



**PERSONALITY OF PHYSICAL EDUCATION TEACHERS: A SURVEY.**

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**Abstract**

The present survey conducted was aimed to analyze the personality of sports teachers cum coaches in private institutions of rural Raipur. The method of this study is descriptive co-relational. The data was collected using standardized questionnaire. The population of the study was sixteen from 5 different institutions. The stepwise regression analysis indicated that these sports teachers are having well balanced physical, social and psychological traits.

**Key words:** personality (Physical, social, psychological)

**Introduction**

Researchers from sports psychology literature suggests that sports coaching are an important competency because it has been found to have important effects on performers' attitudes. Physical educator or coach through his presence, actions and speech are instrumental in an athlete's physical and psychosocial development. So it is mandatory to acquire both technical as well as psychological competence within him. According to Spino "A coach is always fit and a spirit guide who can interpret

experiences and put them in perspective." Ronan also stated that the coach should be physically, socially and psychologically fit so as to set examples not by words but by his actions. Echoing the idea that sport builds character, exercise or fitness training has also popularly been associated with positive personality change (Landers & Arent 2007). Many people also associate exercise with changes in mood and anxiety. In addition, research documents that anxiety and tension decline following acute physical activity. Much research has been conducted to determine whether exercise or fitness reduces people's susceptibility to stress, and the generally accepted conclusion is that aerobically fit individuals demonstrate a reduced psychosocial stress response. A tentative explanation for this finding is that exercise either acts as a coping strategy that

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reduces the physiological response to stress or serves as an “inoculators” to foster a more effective response to psychosocial stress (Landers & Arent 2007). Sports—which involve emotion, competition, cooperation, achievement, and play—provide a rich area for psychological study. Overall personality comprises of physical, social and psychological traits.

### **Purpose of study**

The purpose of the study is to assess various traits of the personality of physical education teachers/ coaches as to provide them opportunity to improve in order to make them more useful and effective.

### **Definition of the terms**

Personality has been defined as psychological qualities that contribute to an individual’s enduring and distinctive patterns of feeling, thinking, and behaving.

### **Statement of the problem**

Is the personality of physical education teachers differ on the basis of their personality dimensions?

### **Hypothesis**

It has been hypothesized that there will be differences among physical education teachers on personality dimensions like physical, social and psychological traits.

### **Significance of the study**

To strengthen the physical education teachers/coaches in physical, social and psychological traits this will help in grooming their personality

### **Review related literature**

The study of personality has been ongoing for decades. More than 30,000 articles, magazine articles and books have been published. Charan,2009 gave an exploratory look at the personality of organizational coaches to understand how their characteristics help in them in their coaching engagements. Hogan also conducted a survey on personality

characters because of stress and pressure. It says that individual’s strength which when overlapped become their potential constraints and career de-railers.

### **Methodology**

**Sample:** The population of this study was sixteen (Raipur rural, private Institutions)

### **Delimitation**

- Age group: 20-40 age
- All are in physical education job.
- Minimum qualification-B.P. Ed

### **Limitations**

- Body Physique, Social Economical Status, Nutritional habit, job experience
- The method of this study was descriptive correlational. The data was collected using questionnaire. Descriptive statistics were used for describing and categorizing the raw data for measuring mean, frequency and SD. Stepwise regression was used to explore the result.

### **Tool**

Questionnaire by Dr R K Yadav on Sport Coach Personality test. Each questionnaire comprised of 3 subsets- physical, social and psychological. Each subset comprised of 20 statements - 10 positive and 10 negative

