levels of athletic participation. Deutsche Sporthochschule, 5000 Cologne 41, Carl-Diem-Weg, West Germany, 1985.”
entire group was characterized by being more extraverted and less neurotic. Sex differences were exhibited, female profiles being higher on emotionality and lower on psychoticism (tough-mindedness) with no significant difference being observed in mean extraversion scores. When grouped in terms of ‘level of competitive involvement’, top-class male athletes were shown to be significantly more tough-minded and less stable than middle- or lower-class participants, an almost opposite trend being found in females, where top athletes were liable to be more extraverted, less neurotic and less aggressive and tough-minded than the other classes.”

**Kumar et al; (1986)**\(^{27}\) have reported that athletes have more outgoing personality than non-athletes and it supports the findings of Eysenck et al.(1982), who found in their study using E.P.Q. that athletes incline to be more extrovert than the non athletes. Athletes are less anxious, tender-minded and aggressive person in comparison to non-athletes. This implies that neurotic factors are more visible in non-athletes.

**Singh and Singh(1986)**\(^{28}\) conducted a study on 50 cricket players and 50 non-sportsmen. Ages of these subjects ranged from 18 to 35 years.

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\(^{27}\) Kumar, A. Shukla, S. H. and Thakur, G.P. "Extraversion, Neuroticism and Psychoticism in Athletes and Non-Athletes". 1\(^{st}\) National conference of Sports Psychology, Gwalior(India), 1986, pp. 103-104.

Cattell’s self analysis from (Anxiety Scale) and “Eysenck’s Mandsley Personality Inventory (1959) (M.P.I.) were used to assess the psychological behavior of cricket players.” The results of the study indicated that cricketers scored low on anxiety and neuroticism tendency as compared to non-sportsmen.

Dureha (1988)²⁹ studied personality characteristics of sportsmen and non-sportsmen. 16 PF questionnaires were administered. It was concluded that sportsmen and non-sportsmen differ in their personality characteristics in the following factors: emotional stability and realism about life, cheerfulness and frankness, tender madness and practicability, greater control over emotions and greater regard for self-concept and social reputation.

Bawa and Debnath (1989)³⁰ conducted a comparative study of extroversion/introversion on national level female gymnasts, cyclists, and badminton players. The analysis data revealed neither extrovert nor introverts but fell under average category. It was also observed that badminton players differed significantly from gymnasts and cyclists on

introversion/ extroversion scale. Badminton players were found to be significantly more introvert than gymnasts and cyclists. “Contrary to this, Sinha and Verma (1989) administered Eysenck Personality Questionnaire (1978) on 50 high achieving 50 low achieving female athletes between the age group of 18 to 26 years and found that high achieving female athletes are more extrovert, dominating, helpful and aggressive in comparison to low achieving female athletes.”

Potgieter and Venter (1995) studied “adherence to exercise and scores on extraversion and neuroticism. 116 subjects were selected as adherers or drop-outs on the basis of exercising at an on-campus exercise facility over 1 yr. Scores on the Eysenck Personality Inventory showed that adherers did not differ from drop-outs in scores on extraversion; however, drop-outs recorded significantly higher neuroticism scores than adherers.”

Lynn R and Martin T. (1997) conducted “Mean gender differences on Eysenck's three personality traits of extraversion, neuroticism, and psychoticism were collated for 37 nations. Women obtained higher means than men on neuroticism in all countries, and men obtained higher means

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than women on psychoticism in 34 countries and on extraversion in 30 countries. The relation between the magnitude of the gender differences and per capita incomes was not significant for any of the three traits.”

**Francis et. al; (1998)** examined the personality profile of female students sport participant vs. female students in general. 133 female subjects from hockey club and 272 subjects from undergraduate classes in education. They completed the truncated Eyseck Personality Questionnaire. The hockey players scored lower on neuroticism and non hockey players scored high on neuroticism.

**Musmere and Rugh(1999)**, however, found adult female athletes to be more reserved (factor a) and tough minded (factor-1) than non-athletes. In addition to these factors intelligent (factor b+) and happy go lucky (factor f+) were present more in athletes than in non-athletes implying that neurotic factors are present more in non-athletes.

