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Personality and Motivation: A Correlation Study among Sports Person

Volume: 6

M.Keerthika

Department of Psychology

Issue: 4

PSG College Arts and Science, Coimbatore, Tamil Nadu, India

Month: April

S.Punithavathi

Assistant Professor, Department of Psychology

Year: 2019

PSG College Arts and Science, Coimbatore, Tamil Nadu, India

ISSN: 2321-788X

Received: 06.03.2019

Accepted: 30.03.2019

Published: 02.04.2019

Citation:

Keerthika, M., and
S. Punithavathi.
“Personality and
Motivation: A
Correlation Study among
Sports Person.” *Shanlax
International Journal
of Arts, Science and
Humanities*, vol. 6, no. 4,
2019, pp. 5–13.

DOI:

[https://doi.org/10.34293/
sijash.v6i4.354](https://doi.org/10.34293/sijash.v6i4.354)



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Abstract

In this competitive world, it is essential to grab the sportive nature of sports persons. For different personality type of the individual the motive to engage in sports also varies from person to person. The aim of the present study is to determine the relationship between personality and motivation among sports persons and to identify the gender difference of personality and motivation factors. The sample of this study was 120 sports persons out of which 60 were males and 60 were females belonging to the age range of 18 -30 years. The mean, standard deviation and Pearson's correlation coefficient were used for analysing the data. Results indicate that there is no significant relationship between Personality and Motivation type of sports persons.

Keywords: Personality, Motivation, Gender, Sports Persons, Athletic Success.

Introduction

Understanding the relationship between personality and motivation is important for predicting athletic success and can provide valuable information to athletes, coaches, and other athletic support personnel. Personality factors predicts our behaviour. Certain personality factors (e.g., extraversion, neuroticism) are predictors of sport choice and performance (Furnham, 1990). There were five Personality factor that is given importance in this study. They are, Extraversion, Agreeableness, Conscientiousness, Neuroticism and Openness to experience. And so, for a behaviour to occur there must be some motive behind it. In simple terms motive means the urge to do something. It is found that intrinsic motives were more important than the extrinsic motives for sports participation (Recours, Souville, Griffet, 2004). Motivation is comprised of three broad components, all of which lie along the continuum of self-determination (Gillet, Berjot & Gobance, 2009). They are as follows:

Intrinsic Motivation

It is an individual's need to feel competency and pride in something (Wilson, 2006). It consists of three dimensions which are mentioned below:

Motivation to know

Fulfilment and pleasure experienced in learning and attempting to understand new concepts within sport participation (Pelletier et al., 1995).

Motivation to Accomplish

A person who engages in an activity for the pleasure and satisfaction and experienced when one attempts to reach personal objectives.

Motivation to Experience Stimulation

A person, who is motivated by experience stimulation will participate in an activity for the purpose of experiencing different sensations like fun and excitement (Alexandris et al., 2002) .

Extrinsic Motivation

Extrinsic motivation is defined as activities participated in for motives beyond the pleasure of the activity itself and as a means to an end and the primary objectives of participating in sport are to receive rewards or to avoid punishment. It consists of four dimensions (Weinberg et al., 1979; Deci & Ryan, 1985) which are as follows:

Identified Regulation

It is internally driven, but still focuses on a result that is external and participants normally identify with the activity, because it is perceived as having value. Introjected regulation: Exists when individuals feel internal pressure to participate and their behaviour is driven by controlling imperatives, resulting in the engagement of activities to avoid feelings of guilt and anxiety.

External Regulation

It represents the most controlled form of extrinsic motivation and refers to behaviour that is controlled by material rewards or constraints imposed by others. Amotivation: It is characterised by a total absence of motivation (Kingston et al., 2006). Therefore, athletes suffering from amotivation no longer have a reason for sports participation.

Specifically, conscientiousness, a personality factor, and motivation, an individual difference variable, are predictive of athletic success (Renfrow & Bolton ,1981) .This study is intended to determine the personality and its concordant motivation factor of sports person and also the gender difference of Personality and Motivation among sports person.

