



A Comparative Analysis of Personality Traits among Athletes and Footballers Playing at College and University Level

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Abstract

Performance in sports depends on physical factors, physiological factors, and psychological factors. How well someone performs in competition is influenced by their physical condition, body structure, and social environment. Personality traits affect how athlete think, feel, and behave, which in turn influences their performance in both athletics and football. This study compares personality traits between male athletes and football players of the different colleges in Bankura district. A total of 100 male student players were selected (50 athletes and 50 football players). A personality traits questionnaire was used to measure traits like extroversion, neuroticism, agreeableness, conscientiousness, and openness to experience. Descriptive research and percentage analysis were used to compare differences between the two groups. Results showed clear differences in personality between individual and team Sports. These findings help improve understanding in sports psychology and can guide coaches, teachers, and psychologist in creating better mental emotional support for athletes.

Keywords: Personality traits, Extroversion, Agreeableness, Conscientiousness, Neuroticism, Openness to Experience.

Introduction

Personality describes the different characteristics that make each person unique. It is shaped by how we interact with others, how we think about those interactions, and the choices we make about which social situations to be in or avoid (Bandura, 1986) that make up that personality. Personality is the unique pattern of thinking, feeling, and behaving that defines a person. These traits are the basic differences that make people different from one another. One important thing about personality traits is that they form a continuous range rather than separate types. Performance in sports depends not only on physical and physiological factors but also on psychological factors. Performance in competition is influenced by physiological, physical, and social factors. These factors are a linked to an individual's personality. Personality traits help determine how well someone can perform. Personality is the consistent way a person thinks, feels, and behave, influenced by their natural tendencies and life experiences. It is shaped by cognitive, behavioral, and environmental factors, as discussed in Bandura's social cognitive theories, as well as by unconscious processes and early experience as explained in Freud's psycho analytic theory. In sports, personality differences can affect performance motivation, social behaviour, and how people handle stress. The team sports need teamwork,

communication, and shared goals, while individual sports focus on self-reliance, personal skills, and inner motivations. Understanding differences in personality between these types of sports can help improve training, performance, and mental well-being.

Methodology

The purpose of this study was to compare the personality traits of athletes and football players. 100 male students players were selected (50 athletes and 50 football players) from different colleges in Bankura district. A descriptive comparative research design was used to look at differences between the two groups without changing any variables. Data were collected using a standardized questionnaire with five options. The questionnaire was explain, and the participants field it out. The responses were scored, organized, and analyzed using descriptive statistics, mean, standard deviations, and percentage to find differences between the two groups.

Results and Discussion

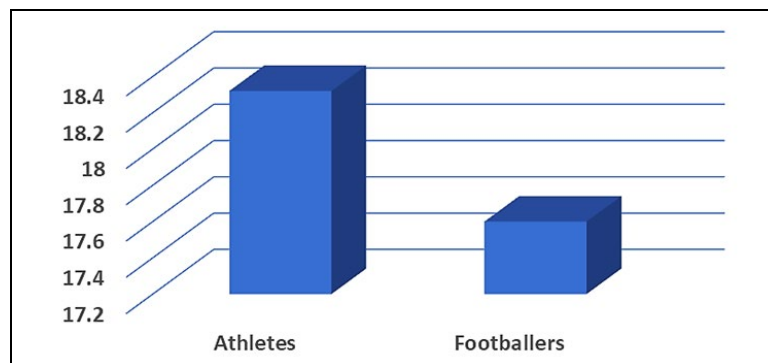
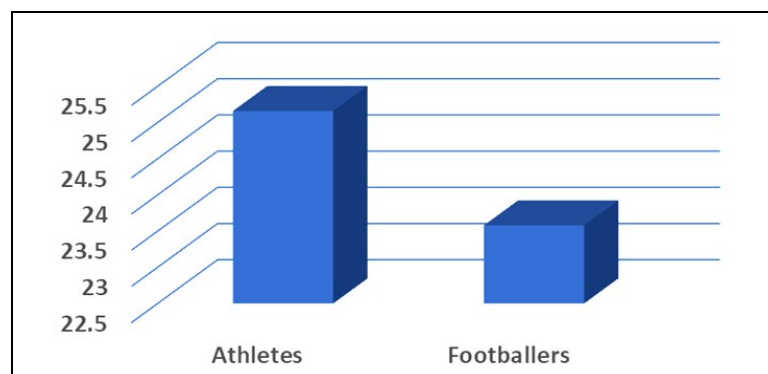
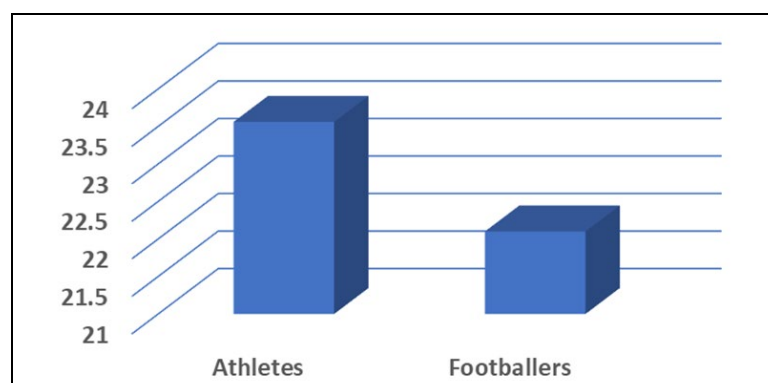
The analysis and interpretation of data using descriptive statistics to compare personality traits between Athletes and Football players.

