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**A study of Stress level and Personality type (Extrovert & Introvert) of Athletes**

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**Abstract:**

This study is conducted to analyze the stress and anxiety level of Athletes influenced by their personality. The present study was conducted on a sample of 200 Athletes. Exploratory descriptive survey research method has been used in the study. Eysenck's Mudsley Personality Inventory (M.P.I.) (An Indian Adaptation) and stress scale for players were used for measuring the personality type and component of stress of Athletes. The 't-test' of significance has been employed to compare the stress and its components Athletes, having different types of personality. The result has been found that introvert Athletes are more stressed than extroverts.

**Introduction:**

Stress is a normal reaction the body has when changes occur, resulting in physical, emotional and intellectual responses. Our body reacts to stress by releasing hormones. In the short term, these reactions are good because they can help you handle the situation causing stress. This is your body's way of protecting itself. In other way stress may be defined as a real or interpreted threat to the physiological or psychological integrity of an individual that result in psychological or behavioral responses.

Stress and pressure in life of players can lead to exaggerated rigidity, inflexibility and anxiety. Those players having stress display low tolerance feel emotionally and physically exhausted and display low commitment to work and game.

Stress and anxiety now a days is a part of our life and each individual is facing it or having it but researchers have found that many athletes struggle with these conditions more than the rest of the population. "Despite the well documented on mental health, some athletes will at times experience psychological, emotional and behavioral problems." (Mann, et al, 207). The area of stress and personality has a lot of things to offer and therefore, it attracted the attention of the researcher.

**Statement of the problem:**

A study of Stress levels and Personality Type (Extrovert and Introvert) of Athletes.

**Objectives of the study:**

- To find out the difference between the stress level of extrovert & introvert type of Athletes.
- To find the difference of frustration as component of stress of extrovert and introvert type of Athletes.

**Hypothesis:**

- There is no significant difference between the stress level of extrovert and introvert type of Athletes.
- There is no significant difference between the frustration of extrovert and introvert type of Athletes in the context of their stress.

**Definitions of Key Terms:**

Extrovert: A person who is confident and full of life and who prefers being with the other people to being alone.

Introvert: A quite, shy person who prefers to be alone than with other people.

**Population of the study:**

All the Athletes of West UP & Haryana were the population of the present study.

**Sampling Technique:**

Multi stage randomization technique was used for selecting the representative sample.

**Sample Size:**

The present study was conducted on a sample of 200 Athletes of Delhi & Haryana state.

**Tool Used:**

- Stress scale for players (S.S.P.) prepared by Dr. J.S. Bhardwaj & Smt. Anshu Sharma.
- Eysenck's Mudsley Personality Inventory (M.P.I.) (An Indian Adaptation)

**Methodology of the study:**

In the present study exploratory descriptive survey method was used.

**Review of Literature:**

*Lars Bauger and others:* Personality traits of athletes and non athletes. This study explored personality dimensions, as measured through the Junior Temperament and character inventory, Passion and Self-esteem among junior elite athletes. In addition, the athletes were compared with non-athletic peers to investigate if they had a personality profile which could be viewed as beneficial for the athlete. Female players scored significantly higher on the personality dimensions reward dependence and co-imperativeness, and significantly below on self-esteem than their male counterparts. In addition, the athlete sample scored significantly higher on persistence and Self-

directedness and lower on athletes and non-athletes. Implement of the J-TCI as evaluate of personality get significant differences among different groups, which is relevant for the Sport Psychology arena and increases the understood the personality dimensions among elite athletes.

Gosling and others (2003) studied on role of big personality traits that makes the framework is a hierarchical of personality traits factors, this represent personality at broad level. Bipolar factor (Extraversion & Introversion) summarizes so many specific face, which, a large factors of different specific traits like talkative, outgoing. This framework suggested that individual differences among personalities can be categorized in different five broad.

BeniyamTeshome and others studied, studied on relationships between personality traits and Sport Performance.” The present study is an endeavor to explore the relationship among Personality Traits and Sport Performance on National league male football Players. The population of the study consisted of all National league male football players and coaches (2007) competition phase. This study is a Cross-sectional design. The data is analysis as correlation method was implementing. Personality traits were evaluated through factor inventory and athlete sports Performance were evaluated through coaches ratings.

Arturo Rodriguez studied on, International athletes and stress: implications for USA universities administrators. This article research explores different difficulties among international athletes in institution of Higher Education in the U.S.A. Mostly international student-athletes were able to speedy adapt to different environment. However there are some conflict with new culture and the new environment.

**Statistical Technique Used:**

In this study ‘+’ test of significance has been employed to compare the difference between extroverts and introvert Athletes.

**Analysis of Data:**

**Table-1**

There is no significance difference between the stress levels of extrovert and introvert type of Athletes.

Personality Dimension	No. of Players	Mean	S.D.	T-Value	Significance Level
Extrovert	100	50.33	17.35	2.34	Significance at 0.01
Introvert	100	57.56	19.27		

The findings show that the calculated t-value is 2.34, which is greater than the table value hence; the null hypothesis is rejected at both level of significance. It shows that there is significance difference between the stress level of Extrovert & introvert type of Athletes.

**Table-2**

**There is no significant difference between the frustration of extrovert & introvert type of Athletes in context of their stress.**

Personality Dimension	No. of Players	Mean	S.D.	t-Value	Significance Level
Extrovert	100	19.54	9.9	2.387	Significance at 0.01
Introvert	100	22.29	11.58		

The above result shows that the obtained ‘t’ value i.e. 2.387 which is greater than the table value hence the null hypothesis is rejected. Those, the rejection of hypothesis lead to infer that the ‘extrovert’ and ‘introvert’ Athletes differ significantly in their manifestation to ‘frustration’ component of stress.

**Conclusions:**

The introverts Athletes are more prone to stress than to extrovert Athletes.  
The introverts Athletes exhibit ore frustration than the extrovert Athletes.

**Recommendations:**

- The professional ethics of the players should be periodically revised to incorporate the present trends.
- There should be appreciation and recognition of the player’s capabilities arising out of the players’ performance in relation to their game.

**References:**

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