**Stuart J.McKelvie, et. al; (2003)** studied “two groups (n = 86) of

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university athletes (contact, no contact) and two matched groups \((n = 86)\) of non-athletes completed the Eysenck Personality Inventory (Eysenck & Eysenck, 1968). Extraversion did not vary significantly between athletes and non-athletes or between contact and no contact athletes, but it was higher for athletes compared to American college norms. For neuroticism, athletes scored significantly lower than non-athletes. Because neither extraversion or neuroticism changed over time (four years of study), these results are consistent with the gravitational hypothesis that people higher in extraversion and lower in neuroticism are attracted to university sports.”

Maurício, Ribeiro and García (2005) \(^{36}\) conducted a study “Comparison of personality characteristics between high-level Brazilian athletes and non-athletes” They found that high level of Brazilian scored high at extrovert and low at neuroticism. Non athletes scored higher neuroticism and lower extroversion.

O.P. Gahlawat, and P. Gahlawat (2007) \(^{37}\) conducted “Comparative Study of Player and Non-Player Students in Relation to Mental Health. The

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The objective of this study was to examine mental health dimensions between player and non-player students. Researcher took 50 boys and 50 girls ranging from 17 to 21 years for the study. In the present study, sex and type of students have been treated as independent variables and mental health as dependent variables. The respective groups of boys and girls were administered the mental health inventory by Jagdish and Srivastava (1983). It was observed that male player subjects are found more positive self-evaluation, integration of personality, autonomy, and environmental mastery than male non-player subjects, and over all mental health there is significant difference between male player and male non-player subjects. Female player subjects are found more positive self-evaluation, integration of personality, autonomy, group-oriented attitudes, and environmental mastery than female non-player subjects, and over all mental health, there is significant difference between female player and female non-player.

Jessica R. Eagleton, et. al; (2007) conducted personality traits of sports, individual and non-participants. “Scores on Extraversion and on Neuroticism as measured by the Eysenck Personality Inventory were

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compared for 90 undergraduate team sport participants, individual sport participants, and non participants (43 men, 47 women, M age = 20.3 yr.). From past research and Eysenck's biological theory of personality, it was hypothesized that sport participants would score higher on Extraversion and lower on Neuroticism than non participants, and that team participants would score higher on Extraversion and perhaps higher on Neuroticism than individual sport participants. By comparing scores for students in first year and final year, it was also investigated whether pre-existing personality differences drew people to sport (the gravitational hypothesis) or whether personality changed as a function of sport participation (the developmental hypothesis).” Team participant scored higher on Extraversion and low on neuroticism than both groups(individual and non participant).

Shevaun D. Neupert, et. al;(2008)\textsuperscript{39} aimed “the present investigation extends previous work on the relationship between daily stressors and memory failures in a naturalistic setting by examining whether this relationship varies across levels of neuroticism. A daily diary study of 333 older adults (mean age _ 73.27 years, SD _ 7.17) in the Veterans Affairs Normative Aging Study (see A. Spiro & R. Bosse´, 2001, for additional

information) was used to examine whether there were neuroticism differences in cognitive reactivity to daily stressors. Multilevel models indicated that on days when people high in neuroticism experienced stressors, particularly interpersonal stressors, they were more likely to report memory failures compared to those who were lower in neuroticism. The findings may have important implications for age-related cognitive decline.”

Rush CC, et. al; (2009) 40 explored “comprehensive personality factors that are associated with the co-occurrence of binge eating and binge drinking among a diverse sample of 208 college undergraduates. Using the Five Factor Model of personality, the authors assessed comprehensive personality factors and style of impulse control, a personality style defined by different combinations of neuroticism and conscientiousness. On the basis of responses to a screening instrument, college students were assigned to one of four groups: binge eat, binge drink, binge eat and drink, and non-binge. The binge eats and drink group reported a higher level of neuroticism than did students in the binge drink and non-binge groups. Additionally, the binge eat and drink group was more likely to report an under controlled style of impulse control than were other groups.”

