



A COMPARATIVE STUDY OF THE MOST IMPORTANT PERSONALITY TRAITS BETWEEN PRACTITIONERS AND NON-PRACTITIONERS OF SPORTS ACTIVITY

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The Abstract

The researchers reached many conclusions, the most important of which was the distinction of practitioners of sports activity with high degrees in the trait (social). At the same time, it was low in the trait (aggression – restraint- desisting) and non-practitioners were distinguished by sports activity with high degrees in the trait (aggression – restraint- desisting). In contrast, the degree was low in the trait (social), and there were significant differences in favor of practitioners of the activity of the athlete, Through the conclusions, the researchers recommend the need for university students to practice sports activities because of their positive impact on their health in general and on the development of their characteristics in particular, The need to return the physical education lesson to Iraqi universities because of its importance in educational and psychological awareness of students and the elimination of free time, providing equipment, tools, halls and playgrounds to serve dear students, sports practices have positive effects on the psyche of practitioners and create a spirit of cooperation, Brotherhood and familiarity between practitioners.

Keywords: personality, sports activity, Trait, character, Iraqi Student.



Introduction

Personality is one of the most prominent topics of psychology, which tries to study human behavior as it interacts with its environment and tries to adapt to it. In light of recent developments and the interest of many scientists to study personality, someone has appeared who calls for considering personality as a worthy science on its own called Personality Science. There is no doubt that personality research is one of the most important topics in psychology. The study of personality is of great importance as a result of its main role in understanding behavior. Personality is everything that affects the soul (Abdul-gani et al., 2024), the subject of personality, whether it is part of psychology or it is an independent science, is one of the ancient and modern topics at the same time, since the emergence of Man and his participation in social life and his contact with him, began to form his attitudes, inclinations, values, moral, mental and social traits. Each sporting activity has special requirements for building personality, and sporting activity in a group has distinct characteristics (Abdulhusein et al., 2024). In our modern age, the study of personality has become based on regular foundations and rules, scientists have followed various scientific methods in research, and traits in the field of personality are prominent in trying to study personality, understand its dimensions and aspects, and predict its behavior, which many researchers in the field of sports psychology are interested in, and the trait can indicate the distinct direction of a person to behave in a certain way or is a trait based on which we can distinguish between one individual and another. Personality traits are one of the topics that scientists are interested in, because they deal with the individual in all his psychological aspects, his physical and mental components, and the various activities related to him that affect him through his interaction with his surroundings. The researchers focused on the trait, which they considered essential in building any personality. This is because it is a distinctive sign of personality characterized by generality and relative stability, as it can be relied upon to evaluate personality and distinguish between individuals. It describes a person based on his behavior in different situations (Adnan et al., 2024). Although associations between personality traits and natural variations in physical activity have been consistently shown – for example, between participation in regular exercise and extraversion, conscientiousness, emotional stability, and openness (AL-Taie & Mansoor, 2024) – the association between personality and participation in organized sports has received modest attention and remains less clear. Taken together, previous findings referring to the context of organized sports have suggested that athletes score higher on extraversion conscientiousness (Muttib et al., 2024), emotional stability, and openness than non-athletes. Moreover, further results have suggested that personality traits are also related to participation in specific types of sports. More specifically, individual-sport athletes demonstrated higher conscientiousness, openness, and emotional stability as well as lower levels of extraversion than team-sport athletes, these characteristics might provide athletes with frequent occasions to stimulate and improve their trait-related capacities as well as manage emotional disruptive states, foster interpersonal relationships, and pursue tenaciously ambitious goals. Among these personality differences, the largest effect size was related to conscientiousness, suggesting that characteristics such as diligence and responsibility are skills that primarily characterize high-level athletes (Lian & Atiyah, 2024). This image may be affected by what others hear or see. Sometimes this image is positively reinforced by others through words of praise or admiration, or he may be negatively affected by some negative opinions that come to his mind or that he sees in his eyes. Others. Therefore, body image is a psychological, functional, and neurological reflection. It represents a person's idea of himself and his relationship to the other. The external environment, as well as being a control that determines the behavior that a person practices. Every sport needs individuals who have personality traits that suit that special sport. Hence, the research's importance was manifested in



identifying the impact of the most important personality traits on athletes and non-athletes in the research sample.

