

B.A. - Physical Education (Semester- IV)

Psychological Foundation of Physical Education

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Unit- IV

Personality

Meaning & Definition

The study of personality is one of the psychology's most intriguing puzzles and most difficult challenges. One obstacle to the measurement of personality is that there is absence of agreement about a definition of personality. Psychologists have defined personality in a variety of ways emphasizing one aspect or another in their definitions and this has created a good deal of confusion. Super (1949*481) has rightly remarked that the field of **personality is one of the most popular, challenging, important and confused in contemporary psychology.**

Keeping this view-point, Hall and Lindzey (1964*9) have provided a very, general definition of personality as, **Personality consists concretely of a set of values or descriptive terms which are used to describe the individual being studied according to the variables or dimensions which occupy a central position within the particular theory utilized**

Cattell (1950:2-3) has given the definition of personality' as follows: "Personality is that which permits a prediction of what a person will do in a given situation. The goal of psychological research in personality is thus to establish laws about what different people will do in all kinds of social and general environmental situation. Personality is concerned with

all the behaviours of the individual, both overt and under the skin.

Eysenck (1953:2), defining personality focuses upon the concept of organisation and also of adjustment of the individual to the environment. He defines personality-As more or less stable and enduring organisation or a person's character, temperament, intellect and paycheque, which determine' his unique adjustment to the environment".

Allport (1956:48) has insisted that no number of general laws for the average man's response to any situation can ever lead to an adequate understanding of personality. His central theme is the uniqueness of the individual. According to Allport, "Personality is the dynamic organisation within the individual of those psychophysical systems that determines his unique adjustment to his environment". This definition is comprehensive, eclectic and functional. The definition gives full consideration to individuality of personality.

Krech and Crutchfield (1969:696) have attempted to provide a frame v/ork as follows: "Personality is the integration of all of an individual's characteristics into a unique organisation that determines, and is modified by his attempts as adaptation to his continuously changing environment." This generalized formulation of personality includes the individual's traits, abilities, beliefs, attitudes, values, motives and habitual modes of adjustment. If the behaviour of a whole person is observed, it t 3 is seen consistent and enduring attributes, organisation and uniqueness.

Sanford and writsman (1970:469) have defined personality in that direction. They have described personality as, "The 'unique' organisation of enduring attributes of the individual".

According to Encyclopedia of Psychology, edited by Eysenck and others (1975:779), "Personality is the relatively

stable organisation of a person's motivational dispositions, arising from the interaction between biological drives and the social and physical environment". Personality is the rate at which the person is becoming more differentiated as an individual and at the same time living increasingly in common purposes with other persons.

Dimensions of personality

Today, many contemporary personality psychologists believe that there are five basic dimensions of personality, often referred to as the "basic 5" personality traits. Previous trait theorist had suggested a various number of possible traits, including Gordon Allport's list of 4,000 personality traits, Raymond Cattell's 16 personality factors and Hans Eysenck's three-factor theory. However, many researchers felt that Cattell's theory was too complex and Eysenck's was too limited in scope. As a result, the five-factor theory emerged to describe the basic traits that serve as the building blocks of personality.

The "basic five" are broad categories of personality traits. While there is a significant body of literature supporting this five-factor model of personality, researchers don't always agree on the exact labels for each dimension. However, these five categories are usually described as follows:

1. **Extraversion:** This trait includes characteristics such as excitability, sociability, talkativeness, assertiveness and high amounts of emotional expressiveness.

2. **Agreeableness:** This personality dimension includes attributes such as trust, altruism, kindness, affection, and other pro-social behaviours.

3. **Conscientiousness:** Common features of this dimension include high levels of thoughtfulness, with good impulse control and goal-directed behaviours. Those high in conscientiousness tend to be organized and mindful of details.

4. **Neuroticism:** Individuals high in this trait tend to experience emotional instability, anxiety, moodiness, irritability, and sadness.

5. **Openness:** This trait features characteristics such as imagination and insight, and those high in this trait also tend to have a broad range of interests. It is important to note that each of the five personality factors represents a range between two extremes. For example, extraversion represents a continuum between extreme extraversion and extreme introversion. In the real world, most people lie somewhere in between the two polar ends of each dimension.

Personality Type

The following description of personality type was made famous by Isabel Myers and Katherine Myers-Briggs. Their work was based originally on that of Carl Jung, the German psychoanalyst. The MBTI (Myers-Briggs Type Indicator) is one of the most widely used psychological tests. There are several sites on the Internet that will let you do a similar test. The actual MBTI instrument belongs to the American Psychological Society. Myers-Briggs uses 4 dimensions of personality:

1. Extraversion vs Introversion
2. Sensing vs Intuition
3. Thinking vs Feeling
4. Judging vs Perceiving

<i>Extraversion</i>	<i>Introversion</i>
seek interaction	like to be alone
enjoy groups	enjoy one-on-one
communicate by talking	communicate by writing

outgoing and sociable	reserved and private
like variety and action	like to focus on one thing at a time
involved with people	work with ideas
learn by doing or discussing	learn by reflection and thinking
do - think - do	think - do - think
expenditure of energy	conservation of energies
enjoy a wide circle of friends	enjoy a small circle of friends

<i>Sensing</i>	<i>Intuition</i>
focus on what is real and actual	focus on possibilities
prefer facts and concrete	prefer abstract insights
pay attention to details	focus on the big picture
observe and remember sequentially	see patterns and meaning
are down-to-earth	have their head-in-the-clouds
learn step-by-step	learn by leaping in anywhere
focus on the present	focus on the future
rely on past experience	rely on inspiration and imagination
prefer things as they are	prefer to try new things
value practical applications	value ingenuity

<i>Thinking</i>	<i>Feeling</i>
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prefer to analyse the problem	prefer to sympathise with the problem
are objective	are subjective
are tough-minded	are tender-hearted
value justice	value harmony
are reasonable and fair	are compassionate and accepting
use cause-and-effect reasoning	are guided by personal values
are good at critiquing	are good at complimenting
prefer to be direct	prefer to be tactful
usually don't take things personally	usually take things personally
can be seen as insensitive	can be seen as overemotional

<i>Judging</i>	<i>Perceiving</i>
value structure	are easygoing
tend to work now / play later	tend to play now / work later
like things settled and decided	like to be spontaneous
prefer things to be organised	prefer things to remain open-ended
make lists and use them	make lists and lose them
value punctuality	leave thing to the last minute
prefer to have deadlines	often ask "what deadline?"
like to complete projects	like to start projects
are goal-oriented	are process-oriented

value order	value flexibility
like to follow timetables	enjoy last-minute pressures

Characteristics of Personality

- Personality is something which is unique in each individual.
- Personality refers particularly to the persistent qualities of an individual.
- Personality represents a dynamic orientation of an organism to the environment.
- Personality is greatly influenced by social interactions.
- Personality represents a unique organization of persistent dynamic and social predisposition.
- Consistency.
- Psychological and physiological.
- It impacts behaviours and actions.
- Multiple expressions.