40 Rush CC, “Personality factors and styles among college students who binge eat and drink.” Psychology journal of addictive behaviors, (march 2009)
Beata Gajdosova, et. al;(2009) conducted “Personality Dimensions, Sense of Coherence and Self-Esteem as Risk protective Factors for Smoking among University Students. The effect of personality (extraversion, neuroticism, psychoticism), self-esteem and sense of coherence on smoking among university students (n = 830, mean age 20, 5 years, data collected in 2004, Slovakia) was explored using logistic regression separately among males and females. Higher extraversion plus, among females, higher negative self-esteem and lower meaningfulness, increase the probability of being a smoker. It is important to take into account the different function of personality in health promotion. In this case extraversion and negative self esteem seem to be the risk factors, while meaningfulness seems to be a protective factor with regard to smoking.”

Addd M and Leslau A.(2009) examined “delinquent behavior by integrating two approaches until now employed separately: Eysnck's theory linking delinquency to extraversion and neuroticism, and Kohlberg's theory of moral development and its connection to moral behavior. The study

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analyzes the relations between extraversion, neuroticism and moral judgment, as well as their independent and/or interactive effect upon the development of anti-social behavior. The relationships are tested by retrospective measurements of personality traits and moral judgment in three groups: delinquency (N = 203), control (N = 82) and comparative (N = 407) groups. Findings show that criminals are higher than control subjects in neuroticism and immoral judgment but not in extraversion. Similar relationships were found between criminals and the comparative group, with one exception: here extraversion was found to be positively related to delinquency, both independently and interactively with neuroticism. The implications of these results for differential development of anti-social behaviour are discussed.”

Roger Feltman, et. al; (2009)\(^{43}\) aimed “neuroticism’s prediction of negative emotional outcomes has been linked to negative reactivity tendencies. Dispositional mindfulness, defined in terms of being attentive and aware (versus not) of present-moment reality, appears to mitigate negative reactivity tendencies. The present two studies, involving 289 undergraduate participants, sought to integrate these two personality-

\(^{43}\) Roger Feltman, et. al; “Mindfulness as a moderator of neuroticism–outcome relations: A self-regulation perspective.” Clinical & Social Psychology 2009,
processing perspectives. Neuroticism was an inverse predictor of mindfulness and both neuroticism and mindfulness independently predicted trait anger (Study 1) and depressive symptoms (Study 2). Of more importance, neuroticism–outcome relations were stronger (weaker) among individuals low (high) in mindfulness. The results document the role that dispositional mindfulness appears to play in moderating neuroticism’s pernicious correlates. Results are discussed from personality, cognitive, emotional, social, and clinical perspectives.”

Grace Fayombo(2010) investigated “the relationships between the big five personality traits: (conscientiousness, agreeableness, neuroticism, openness to experience, extraversion) and psychological resilience among 397 Caribbean secondary school adolescents. Pearson Product Moment Correlation and Stepwise Multiple Regressions were conducted to analyse the data. Results revealed statistically significant positive relationships between the personality traits (conscientiousness, agreeableness, openness to experience, extraversion) and psychological resilience, while neuroticism was negatively correlated with psychological resilience. The personality traits also jointly contributed 32% ($R^2 = 0.324$) of the variance being

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accounted for in psychological resilience and this was found to be statistically significant with conscientiousness being the best predictor while agreeableness, neuroticism and openness to experience were other significant predictors, however, extraversion did not contribute significantly. These results are discussed in the light of healthy personality beefing up and promoting adolescents’ psychological resilience.”

**Mahin Etemadi Nia and Mohammad Ali Besharat (2010)** conducted “the study comparing athletes personality characteristics in individual and team sports.” 134 athletes (92 team, 42 individual, 88 males, and 46 females) completed the NEO Personality Inventory-Revised (NEO-PI-R) and the Sociotropy-Autonomy Scale (SAS). The results revealed that 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 for individual and team sports.”