The problem was the personality in the development of the individual and society, continuous scientific evaluation in appropriate ways has become a must in various areas of life, including the sports aspect, so personality evaluation should be an inherent factor in the process of sports training and on its basis it is possible to know the changes that can occur in personality, The researchers believe that some students practicing the activity may have different characteristics from the rest of the non-practicing students, which is why they invited them to study the comparison of the most important personality traits between practitioners and non-practitioners of sports activity.

The aim of the Research

1-identification of personality traits (aggressiveness, sociability, restraint, desisting) in practitioners and non-practitioners of sports activity.

2-comparison of the most important personality traits (aggressiveness, sociability, restraint, desisting) between practitioners and non-practitioners of sports activity.

Research Impose

There are significant differences in the most important personality traits among practitioners of sports activity.

Method and tools

The researchers used the descriptive method in the survey study method to suit the nature of the research, where the research community was represented by the students of the fourth stage of physical education and sports science and Mass Communication colleges at the University of Baghdad, (40) students were selected from each faculty randomly among (279) students, thus the sample represents (28,673 %) of the community of origin.

The sample selection is necessary or a pillar of scientific research's main vocabulary or pillars, because it represents the community of origin or the model on which the researcher conducts the whole and the focus of his work (Mahdi. A. H, 2021).

Tools used

1. Electronic calculator.
2. Questionnaire form: This is to determine the most important personality traits.
3. References and scientific sources.

Tests used

The Freiburg scale of personality (Hammood et al., 2024) this scale was originally developed by psychology professors (Joken Fahrenberg, Hubert Senlage, and Rainer Hampel) at the University of Freiburg in Western Germany and counted its image in Arabic by Mohammed Hassan Allawi, and the list aims to measure nine dimensions of personality in addition to three sub -, and the list includes (212) phrases as it has two Images A, B each includes (114) phrases and the manual of the professor of psychology the University of Giessen, western Germany, designed thumbnails for the list, which includes the first eight dimensions of the list, including (56) phrases, including :

1. **Aggressiveness:** The higher degree of this expression refers to individuals who automatically perform acts of physical, verbal, or disruptive aggressiveness and respond emotionally and respond to others with attacks, quarrels, and fights and are characterized by impulsiveness and inability to control themselves, non-defeatism and emotional immaturity, and the lower degree of this dimension refers to the automatic tendency to aggression, self-control and moderate behavior that may be characterized by excessive calm and emotional maturity, and this dimension includes (7) phrases all positive and its numbers are as follows : (7 27, 26, 10, 49 , 44 , 41 ,).



2. **The Social:** High-class people are characterized by the ability to interact with others or try to get closer to people and quickly make friends and they have a large circle of acquaintances, They are also characterized by lively fun and activity, they are characterized by Courtesy, frequent talking and intuitive presence, and low-class people are characterized by little need to deal with others, self-sufficiency, avoiding meetings with others and preferring loneliness, they also have a limited number of (7) phrases, including (3) positive phrases and their numbers (12, 28, 48) and (4) negative terms and their numbers are (2- 14 – 47 – 51).

3. **Restraint:** High-class people are characterized by responding with aggressive reactions, whether silver or imaginary, distrust of others, distrust of others, tendency to authority using violence and trying to impose their direction on others, and low-class people are characterized by moderation, respect for others, willingness to reject the use of violence, aggressiveness and tendency to trust others and do not try to reject their directions on others; this dimension includes (7) positive phrases, and their numbers are as follows (9 – 11 – 16 – 22 – 24 – 30 – 50).

