KANDELIA ACADEMIA
A Multidisciplinary Peer-Reviewed and Refereed Journal
Volume 1, Issue 1, January 2026 L ISSN : XXXX-XXXX

A Comparative Study on Personality Traits Between Male & Female M.P.Ed Students of Kalyani University

Tapas Paul [1], Dr. Sandip Sankar Ghosh [2]
[1]State Aided College Teacher, Kalinagar Mahavidyalaya
[2]Assistant Professor, Department of Physical Education, University of Kalyani

Abstract : The purpose of the present study was to compare the different personality traits i.e. Neuroticism, introvert, and dominance between male and female M.P.Ed students of department of physical education, University of Kalyani. For the purpose of the study Fifty four (N = 54) M.P.Ed students were chosen according to their availability in the hostel in holidays. Among this selected subjects for the study Thirty Two (n_1=32) were male and rest Twenty Two (n_2=22) were female. The data were collected in two holidays from the hostel according to the availability of the subjects who were the students of Master of Physical Education. The age ranged from 23-29 years. To measure the personality traits of the selected subjects' Bengali version of Burn- Reuter Questionnaire (modified) was used. Each item response was scored differently as per the scoring key prepared by Prof. D. Das Mahanta to measure personality characteristic. The short form of Burn-Reuter personality inventory with 30 items was prescribed and standardized by Prof. D. Das Mahanta. Mean and standard deviation of different variables were calculated. The data of the selected variables were analyzed through standard Statistical procedure. The mean of different variables were compared by using independent t- test. Statistical significance was tested at 0.05 level of confidence. The results highlighted that there were significant difference in Self confidence & Dominance between male and female students of masters of physical education. In Self confidence & Dominance the male students were significantly better than the female students. But in Introversion, Neuroticism and Sociability no significant difference was observed between male and female students of masters of physical education.

Key words: *Neuroticism*, *Introversion*, *Sociability*, *Dominance* and *Self Confidence*.

Introduction

"Personality" is a dynamic and organized set of characteristics possessed by a person that uniquely influences his or her cognitions, emotions, motivations, and behaviors in various situations. The word "personality" originates from the Latin persona, which means mask. Personality also refers to the pattern of thoughts, feelings, social adjustments, and behaviors consistently exhibited over time that strongly influences one's expectations, self-perceptions, values, and attitudes. It also predicts human reactions to other people, problems, and stress. The big five personality traits can be summarized as follows: **Self confidence: -** Self-confidence is one of the most admired attitudes in a person. Employers want self-confident employees because they usually get the work done even in tight situations. Parents hope their children grow up as self-confident individuals. A self-confident person generally has many friends as they are easy and fun to get along with. Even an enemy or competitor grudgingly admires a self-confident person. A tendency to show self-discipline and self-control, act dutifully, and aim for achievement**. Dominance: -** Dominance can be defined as power or influence over others, so the goal of Dominance is all about seeking power or influence in life. It can be adopted by any soul for any lifetime in which they want to be in control, assert them, or make an impact. It is opposite to agreeableness i.e. the tendency to be friendly, compassionate and cooperative**. Introversion: -** Introversion is one of the major personality traits identified in many theories of personality. People who are introverted tend to be inward turning, or focused more on internal thoughts, feelings and moods rather than seeking out external stimulation. Introversion is generally viewed as existing as part of a continuum along with extraversion. Introversion indicates one end of the scale, while extraversion represents the other end. **Neuroticism: -** A tendency to easily experience unpleasant emotions such as anxiety, anger, or depression. **Sociability: -** Sociability is a personality trait, the ability to be fond of the company of others; people who are sociable are inclined to seek out the opportunity of social contact with others.

Personality is the totality of one's behavior towards oneself and others. It includes everything about the person his physical, emotional, social, mental and spiritual make-up. It is all that a person has about him. It is deeper than more appearance or outward behavior. In the present study it researchers were interested to compare the personality traits between male and female masters students of Physical Education in Kalyani University. Hence it was hypothesized that; there would be some difference in personality traits between male and female M.P.Ed students of Kalyani University.

Methodology

The purpose of the present study was to compare the different personality traits i.e. Neuroticism, introvert, sociability, self confidence and dominance between male and female M.P.Ed students of department of physical education, University of Kalyani. For the purpose of the study Fifty four (N = 54)

M.P.Ed students were chosen according to their availability in the hostel in holidays. Among this selected subjects for the study Thirty Two (n_1=32) were male and rest Twenty Two (n_2=22) were female. The data were collected in two holidays from the hostel according to the availability of the subjects who were the students of Master of Physical Education. The age ranged from 23-29 years. To measure the personality of selected subjects' Bengali version of Burn- Reuter Questionnaire (modified) was used. Each item response was scored differently as per the scoring key prepared by Prof. D. Das Mahanta to measure personality characteristic. The short form of Burn-Reuter personality inventory with 30 items was prescribed and standardized by Prof. D. Das Mahanta. The study was approved by Institutional Ethical Committee. Mean and standard deviation of different variables were calculated. The data of the selected variables were analyzed through standard Statistical procedure. The mean of different variables were compared by using t-test. The significance of means were tested at $p<0.05$ level of confidence. For statistical calculations Excel Spread Sheet of windows version 7 will be used.