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45 Mahin Etemadi Nia and Mohammad Ali Besharat, “Comparison athletes’ personality characteristics in individual and team sports”, 2010, p.189.
Marina Shariati and Sabah Bakhtiari (2011) studied the comparison of “the personality characteristics (neuroticism, extraversion, openness to experience, agreeableness and conscientiousness) among non-athlete students and athlete students, Islamic Azad University of Ahvaz deals. The study population included all students (boys and girls), Islamic Azad University of Ahvaz in the school year to 1389-90 jobs were studied. The study sample included 200 students from the community (100 athletes and 100 non-athletes) that for their selection of multistage cluster sampling was used. Data collection tool was demographic data and Personality Characteristics (NEO). Statistical analysis was performed using descriptive statistics (central tendency and dispersion indexes) and Multivariate analysis of variance. The result showed that between athletes and non athlete students in terms of personality characteristics [neuroticism (p = 0.032, F = 4.68), extraversion (p = 0.0001, F = 12.59), openness to experience (p = 0.287, F = 1.14), agreeableness (p = 0.580, F = 0.307) and conscientiousness (p = 0.038, F = 4.36)] significantly was difference. Results showed that participation in sports has a positive effect on the personality characteristics

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of people. Also athletes are more positive personality characteristics than non-athletes.”

**Khani Mostafa (2011)**47 “Evaluation and identification of the factors which influence athletes success is one of the most important issues in their selection, orienting, raising, and supporting. The present study was done with the purpose of assessing the relationship of personality dimensions and self-regulation components to success in boxing. 237 senior amateur boxers (20.6±3.7 years old with 4.8±3.4 years boxing background) participated in this study. NEO-Five Factor Inventory, Boxers’ Success Questionnaire, and Self-Regulation Questionnaire were used in data collection. All questionnaires have acceptable validity and reliability and Cronbach's Alpha coefficients were 0.83, 0.88, and 0.89, respectively, which indicates high internal consistency of these tests. The data were analyzed using a multiple linear regression allowing the simultaneous testing and modeling of multiple independent variables (the stepwise method). The findings showed that personality dimensions except extroversion and agreeableness, and components of self-regulation except self-assessment, have satisfactory correlation with success in boxing. Stepwise regression analysis indicated

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that two dimensions of Big five personality factors – neurosis, openness, receiving related information, and searching for different options among self-regulation components can explain the success of boxers. Big five personality factors and self-regulation components are reliable tools to predict an athlete's success in boxing. In addition, Miller and Brown’s model of self-regulation was admitted in the sport area.”

S. Katyal, M. Jain and B. Dhanda,(2011) conducted “a comparative study of job stress and type of personality of employees working in nationalized and non-nationalized banks. 100 employees from nationalized and non-nationalized Banks having minimum one year of job experience in the same bank in Chandigarh were selected randomly for the study. The data was collected through standardized “Occupational Stress Index” and Eysenck’s Maudsley Personality Inventory (M.P.I). The findings revealed highly significant difference in job stress of employees working in nationalized and non-nationalized banks, with employees of non-nationalized banks having higher job stress as compared to their counterparts working in nationalized banks. Highly significant difference also existed between the mean scores of nationalized and non-nationalized bank

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employees with regard to neuroticism. The employees working in non-nationalized banks were found to be more neurotic than those working in nationalized banks.”

**Ghasem Ilyasi and Mir Hamid Salehian (2011)**⁴⁹ compared 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 differences in agreeableness and neuroticism between individual and team sportsmen.”

**Garooci Farshi M, et. al;(2011)**⁵⁰ aimed “to examine the relationship between physical exercise and personality traits among the male students of Tabriz University of Medical Sciences.” In this study, using systematic sampling, 200 students of Tabriz University of Medical Sciences were

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⁵⁰ Garooci Farshi M, et. al; “Comparative study of the relationship between physical exercise and personality traits in male students of Tabriz University of Medical Sciences.” Medicina dello Sport (2011 December) ;pp.64(4) :459-71
selected. They were assessed by the NEO-Five Factor Inventory (NEO-FFI). The results were analyzed using descriptive statistics and analytical methods (t-test). The study examining the five personality factors suggested no significant difference by traits such as neuroticism between both athletic and non-athletic subjects (P=0.02). In terms of extraversion, subjects of both groups did not show any significant difference. However, concerning openness, there was a significant difference between both groups (P=0.005), in that the athletes revealed high level of openness. Furthermore, both groups proved differently on the agreeableness factor (P=0.02), in other words; non-athletes scored higher on this factor. In addition, regarding conscientiousness, they were also different, as the athlete group scored higher than the non-athletes were. The present study suggests that on the five-factor model traits of NEO Personality Inventory, compared with non-athletes, athletes indicate better performance on openness and conscientiousness dimensions and neuroticism.”