4. **Desisting:** High-class people are characterized by the inability to interact and deal with others, especially in Group situations, shyness, and attachment, or the appearance of some serious problems when facing certain events or when disturbed, such as (instability, trembling, redness of the face, the friction of the knees, trembling limbs and urgent need to urinate), inability to instant decisiveness or speed of decision-making fear and ease of confusion, especially when they have severe symptoms when the disorder is unclear and can Speaking and addressing this dimension includes (7) phrases, all positive and their numbers (6 – 8 – 13 – 17 – 19 – 32 – 35).

Registration method

The positive terms (which are in the dimension direction) are corrected as follows:

When answering with (Yes): 2 degrees.

When the answer is B (No): 1 degree.

Negative statements (which are in the opposite direction of the dimension) are corrected as follows:

When answering with (Yes): 1 degree.

When the answer is B (No): 2 degrees.

The questionnaire form prepared in the light of the most important personality traits was prepared to know the impact of the most important personality traits on practicing and non-practicing students of sports activity, and the dimensions that received the percentage of expert agreement (50%) and above were nominated.

Statistical means

For data processing, the researchers used the statistical bag (SPSS).

Results and Discussion

Table (1) : It shows the arithmetic mean and standard deviations of the personality dimensions of the practitioners of the sporting activity

desisting	restraint	Social	aggressiveness	Dimensions of personality
				Statistical indicators
8,03	8,03	11,33	7,26	\bar{X}
1,03	0,89	1,15	0,45	$\pm \sigma$



Table (2): It shows the arithmetic mean and standard deviations of the personality dimensions of the non-practicing sports activity

desisting	restraint	Social	aggressiveness	Dimensions of personality Statistical indicators
11,5	11,70	8,8	11,1	\bar{X}
1,36	1,39	1,37	1,15	$\pm \sigma$

Table (3): Shows the value of (T) between practitioners and non-practitioners in the trait (aggressive)

value (T) Moral	value (T) Significance	value (T) tabular	value (T) calculated	non-practitioners		practitioners	
				$\pm \sigma$	\bar{X}	$\pm \sigma$	\bar{X}
moral	0,05	1,96	17,84	1,15	11,1	0,45	7,26

Table (3) shows the arithmetic circles and standard deviations and the value of (T) calculated by practitioners and non-practitioners in the feature of aggressiveness, where the arithmetic mean for practitioners (7,26) came with a standard deviation of (0,45), as for non-practitioners, the arithmetic mean came (11,1) with a standard deviation of (1,15), the value of (T) calculated has reached (17,84), which is greater than the value of (T) Tabular an adult (1.96) is at a degree of freedom (87) and below the level of significance (0.05).

Table (4): Shows the value of (T) between practitioners and non-practitioners in trait (Social)

value (T) Moral	value (T) Significance	value (T) tabular	value (T) calculated	non-practitioners		practitioners	
				$\pm \sigma$	\bar{X}	$\pm \sigma$	\bar{X}
moral	0,05	1,96	8,72	1,37	8,8	1,15	11,33

Table (4) shows the arithmetic circles and standard deviations and the value of (T) calculated by practitioners and non-practitioners in the social characteristic, where the arithmetic mean for practitioners (11,33) came with a standard deviation of (1,15), and for non-practitioners, the arithmetic mean came (8,8) with a standard deviation of (1,37), the value of (T) calculated has reached (8,72), which is greater than the value of (T) Tabular 1,96) at a degree of freedom (87) and below the level of significance (0,05).