Methodology

Objective

To determine the relationship between Personality factor and Motivation type of sports person and also to find out the gender difference on Personality factor and Motivation type of sports person.

Hypothesis

H₁: There is significant relationship between Personality and motive factors of sports person.

H₁: There is significant difference between males and females in their predominant personality and motivation type of sports person.

Population

The population chosen for the present study were Sports Persons.

Sample

The sample comprised of 120 sports persons out of which males were 60 and females were also 60. The data were collected from sports persons in and around Coimbatore. They belonged to various sports such as volleyball, baseball, boxing, badminton and athletes. The samples belonged to the age range of 18 to 30 years. Samples were selected through Convenient Sampling method.

Exclusion Criteria

- The study does not include the samples below 18 years and above 30 years.
- Individuals who are in games involving only mental activity were excluded.
- Individuals who have difficulty with English language were also excluded.

Period of Study

To practically emerge, analyse, interpret and to explore the findings, the study took a period of two months.

Variables

Independent Variable

Personality of Sports person is the independent variable of this study.

Dependent Variable

Motivation of Sports person is the dependent variable of this study.

Tools Used

A) Big Five Factor Inventory

John O. P. and Srivastava S developed Big Five Factor Inventory in 1999. It is a 44-item measure with five scales: Extraversion (8 items), Agreeableness (9 items), Conscientiousness (9 items), Neuroticism (8 items), and Openness to experience (10 items). It is a five point likert scale of responses ranging from strongly disagree to strongly agree. The internal consistency reliability for each factor is 0.77, 0.90, 0.88, 0.73 and 0.86 respectively.

B) Sports Motivation Scale

The Sport Motivation Scale developed by Pelletier LG, Fortier M, Vallerand RJ, Briere NM, Tuson KM, Blais MR in 1995 was utilised to capture data on the motivation for sport participation. The 28 item multiple item rating scale measured three dimensions of motivation, namely amotivation, intrinsic motivation includes factors such as motivation to know, motivation towards accomplishment and to experience stimulation, extrinsic motivation includes factors of external regulation, introjection and identification. Scale values ranged from 1 to 7 which represents “Does not correspond at all” to “Corresponds exactly” the higher the mean score, the higher the level of motivation of the motivation type. The internal consistency reliability of each factor is 0.75, 0.80, 0.80, 0.74, 0.77, 0.74 and 0.63 respectively.

Statistical Analysis

The present study used descriptive statistics-mean and standard deviation and inferential statistics-Pearson’s correlation coefficient for analysing the data collected.

Results and Discussion

Table 1 shows the mean and standard deviation for Personality factors of sports persons

Variables		Mean	Standard Deviation
Extraversion	Male (N=60)	24.90	4.041
	Female (N=60)	26.07	4.779
Agreeableness	Male (N=60)	25.43	4.135
	Female (N=60)	26.57	4.232
Conscientiousness	Male (N=60)	27.20	4.157
	Female (N=60)	27.67	3.745
Neuroticism	Male (N=60)	22.63	4.957
	Female (N=60)	25.20	4.657
Openness to Experience	Male (N=60)	32.00	4.162
	Female (N=60)	35.18	4.115

As shown above, table 1 indicates the mean and standard deviation of personality factors of sports person. For Extraversion the mean value of male is 24.90 with the standard deviation of 4.041 and female has scored mean of 26.07 with a standard deviation of 4.779. For Agreeableness males has scored mean of 25.43 with standard deviation of 4.135 and females with a mean of 26.57 with the standard deviation of 4.232. For Conscientiousness males have scored 27.20 with the standard deviation of 4.157 and females with the mean of 27.67 and standard deviation of 3.745. For Neuroticism males have scored 22.63 with the standard deviation of 4.957 and females with the mean of 25.20 and standard deviation of 4.657. For Openness to experience males have scored 32.00 with the standard deviation of 4.162 and females with the mean of 35.18 and standard deviation of 4.115. This indicates there is slight difference between male and female in the