Shinde Tryambak Raghunath(2011) The objective of this research was "To examine personality dimensions between player and non- player students". Researcher took 180 boys and 180 girls ranging from 14 to 17 age

group for the study. The respective groups of boys and girls provided with the NEOPI test by Paul Costa and Robert McCrae. In the present study sex and type of students have been treated as independent variable and personality as dependent variable. This research study comes to conclusion that - Male player subjects are found more extraversion, oriented, agreeable and conscientious than male non-player subjects, and in over all personality “there is significant difference between male player and male non-player subjects.” Female Players are found more openness and agreeable than female non player subjects, and in over all personality, there is significant difference between female player and female non-player subjects.

Sukhbir Singh and Baljinder Singh Bal (2012)\textsuperscript{52} analyzed “the psychological parameters i.e. (Emotional maturity and its sub variables, extroversion, neuroticism) between sports women and non sports women collegiate students.” To obtain the data, a total of sixty (n=60) women students of Trinity College, Jalandhar (India), were randomly selected as subjects. Further, the subjects were divided equally into two groups, thirty (n=30) sports women students “who represented college teams in Guru

Nanak Dev University inter-college championships during the session 2010-11” and thirty (n=30) non sports women students (who are studying Arts and Science but not participating in competitive sports). The age of students ranged between 18 to 25 years. To measure the psychological parameters of the sports women and non-sports women students, emotional maturity scale (EMS) constructed and standardized by Singh and Bhargava (1990) and “Eysenck’s personality questionnaire (E.P.Q, 1975) was administered. To compare the psychological parameters of the sports women and non-sports women students, mean and standard deviation were calculated from the obtained data and further t- test was applied to compare the mean of two groups through SPSS. The result of study reveals that significant difference was found between sports women and non-sports women students on the variable. Emotional regression (t-2.17), personality disintegration (t-5.61), lack of independence (t-2.51), emotional maturity (total) with t-value (2.10) and non-significant difference was found on emotional instability (t-0.82) and social maladjustment (t-1.11). On the other hand, significant differences were also found on extroversion (t-3.26) and neuroticism (t-3.50) between sports women and non-sports women. Sports women were found more extrovert and fewer neurotic than non-sports women students.”
conducted “the study to distinguish the personality traits between the male and female collegiate volleyball players with regard to psychoticism, neuroticism, extraversion, and Lie score. For this study 50 male and 50 female volleyball players were selected as a subject. The Eysenck Personality Inventory (E.P.I.) was used to measure Psychoticism, extraversion and neuroticism of volleyball players; ‘t’-ratios was used to compare the personality traits difference between male and female volleyball players who had participated in Inter Collegiate Volleyball tournament held at R. P. College, Bilaspur, Bilaspur University, (C.G). Gender differences on psychoticism was found between male and female Volleyball players (t = 2.87; P < .05) where female players were more psychotic than male. While analyzing the differences of personality characteristic of male and female volleyball players, gender differences on neuroticism was found between male and female Inter collegiate volleyball players (t=1.88, P < .01), where the male volleyball players was found to have less score on neuroticism. So far extraversion was concerned, significant gender difference was found in the male and female inter-collegiate volleyball players (t=3.75, P<.05).

Male volleyball players had lower extraversion. Hence; female volleyball players were more extravert.”

Sheri L. Peterson, et. al; (2013) 54 determined the distinguishing personality traits in cases where women who compete in team sports were compared to women who compete in individual sports. “The subjects were chosen from a selected group of 156 women AAU athletes “the 1964 United States Olympic team”. Those women who agreed to take part in the study were sent a copy of “Form ‘A’ of the Sixteen Personality Factor Questionnaire”, which was the instrument used to measure selected personality factors. Differences between groups were analyzed by means of the t-test.”

“The results indicated that women athletes who compete in individual sports rated higher on the personality factors of dominance, adventurousness, sensitivity, introversion, radicalism, and self-sufficiency and lower on the factor of sophistication when compared to women athletes who compete in team sports. No differences were found in the factors of sociability, intelligence, stability, surgency, conscientiousness, suspecting, suspecting,”

guilt-proneness, high self-sentiment, or high ergic tension.” Both groups of women were less neurotic.”

