



# PERSONALITY AND STRESS: COMPARISON BETWEEN PHYSICAL EDUCATION STUDENTS AND NON- PHYSICAL EDUCATION STUDENTS

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## **Abstract:**

### **Background of the problem:**

Personality may affect the academic life of the students and participation of physical related activities may reduce the stress and improve the personality factors

### **Objectives**

The purpose of the study was to determine the differences of Personality characteristics between physical education and non-physical education students

### **Methods**

This study depends on primary source of data. Total 200 physical education and non-physical education students of selected for the present study.

### **Assesment of the Personality and stress**

Eysenck Personality Questionnaire - Revised (EPQ-R) was used. The EPQ measures the traits of personality: Psychoticism (P),(Extraversion),Neuroticism (N)and Lie (LEPQ-R contains 90 items and covers all the four categories above mentioned. Scoring of EPQ-R can be done manually . stress measure through the self-design questionnaire

### **Results**

The finding of the study shows that significant difference was found out in extraversion between physical education and non-physical education students. Physical education students was found to have got more extrovert as compare to their counterparts non-physical education students, whereas no significant differences of Neuroticism, psychoticism and Lie scale between physical education and non-physical education students

**Key words:** Extraversion , stress, Neuroticism, psychoticism, Lie scale.

## **INTRODUCTION**

The concept of physical education is generally understood as organisation of sports and games but physical education is an integral part of education to mentally and physically fit of the students for health and academic development. Personality traits commonly found in students often include: self-confidence, competitiveness, resilience, extraversion, neuroticism , conscientiousness, agreeableness, psychoticism ; these characteristics are often fostered through participation in sports and games , encouraging teamwork, and a positive attitude towards challenges Physical education activities can also help develop other traits, such as: cooperation, loyalty, respect for others, sportsmanship, and self-confidence (Rhodes & Boudreau, 2017) . Extraversion is an internal tendency of the individual to be social in manner. People with this trait may seek excitement and experience positive emotions. Where as Stress is common among the higher education students and that is also true for the students who have busy academic life (Shah 2009 ; Singh, 2020). Academic demands and the quality of the study environment may vary in different fields of education and different colleges and consequently result in different student life-styles. When stress is got negatively or too much , it



can affect Academic life and grading. The aims of physical education include managing stress related factors, improve personality, and self-esteem, reducing neuroticism and psychoticism, and overall development of the students. The regular participation Physical activities increases the levels of neurotransmitters that help reduce the effects of negative psychological factors (Singh, 2020). Physical education include activities like warming up, conditioning and cooling down, participation in sports and games and effects on muscular, digestive, circulatory, and respiratory systems.

## METHODS

### Target Population

Total 200 physical education and non-physical education students of across the India selected for the present study. The physical education students who were studying in bachelor of physical education and master of Physical education were the non-physical education students who were studying in bachelor of arts and master of arts

### Consent form

This form was formatted in English language & give to all participants of this study. The written consent will be taken from each subject before screening procedure.

### Personality

#### Eysenck Personality Questionnaire - Revised (EPQ-R)

Eysenck Personality Questionnaire - Revised (EPQ-R) was used. The EPQ measures the traits of personality: Psychoticism (P), (Extraversion), Neuroticism (N) and Lie (L). Reliability ranges are 0.80 to 0.90 and validity of test is satisfactory. EPQ-R contains 90 items and covers all the four categories above mentioned. Scoring of EPQ-R can be done manually

#### Data processing:

The data was checked for accuracy and completeness and was coded and put up into the SPSS t test was considered statistically technique throughout the study and the level of significant was set-up at 0.05 level.

### Results of the study

*The results concerning this are presented in the form of tables. For the sake of convenience and methodical presentation of the results, following order has been adopted.*

Table :2, Rate of overall level of stress between Physical and Non Physical education students.

Sr.No.	Stress	students	
		Physical education (Approximately )	Non-Physical education (Approximately )
1.	Mild	54.00%	56.00%
2.	Moderate	31.00%	28.00%
3.	Severe	15.00%	16.00%

Table-1 shows the level of stress between Physical and Non Physical education students.  
Figure -1 shows the level of stress between Physical and Non Physical education students.