Extraversion, Agreeableness, Conscientiousness, score on the personality factor of Openness to Neuroticism, Openness to experience dimensions. experience.
Both males and females were found to have higher

Table 2 shows the analysis of variance of personality factors of sports person

Variables		Sum of Squares	df	Mean Square	f	Sig
Extraversion	Between Groups	40.833	1	40.83	2 ¹³ .085	.151
	Within Groups	2311.133	118	19.586		
	Total	2351.967	119			
Agreeableness	Between Groups	38.533	1	38.533	2.201	.141
	Within Groups	2065.467	118	17.504		
	Total	2104.000	119			
Conscientiousness	Between Groups	6.533	1	6.533	.417	.519
	Within Groups	1846.933	118	15.652		
	Total	1853.467	119			
Neuroticism	Between Groups	197.633	1	197.633	8.544	.004
	Within Groups	2729.533	118	23.132		
	Total	2927.167	119			
Openness to experience	Between Groups	304.008	1	304.008	17.750	.000
	Within Groups	2020.983	118	17.750		
	Total	2324.992	119			

p < 0.05 is significant.

As the above table 2 indicates the f value of Extraversion is 2.085, for Agreeableness is 2.201, for conscientiousness is 0.417, for Neuroticism is 8.544 and for Openness to experience it is 17.750. Also the Neuroticism and Openness to experience is found to be significant with a value of .004 and .000 respectively at 0.05 level of significance. This indicates that there is a significant gender difference in personality factors of Neuroticism and Openness to experience of sports person. This is consistent with the finding that senior (Persistent in training and competition) players exhibit higher levels of openness to experience (Viktorja Trninic, Marko Trninic & Zvjedan Penezic, 2016) .

Table 3 shows the mean and standard deviation of Motivation types of sports person.

Variables		Mean	Standard Deviation
Intrinsic motivation to know	Male (N=60)	19.25	4.444
	Female (N=60)	20.13	5.170
Intrinsic motivation to accomplish	Male (N=60)	17.70	3.761
	Female (N=60)	20.95	4.493
Intrinsic motivation to experience stimulation	Male (N=60)	16.38	4.488
	Female (N=60)	18.37	4.822
Extrinsic motivation identified	Male (N=60)	16.63	4.411
	Female (N=60)	19.52	4.969

Extrinsic motivation introjected	Male (N=60)	18.25	4.714
	Female (N=60)	19.00	4.762
Extrinsic motivation external regulation	Male (N=60)	15.98	4.065
	Female (N=60)	15.97	5.687
Amotivation	Male (N=60)	16.20	3.468
	Female (N=60)	15.38	5.975

Intrinsic motivation to accomplish, 16.38 and 4.488 in Intrinsic motivation to experience stimulation, 16.63 and 4.411 in Extrinsic motivation identified, 18.25 and 4.714 in Extrinsic motivation introjected, 15.98 and 4.065 in Extrinsic motivation external regulation and 16.20 and 3.468 in Amotivation respectively. The mean and standard deviation for various motivation types of females are 20.13 and 5.170 in Intrinsic motivation to know, 20.95 and 4.493 in Intrinsic motivation to accomplish, 18.37 and 4.822 in Intrinsic motivation to experience stimulation, 19.52 and 4.969 in Extrinsic motivation identified, 19.00 and 4.762 in Extrinsic motivation introjected, 15.97 and 5.687 in Extrinsic motivation external regulation and 15.38 and 5.975 in Amotivation respectively. Males have scored higher in Intrinsic Motivation to Know and Females have scored higher in Intrinsic Motivation to Accomplish.