**R. I. Maria Yesuraja and Ligy Raphy (2013)**

Women are considered as the supporting pillar of a family, which is the most basic unit of a society. From time immemorial women are confined in their homes and they did not have a role to play in the bread winning process of the family. The present scenario has undergone a dramatic change, as women are homemakers as well as breadwinners. This dual role makes them vulnerable to certain mild psychological issues due to lack of adjustments. The universe of the study includes respondents working as teachers and women in clerical jobs who belong to the Trissur district in Kerala. The researchers used lottery method in random sampling and 60 samples were selected. The tool for data collection was Questionnaire. The major finding is that majority of the working women exhibited mild psychological issues like Anxiety, OCD and Phobia.

\[55\] R. I. Maria Yesuraja and Mrs. Ligy Raphy, “A Study on Neurotic Tendencies Among Working Women,” research paper *Vol. 3, Issue: 12 Dec 2013*
Fatemeh Behzadi, et. al; (2013)\(^{56}\) aimed to compare personality traits of individual and team sports. The subjects were chosen from Golestan Province. The procedure was descriptive & comparative. The population of the research consisted of all the team and individual athletes in Golestan Province who were participating in national league tournaments. “The sample was selected using random sampling and by means of Morgan’s table including 130 team athletes (basketball, football, volleyball, kabaddi, sepaktakraw, handball, and hockey) and 50 individual athletes (karate, shooting, badminton, cycling, and track and field) were evaluated and compared using the NEO Five-Factor Inventory (NEO-FFI).” The results of statistical analysis showed that there is a significant difference between individual and team athletes in extraversion, responsibility, and neuroticism and that team athletes have higher levels of extraversion and responsibility and individual athletes have higher neuroticism, while no significant difference was observed between the two groups in other components (_0.05).

\(^{56}\)Fatemeh Behzadi, et. al; “A Description and Comparison of Personality Traits of Competitive Individual and Team Athletes, Annals of Biological Research, 2013,3(1), p. 36-40
Indranee Phookan Borooah and Rekha Devi Borah (2013) did a comparative study on extraversion and neuroticism among persons with cardiovascular disorder and diabetes from urban middle class of Guwahati city, Assam. “The sample for the study consisted of 200 known cases of cardiovascular disorders (CVD) and 200 known cases of diabetes following WHO criteria. The age range was between 40-60 years. The control group consisted of 200 normal persons who have not suffered from any major ailment matched for age, sex, and socioeconomic status supported by SESS (urban). All the three groups were administered Maudsley Personality Inventory (MPI) developed by Eysenck (1959). Both CVD and diabetic persons were less extraverted than normal persons. The diabetic persons were more extraverted than CVD persons. The CVD persons were more neurotic when compared to normal and diabetic persons.”

Saeid Rezaei Talyabee, et. al; (2013) carried out the study to compare “big five personality traits including Neuroticism, Extraversion, Openness to experiences, Agreeableness and Conscientiousness between athlete (n=263) and non-athlete (n=263) students. To evaluate the variables,
NEO-FFI (revised short form) personality questionnaire used was that designed by Costa & McCrea (1992). Independent t-test was used to compare athlete and non-athlete students in five personality traits. The research results showed that there were significant differences between groups in neuroticism, extraversion, agreeableness and conscientiousness, but, no differences were observed between groups in openness to experiences. Athletes’ group gained higher score at Extraversion, Agreeableness and Conscientiousness and lower score at Neuroticism.”

**Bahman Akbari Kavabari, et.al;(2013)** did “the study to find the relationship between personality types (extroverts, neurotic, psychotic) and job satisfaction of teachers at the secondary school. This is a correlative descriptive study of all 594, 90 teachers are randomly selected and evaluated by Eysenck personality and job satisfaction questionnaires (the modified version). The analysis of results employing multiregression analysis was conducted by SPSS software, version 18. “There is no significant relationship between neurotic and psychotic personality types and job satisfaction of male and female teachers (p>0.05). There exists a significant

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relationship between extrovert personality type and job satisfaction among male and female teachers (p<0.05).” On the basis of results, there are no differences between neurotic and psychotic personality types and job satisfaction; so both genders are equally satisfied with their jobs. But the study shows differences between extroverts and job satisfaction among male and female teachers. The results also proved that female teachers are more satisfied than males and men are more psychoneurotic. Their income may be one of the reasons why they are psychoneurotic. Since men are more expected to be the bread winner as well as to be under economic pressure. Hence, as the variables of job satisfaction determined, the payments of male teachers should be considered important in order to increase their performance and to improve the quality of educational system.”