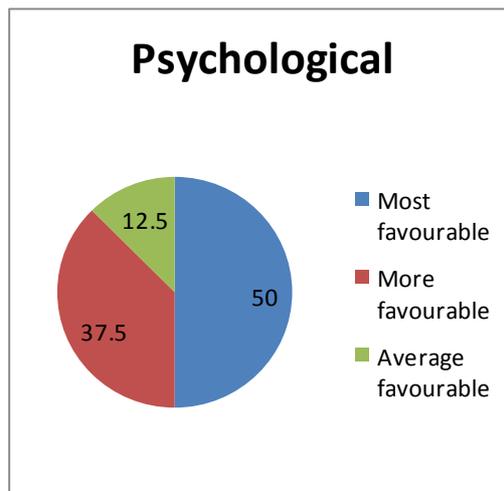
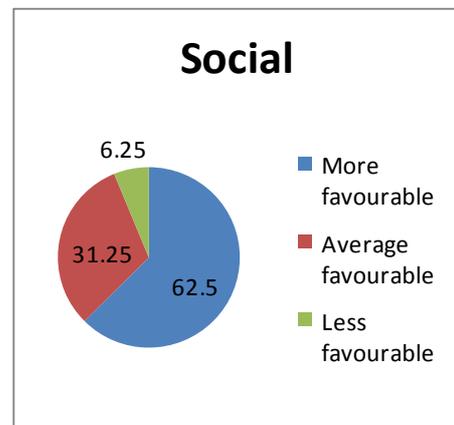
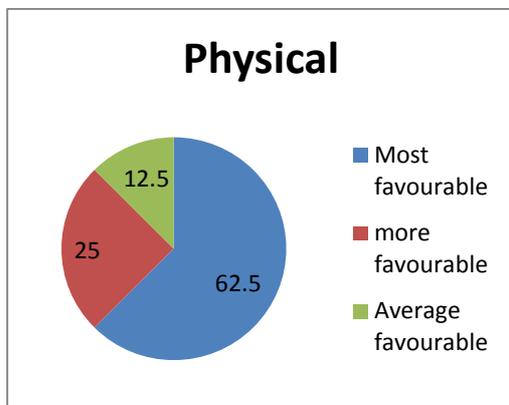
### **Procedure**

Sample of the study was 16 physical education teachers chosen from 5 different institutions of Raipur (rural) responded to each statement of questionnaire instantly.

Collected raw scores comprised of both positive and negative statements from questionnaires were interpreted by categorizing as- Most favourable (>31 for physical and psychological, >34 for social), More favourable (25-30 for physical and psychological, 28-33 for social), Average favourable(19-24 for physical and psychological, 18-23 for social), Less favourable(13-18 for physical and psychological,12-17 for social) and Least favourable (<12 for physical and psychological, <11 for social).

**Statistical technique**

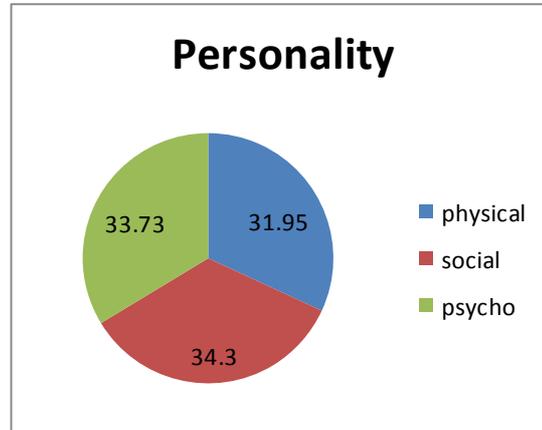
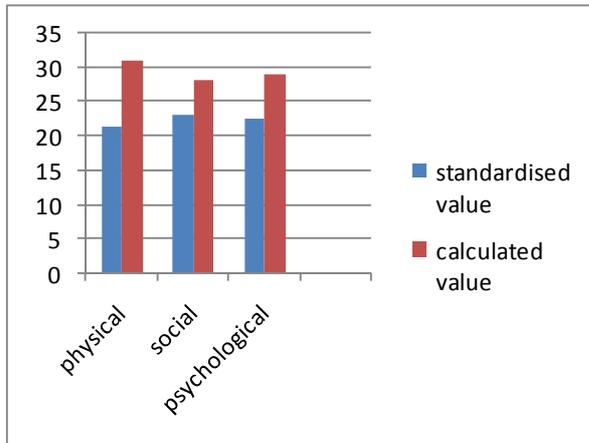
CATEGORY	Physical		Social		Psychological	
Most Favourable	31+	10 (62.5%)	34+	-----	31+	8 (50%)
More Favourable	25-30	4 (25%)	28-33	10 (62.5%)	25-30	6 (37.5%)
Average favourable	19-24	2 (12.5%)	22-27	5 (31.25%)	19-24	2 (12.5%)
Less Favourable	13-18	-----	16-21	1 (6.25%)	13-18	-----



### Conclusion

Raw data from the survey projected that 3 selected personality traits i.e physical, social and psychological vary considerably from

individual but a balanced proportion of all 3 traits was observed for an individual physical education teacher.



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