The mean and standard deviation for various motivation types of males are 19.25 and 4.444 in Intrinsic motivation to know, 17.70 and 3.371 in

Table 4 shows the Analysis of Variance of Motivation Type of Sports Persons

Variables		Sum of Squares	df	Mean Square	f	Sig
Intrinsic motivation to know	Between Groups	23.408	1	23.408	1.007	.318
	Within Groups	2742.183	118	23.239		
	Total	2765.592	119			
Intrinsic motivation to accomplish	Between Groups	316.875	1	316.875	18.461	.000
	Within Groups	2025.450	118	17.165		
	Total	2342.325	119			
Intrinsic motivation to experience stimulation	Between Groups	118.008	1	118.008	5.439	.021
	Within Groups	2560.117	118	21.696		
	Total	2678.125	119			
Extrinsic motivation identified	Between Groups	249.408	1	249.408	11.298	.001
	Within Groups	2604.917	118	22.076		
	Total	2854.325	119			
Extrinsic motivation introjected	Between Groups	16.875	1	16.875	.752	.388
	Within Groups	2649.250	118	22.451		
	Total	2666.125	119			
Extrinsic motivation external regulation	Between Groups	.008	1	.008	.000	.985
	Within Groups	2882.917	118	24.431		
	Total	2882.925	119			
Amotivation	Between Groups	20.008	1	20.008	.838	.362
	Within Groups	2815.783	118	23.863		
	Total	2835.792	119			

p < 0.05 is significant.

This table 4 denotes the f value of various types of motivation of sports persons. The f value of motivations are 1.007 in Intrinsic motivation to know, 18.461 in Intrinsic motivation to accomplish, 5.439 in Intrinsic motivation to experience stimulation, 11.298 in Extrinsic motivation identified, 0.752 in Extrinsic motivation introjected, 0.000 in Extrinsic motivation external regulation and 0.838 in Amotivation respectively. The motivation types such as Intrinsic motivation to accomplish, Intrinsic

motivation to experience stimulation and Extrinsic motivation identified are found to be significant with the value of 0.000, 0.021 and 0.001 respectively at 0.05 level of significance. This indicates that there is significant gender difference in motivation types of Intrinsic motivation to accomplish, Intrinsic motivation to experience stimulation and Extrinsic motivation identified of sports person.

Table 5 shows the relationship between Personality and Motivation type of sports person.

Variables	Extraversion	Agreeableness	Conscientiousness	Neuroticism	Openness to experience
Intrinsic motivation to know	.207*	.045	.086	.136	.315**
Intrinsic motivation to accomplish	.238**	.202	.116	.078	.413**
Intrinsic motivation to experience stimulation	.115	.115	.068	.151	.275**
Extrinsic motivation identified	.110	.036	.153	.051	.181*
Extrinsic motivation introjected	.207*	.001	.045	.094	.169
Extrinsic motivation external regulation	-.163	-.083	.009	.136	.035
Amotivation	-.135	-.307**	.088	.243**	-.164

**Correlation is significant at 0.01 level.

*Correlation is significant at 0.05 level.

As shown in Table 5, there is significant positive correlation between Extraversion and Intrinsic motivation to know ($p=0.05$, $r=0.207$) and Intrinsic motivation to accomplish ($p=0.01$, $r=0.238$) and Extrinsic motivation introjected ($p=0.05$, $r=0.207$). Also it is found there is negative correlation between Agreeableness and Amotivation ($p=0.01$, $r=0.307$). But, it is found that there exists positive correlation between Neuroticism and Amotivation ($p=0.01$, $r=.243$). There is positive correlation between Openness to experience and Intrinsic motivation to know ($p=0.01$, $r=.315$) and Intrinsic motivation to accomplish ($p=0.01$, $r=.413$), Intrinsic motivation to experience stimulation ($p=0.01$, $r=.275$) and Extrinsic motivation identified $p=0.05$, $r=.181$). With the results obtained and also bearing the hypothesis

from this present study, it was found that there is no relationship between personality and motivation type of sports person. Hence Hypothesis 1 is rejected. There exists significant gender difference only in the personality factor of Neuroticism and Openness to experience. And also there is significant gender difference only in motivation type of intrinsic motivation to accomplish, intrinsic motivation to experience stimulation and Extrinsic motivation identified. The results obtained did not meet the hypothesis of this present study. Hence, Hypothesis 2 is rejected.