Table (5): shows the value of (T) between practitioners and non-practitioners in trait (Restraint)



value (T) Moral	value (T) Significance	value (T) tabular	value (T) calculated	non-practitioners		practitioners	
				$\pm \sigma$	\bar{X}	$\pm \sigma$	\bar{X}
moral	0,05	1,96	12,69	$\pm \sigma$	\bar{X}	$\pm \sigma$	\bar{X}
				1,39	11,70	0,89	8,03

Table (5) shows the arithmetic circles and standard deviations and the value of (T) calculated by practitioners and non-practitioners in the control feature, where the arithmetic mean for practitioners (8,03) came with a standard deviation of (0,89), as for non-practitioners, the arithmetic mean came (11,70) with a standard deviation of (1,39), the value of (T) calculated has reached (12,69), which is greater than the value of (T) Tabular an adult (1.96) is at a degree of freedom (87) and below the level of significance (0.05).

Table (6): shows the value of (T) between practitioners and non-practitioners in the trait (Desisting)

value (T) Moral	value (T) Significance	value (T) tabular	value (T) calculated	non-practitioners		practitioners	
				$\pm \sigma$	\bar{X}	$\pm \sigma$	\bar{X}
moral	0,05	1,96	8,72	$\pm \sigma$	\bar{X}	$\pm \sigma$	\bar{X}
				1,36	11,5	1,03	8,03

Table (6) shows the arithmetic circles and standard deviations and the value of (T) calculated by practitioners and non-practitioners in the attribute of Palm (control), where the arithmetic mean for practitioners (8,03) came with a standard deviation of (1,03), and for non-practitioners, the arithmetic mean came (11,5) with a standard deviation of (1,36), the value of (T) calculated has reached (8,72), which is greater than the value of (T) the tabularity of 1.96 is at a degree of freedom (87) and below the level of significance (0.05).

After processing the raw scores by the two researchers and converting them to the final scores by the Freiburg intelligence correction key used, which shows the score of each dimension separately for the sample members of practitioners and non-practitioners of sports activity the highest score obtained by The Examiner for this dimension or any other dimension within the Freiburg intelligence of the personality is (14) and the lowest score is (7), so the score (10,5) is the average of the middle, so we will prepare a score of (10-11) is the average of the middle, or the score (7-10) is the low and from (11-14) is the characteristic, and after extracting the arithmetic mean and the standard deviation, the **following appeared :**

The first dimension (aggressiveness)

The practitioners in this dimension obtained an arithmetic mean of (7,26) and a standard deviation of (0,45), as we note in Table (1), and this indicates a low score, which means a lack of automatic tendency to aggression and self-control moderate behavior, while the standard deviation, which reached (0,45), expresses the slight disparity that exists between practitioners of sports activity.

Non-practitioners of sports activity in this dimension obtained an arithmetic mean of (11,1) and a standard deviation of (1,15), as we note in Table No. (2), and this means that individuals who spontaneously perform aggressive tendencies, aggressive actions, physical and verbal, characterized by impulsiveness, inability to



control themselves, lack of calm, and emotional immaturity, while the standard deviation of (1,15) expresses the slight disparity that exists between non-practitioners of sports activity.

The second dimension (social)

Table No. (1) shows that the arithmetic mean of practitioners in this dimension is (11,33) with a standard deviation of (1,15), which is a distinctive degree from the degree of the mean that we mentioned earlier, which indicates that practitioners are characterized by the ability to interact with others and try to get closer to people and quickly make friends and are characterized by Courtesy, frequent speaking and presence of intuition, while the standard deviation of (1,15) indicates a large disparity between practitioners of sports activity.

Table No. (2) shows that the arithmetic mean of non-practitioners in this dimension is (8,8) and the standard deviation is (1,37), which is a low degree, which indicates that non-practitioners of sports activity is characterized by a lack of need to deal with others, self-sufficiency, avoiding meetings with others and preferring loneliness as they have a limited lack of knowledge and are characterized by coldness, lack of vitality and lack of

The third dimension (Restraint)

Table No. (1) shows that the arithmetic mean of practitioners of this dimension is (8,03) with a standard deviation of (0,89), which is a low score, which indicates that practitioners are characterized by moderation and respect for others and the tendency to reject the use of violence and aggressiveness and the tendency to trust others, while the standard deviation of (0,89) indicates the lack of disparity between practitioners of sports activity.