Sandip Sankar Ghosh and Chayan Majumder(2013)\textsuperscript{60} carried out the study to compare the personality dimension i.e. neuroticism, introvert, and dominance between tribal and nontribal football players. Thirty (30) male football players were selected as subjects for this study of which fifteen (15) were tribal and rest fifteen (15) were nontribals. The data were collected at Ashoknagar Football Academy and Entali Football Academy of North 24

\textsuperscript{60} Sandip Sankar Ghosh and Mr. Chayan Majumder,” A Comparative Study of Personality Traits Between Tribal and Nontribal Football Player.” Vol : 2, Issue : 8, Aug 2013, ISSN - 2250-1991.
Parganas District, West Bengal. The age ranged from 18-25 years and the entire subject were selected on random basis. “Mean and standard deviation of different variables were calculated. The data of the selected variables were analyzed through standard statistical procedure. The mean of different variables were compared by using t-test. Statistical significance was tested at 0.05 levels.” The results highlighted that there were significant difference in selected personality variables between tribal and nontribal male football players.

\textbf{Billstedt E.et. al; (2014)}\textsuperscript{61} Personality traits are presumed to endure over time, but the literature regarding older age is sparse. Furthermore, interpretation may be hampered by the presence of dementia-related personality changes. The aim was to study stability in neuroticism and extraversion in a population sample of women who were followed from mid-life to late life. Method: A population-based sample of women born in 1918, 1922 or 1930 was examined with the Eysenck Personality Inventory (EPI) in 1968–1969. EPI was assessed after 37 years in 2005–2006 (n = 153). Data from an interim examination after 24 years were analysed for the sub sample born in 1918 and 1922 (n = 75). Women who developed dementia at follow-

\textsuperscript{61} Billstedt E,et. al;” A 37 year prospective study of neuroticism and extraversion in women followed from mid-life to late life.” Published by John Wiley & Sons Ltd, Acta Psychiatr Scand 2014,pp. 129: 35–43
up examinations were excluded from the analyses. Mean levels of neuroticism and extraversion were stable at both follow-ups. Rank-order and linear correlations between baseline and 37-year follow-up were moderate ranging between 0.49 and 0.69. Individual changes were observed, and only 25% of the variance in personality traits in 2005–2006 could be explained by traits in 1968–1969. “Personality is stable at the population level, but there is significant individual variability. These changes could not be attributed to dementia. Research is needed to examine determinants of these changes, as well as their clinical implications.”

Ravinder Singh Rana (2014) The study titled “A comparative study of personality traits between students of B.P.Ed. and B.Ed. courses under M.D. University, Rohtak” is done to know the personality traits of B.P.Ed. and B.Ed. students. A sample of 40 students (20 from B.P.Ed. and 20 from B.Ed.) was selected on the basis of random sampling technique. Hindi version of 16 personality factors prepared by S.D. Kapoor (1970) originally developed by R.B. Cattell was used for the present investigation. ‘t’ test was used to analyze the data. It was found that there is no significant difference in the personality of B.P.Ed. and B.Ed students except factor L and Q2,” therefore hypothesis no. 1 stating that “There is no significant

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difference between B.P.Ed and B.Ed students regarding 16 factors of personality traits” is accepted on all factors except factors L and factor Q2. On factor L, the B.P.Ed. Students tend to be mistrusting and doubtful. They are often egoistic and are inflexible in their opinions and interested in a self-consumed lifestyle. They are usually deliberate in their actions, unconcerned about other people and a poor team worker in comparison to B.Ed. students. On factor Q2, the B.P.Ed. students tend to be “temperamentally independent, accustomed to going their own way, making decisions and taking actions on their own. They do not need any support.”