Table 1: Comparison of Different Personality traits between Athletes and Football players

Personality Traits	Groups	Mean	SD
Extroversion	Athletes	18.32	6.26
	Football Players	17.60	4.87
Agreeableness	Athletes	25.16	4.53
	Football Players	23.58	5.73
Conscientiousness	Athletes	23.56	7.05
	Football Players	22.10	6.64
Neuroticism	Athletes	20.42	6.69
	Football Players	19.74	6.20
Openness to Experience	Athletes	24.34	6.20
	Football Players	22.20	6.42

Table 1 shows a comparison of personality traits between the two groups, athletes and football players. In the Extroversion, the mean and SD of athletes and football players are 18.32 ± 6.26 and 17.60 ± 4.87 . In Agreeableness, the mean and SD of athletes and football players are 25.16 ± 4.63 and 23.58 ± 5.73 . In the conscientiousness, the mean and SD of athletes

and football players are 23.36 ± 7.05 and 22.10 ± 6.54 . In Neuroticism, the mean values for athletes and football players are 20.42 ± 6.69 and 19.74 ± 6.20 , respectively. In Openness to Experience, the mean and SD of athletes and football players are 24.34 ± 6.20 and 22.20 ± 6.42 .

**Chart 1:** Comparison of Extroversion between Athletes and Footballers**Chart 2:** Comparison of Agreeableness between Athletes and Footballers**Chart 3:** Comparison of Conscientiousness between Athletes and Footballers

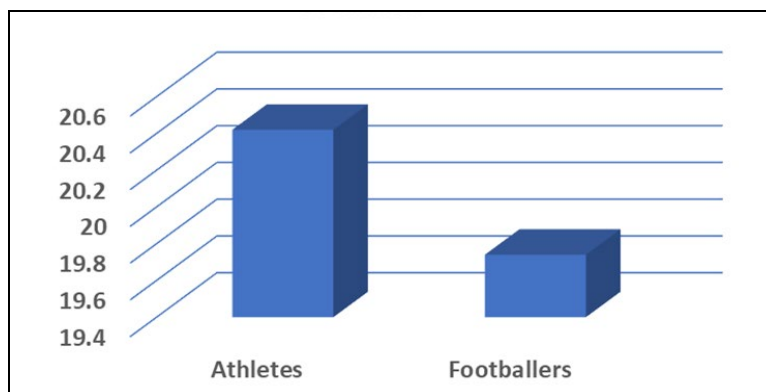


Chart 4: Comparison of Neuroticism between Athletes and Footballers

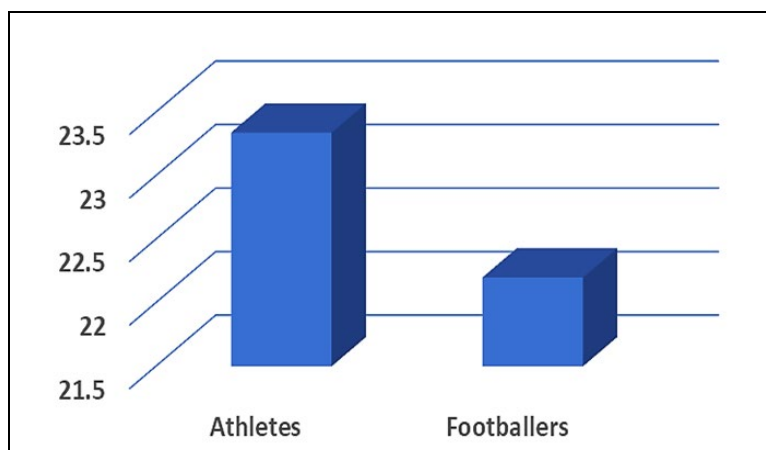


Chart 5: Comparison of Openness to Experience between Athletes and Footballers

Data analysis using descriptive statistics to compare personality traits between athletes and football players. From the result, it was found that athletes had slightly higher level of extroversion. Their scores varied more, while football players had scores more centred around the average. Athletes were more agreeable on average. Football players had more varied scores, with a wide range. Athletes had slightly higher level of neuroticism and greater variation, with higher maximum scores suggesting more emotional ups and downs. Athletes Scored higher on openness and had slightly less variation than football players.

Analysis of personality traits between athletes and football players showed moderate or neutral responses for sociability, responsibility and emotional stability. Football players experienced higher stress and lower relaxation. Athletes showed more imagination, creativity, and emotional depth. Despite both groups leaning toward being introverted, individual athletes were more socially active and approachable. Both groups had diverse level of empathy, creativity, and emotional traits. Emotional sensitivity and creativity varied within each group. Overall athletes showed higher creativity, emotional engagement, and cognitive flexibility.

Conclusion

Extroversion: Both groups leaned toward introversion 58% athletes engaged socially vs. 42% football players. Athletes were more socially proactive.

Agreeableness: 55% athletes showed empathy and care. 48% football players showed similar traits. Slightly higher agreeableness in athletes.

Conscientiousness: 62% athletes were structured, prepared, and precise. 50% football players gave neutral responses. Athletes were more conscientious.

Neuroticism: 63% football players reported lower emotional disturbance. 66% athletes showed greater emotional sensitivity. Clear contrast: Athletes were more neurotic.

Openness to Experience: 68% athletes showed high creativity and curiosity.

Only 47% football players demonstrated similar traits. Athletes displayed greater openness.

Finally, it is concluded that athletes tend to be more creative, emotionally expressive, and self-reflective, while footballers exhibit comparatively greater emotional stability and lower stress sensitivity.

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