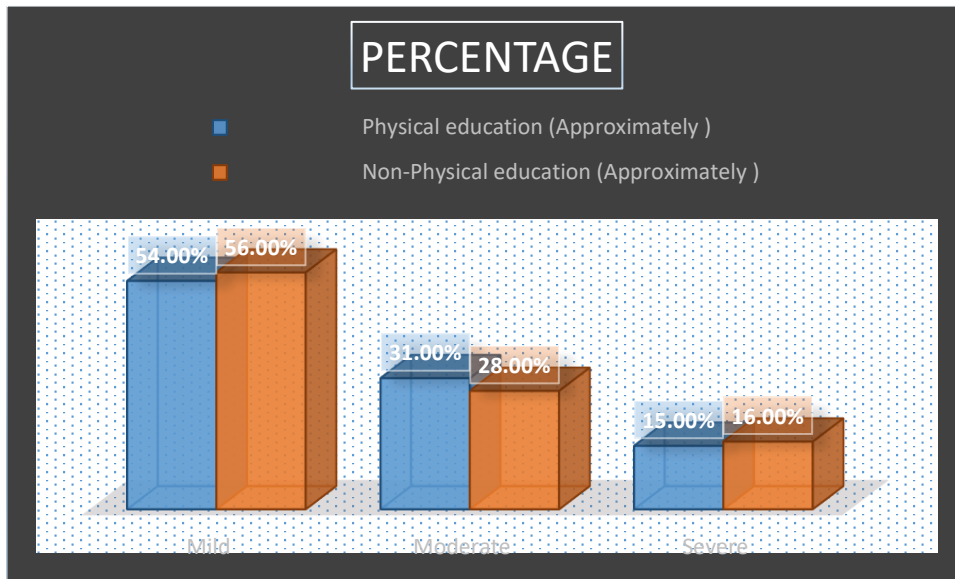


TABLE –1

Comparison of Coping and sub scale of Coping between Physical education and Non Physical education students

Sr. No	Personality	students	No.	Mean Scores	Standard Deviations	T-Test
1	Extraversion	Physical education students	200	32.67	3.20	3.45*
		Non -Physical education students	200	28.67	2.89	
2	Neuroticism	Physical education students	200	21.39	3.02	1.60 NS
		Non -Physical education students	200	21.20	3.00	
3	Psychoticism	Physical education students	200	23.00	3.10	1.11NS
		Non -Physical education students	200	23.01	3.08	
4	Lie-Scale	Physical education students	200	17.98	3.76	1.32NS
		Non -Physical education students	200	17.65	3.96	
5	Personality	Physical education students	200	87.89	7.67	2.45*
		Non -Physical education students	200	85.45	7.04	

Table -1 shows the Mean scores, Standard deviation of the personality and its four subscales of physical education and non-physical education students.

Figure -2 shows the Mean scores, Standard deviation of the personality factors of physical education and non-physical education students