Individuals who are exhibiting openness to experience are curious, imaginative, artistic, action oriented, excited and unconventional and so they are self-determined to have intrinsic motive. They

also have external motivation Identified because of their unconventional nature. Identified regulation is internally driven, but still focuses on a result that is external (Kingston KM, Horrocks CS, Hanton S ,2006) and participants normally identify with the activity, because it is perceived as having value (Wilson G,2006) . Extraversion personality are sociable, forceful, energetic, adventurous, enthusiastic and outgoing so they have they exhibit intrinsic motivation to a greater extent. And at times because of their forceful nature they exhibit internal pressure and so possess extrinsic motive introjected in order to avoid guilt and anxiety. Neurotics are found to be tensed, irritable, depressed, self-conscious, impulsive and less confident. Due to these characteristics they do not have the reason of being engaged in sports. Amotivation negatively predicted the contextual motivation outcomes (Taruna Bhatnagar &Costas I Karageorghis ,1998) .Athletes from team sport are found to be neurotic (UrškaDobersek& Carl Bartling, 2008) .

The results obtained from this study is consistent with the finding that there occurs no gender difference in the type of sports motivation for sports participation among students (Van Heerden CH, 2013). A finding revealed that intrinsic motives were more important than the extrinsic motives for sports participation(Recours RA, Souville N, Griffet J, 2004) which is consistent with the results obtained from this study that males scored higher on Intrinsic Motivation to know and female scored higher on Intrinsic Motivation to Accomplish.

To predict the motivation type of sports person, consideration of other factors such as social and environmental factors seems to be necessary other than personality. Social environmental factors included lesson content, the physical education teacher, classmates, and school athletic facilities, as well as physical activity behaviours of the family and family encouragement, participation in out-of-school athletic activities, media, cultural values and social preconceptions (Hassandra, M, Goudas, M & Chroni, S, 2003) .

Conclusion

1. There is no significant relationship between Personality factor and Motivation type of sports persons. This means that the Motivation type of sports person is not influenced by Personality factor.
2. There is no significant gender difference in the personality factor of sports person. But there exists gender difference in the personality factor of Openness to experience and Neuroticism. As the study considers the personality factor as a whole, only these two factors were found to have gender difference so, it is stated that there is no significant gender difference in the personality of sports person.
3. There is no significant gender difference in the motivation type of sports person. But there exists gender difference in the motivation type of Intrinsic motivation to accomplish, Intrinsic motivation to experience stimulation and Extrinsic motivation identified. On the whole, the gender difference doesn't occur for all the Motivation type which stands as a valid reason to conclude that there exists no significant gender difference in the motivation type of sports person.

Limitations

- The current study included sample within a small geographical area. The study can be extended to larger geographical areas.
- The study covered the sample belonging to particular age range.
- The study included only lesser number of samples.

Implications

Additional research will be necessary to further establish adequate findings regarding sports person. Bearing in mind about the results of this study, future research should focus on addressing the need to have healthier motivation type and also its impacts on performance. It should also consider all other factors contributing to motivation type. In addition, a greater variety of athletes from both team and individual players should be included. Ideally, there must be interviews with sports persons in order to obtain more information. Also observing practices,

games or matches would be valuable in further understanding of various aspects of sports persons.

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Author Details

M.Keerthika, *II Year Postgraduate Student, Department of Psychology, PSG College Arts and Science, Coimbatore, Tamil Nadu, India. Email ID: keerthimailspot@gmail.com*

S.Punithavathi, *Assistant Professor, Department of Psychology, PSG College Arts and Science, Coimbatore, Tamil Nadu, India.*