Table No. (2) shows that the arithmetic mean of non-practitioners in this dimension is (11,70) and with a standard deviation of (1,39), which is a distinct degree, which indicates that non-practitioners are characterized by the response and aggressive reactions, whether verbal, physical or imaginary, distrust of others, distrust of others, the tendency of authority, the use of violence and an attempt to impose their trends on others, while the standard deviation of (1,39) indicates in sports activity.

The fourth dimension (Desisting)

Table (1) shows that practitioners have an arithmetic mean of (8,03) and a standard deviation of (1,03), which is a low score, which indicates that practitioners are characterized by the ability to interact and deal with others, lack of speed of attachment and self-confidence, the disorder appears indistinctly and can talk and address, while the standard deviation of (1,03) indicates counting the disparity between practitioners of sports activity.

Table (2) shows that non-practitioners in this dimension have an arithmetic mean of (11,5) and a standard deviation of (1,36), which is a distinctive degree, which indicates that non-practitioners are characterized by the inability to interact and deal with others, especially in Group situations, shyness, confusion, and the appearance of some physical problems, when faced with certain events and the inability to make an immediate decision or speed of decision, but the standard deviation of (1,36) indicates it is clear from the tables (3, 4, 5, 6) that there are significant differences in favor of practitioners of sports activity in personality traits (aggressiveness, sociability, restraint, desisting) The researcher believes that the reason for these differences is the result of practicing sports activities and practical lessons, as the nature of sports practice makes students in a better position as a result of long-term and short-term psychological preparation that students undergo to prepare them for sports competitions in order to be able to get achievements and achieve victory, and it also appeared that all personal traits were (aggressiveness, sociability, restraint, desisting) among practitioners and Non - practitioners of sports activity .

Regular sports activity can lead to reduced trait aggression and help maintain socially desirable norms. There is evidence for the difference in trait aggression levels between athletes and non-athletes. A detectable



difference is in the level of trait aggression between sport groups divided into tactical groups (Morvay-Sey et al., 2021)

athletes with low levels of agreeableness, extraversion, and/or emotional stability are more prone to aggressive behaviors, athletes with low levels of openness and/or emotional stability are more prone to using avoidance coping strategies, and athletes with high levels of conscientiousness, extraversion, and emotional stability are more prone to using problem-focused coping strategies (Allen et al., 2013)

The person who practices sports activities is characterized by special preparations and capabilities in the physical, mental, psychological, and social aspects, as well as his social trends, tendencies, relations, and activities he practiced (El-Roby, 2017)

speculate on the causes of athlete–non–athlete personality differences, the most obvious explanation is that people choose to take part in activities that require behaviors manifest in their personality.

In addition, through the results reached by the researchers, some **conclusions** were reached, which are as follows:

1. Practitioners of sports activity were distinguished by high scores in the trait (sociability) while low scores in the trait (aggressiveness, restraint, desisting).
2. Non-practitioners of sports activity were characterized by high scores in the trait (aggressiveness, restraint, desisting) while the score was low in the trait (sociability).
3. The presence of significant differences below the level of significance (0,05) for the most important personality traits between practitioners and non-practitioners of sports activity and in favor of practitioners.

Based on the conclusion, the researchers **recommend** the following:

1. The need for university students to practice sports activities because of their positive impact on their health in general and on the development of their characteristics in particular.
2. The need to research the rest of the personality traits.
3. The need to return the physical education lessons to Iraqi universities because of their importance in the educational and psychological awareness of students and the elimination of free time.
4. Providing equipment, tools, halls, and playgrounds to serve dear students.
5. Sports practices have positive effects on the psyche of practitioners and create a spirit of cooperation, Brotherhood, and intimacy between practitioners.



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