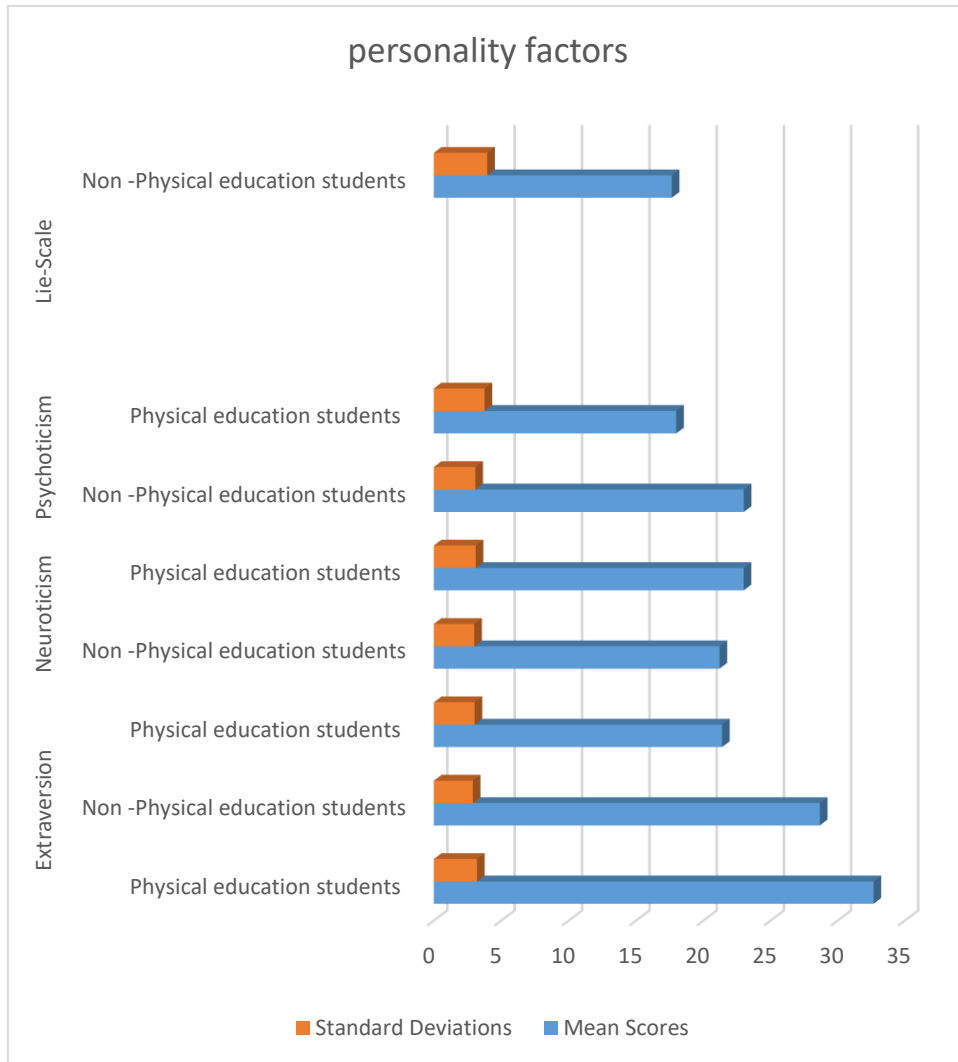
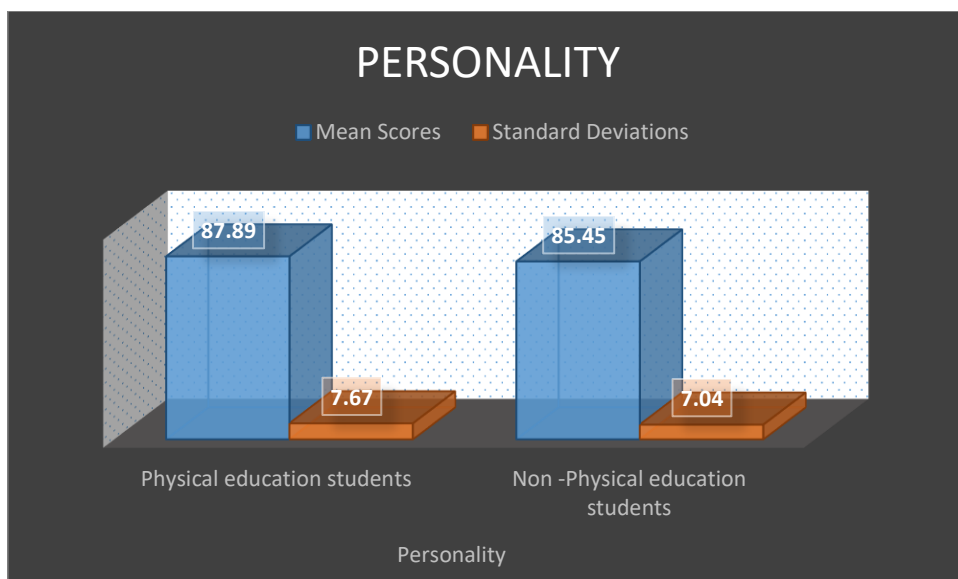


Figure -3 shows the Mean scores, Standard deviation of the personality of physical education and non-physical education students





## RESULTS AND DISCUSSION

Result reveals that 54.00% Physical Education Students reported mild stress, 31.00% Physical Education Students reported moderate stress and 15% Physical Education Students reported severe stress. Whereas 56.00% Non-Physical Education Students reported mild stress, 28.00% Non-Physical Education Students reported moderate and 16.00% Non-Physical Education Students reported severe stress. The mean scores (SDs) of extraversion of Physical education students were obtained 32.67 (3.20), Non-Physical education students were recoded 28.67 (2.89) respectively. In order to find out the differences of Extraversion between physical education and non-physical education students t-test was used, the finding of the study shows that significant difference was found out in extraversion between physical education and non-physical education students. Physical education students was found to have got more extrovert as compare to their counterparts non-physical education students.

Whereas, the mean scores (SDs) of neuroticism of Physical education students were obtained 21.39 (3.02), Non-Physical education students were recoded 21.20 (3.00) respectively. In order to find out the differences of neuroticism between physical education and non-physical education students t-test was used, the finding of the study shows that no significant difference was found out in neuroticism between physical education and non-physical education students.

However, the mean scores (SDs) of Psychoticism of Physical education students were obtained 23.00 (3.10), Non-Physical education students were recoded 23.01 (2.68) respectively. In order to find out the differences of Psychoticism between physical education and non-physical education students t-test was used, the finding of the study shows that no significant difference of psychoticism was found out between physical education and non-physical education students. Meanwhile, the mean scores (SDs) of lie-scale of Physical education students were obtained 17.98 (3.76), Non-Physical education students were recoded 17.65(3.96) respectively. In order to find out the differences of Lie-scale between physical education and non-physical education students t-test was used, the finding of the study shows that no significant difference was found out of lie Scale between physical education and non-physical education students.

The mean scores (SDs) of personality of Physical education students were obtained 87.89 (7.67), Non-Physical education students were recoded 85.45 (7.04) respectively. In order to find out the differences of personality between physical education and non-physical education students t-test was used, the finding of the study shows that significant difference was found out of Personality between physical education and non-physical education students.

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