Findings

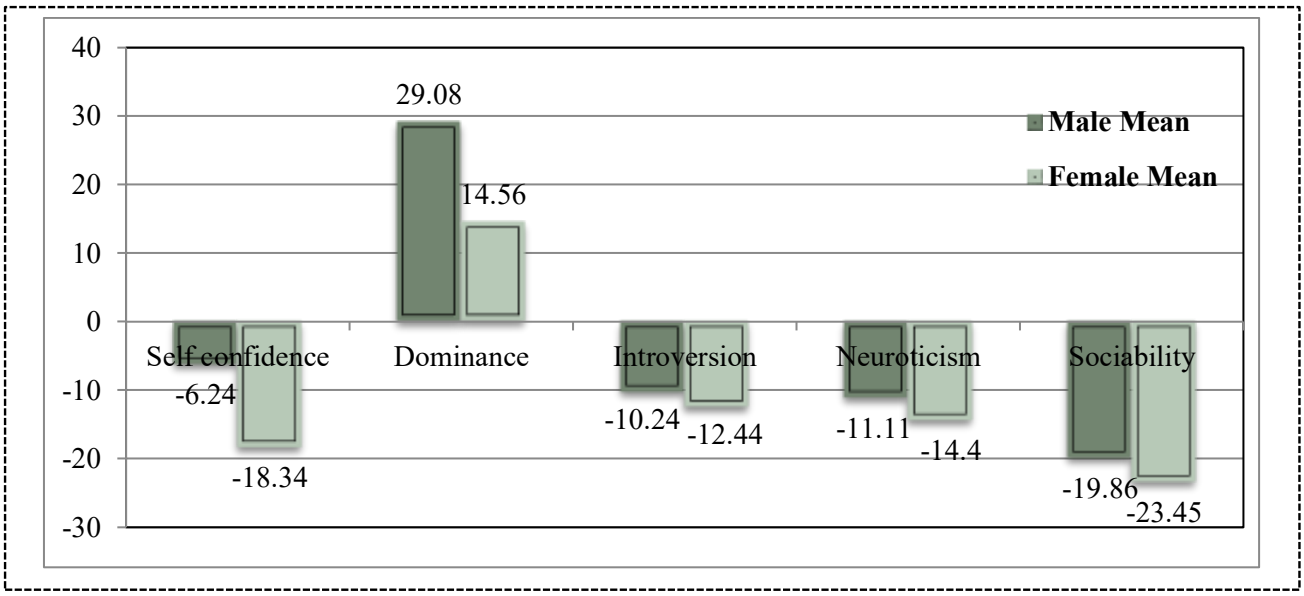
In **Table-1** the mean, standard deviation, Mean Difference, Standard error and t-value of the Psychological variables (Self- confidence, Dominance, Introversion, Neuroticism and Sociability) have been presented. From the table-1 it was found that, in Self confidence and dominance statistically significant difference existed at 0.05 level of confidence between male and female M.P.Ed students of West Bengal. But there was no significant difference observed between male and female M.P.Ed students of Kalyani University in Introversion, Neuroticism and sociability. It was also found that in Self confidence and Dominance the male students were significantly superior to the female physical education students of Kalyani University. In the figure-1 the mean values of different personality variables have shown.

Table – 1

Comparative analysis of Mean, SD, Mean Diff, Standard Error and t- ratio of personality traits of Male and Female M.P.Ed. Students of Kalyani University

Variables	Male		Female		Mean Diff.	Standard Error	t-value	Remarks
	Mean	S.D.	Mean	S.D.				
Self confidence	-6.24	4.22	-18.34	5.16	12.1	1.33	9.10	Significant
Dominance	29.08	6.32	14.56	7.45	14.52	1.94	7.48	Significant
Introversion	-10.24	6.55	-12.44	8.63	2.2	2.17	1.01	Not Significant
Neuroticism	-11.11	6.67	-14.4	9.15	3.29	2.28	1.44	Not Significant
Sociability	-19.86	11.76	-23.45	15.23	3.59	3.86	0.93	Not Significant

**** Table value of 't' for df (58) at 0.05 level of** confidence = *2.001*



DISCUSSION OF FINDINGS

The result of the study indicated that in Self-confidence and Dominance the male physical education students had significantly higher value than the female students. This may be explained as the male subjects are respectively aggressive than female. The females are respectively submissive and less aggressive that may cause significant difference in self-confidence and dominance between the male and female M.P.Ed students of Kalyani University. These results of the present study were in consonance with Mondal, L. K.; & Chakraborty P. (2010) and Ghosh & Banerjee, 2014. On the other hand, no significant differences were found in rest of the traits i.e. in Introversion, Neuroticism and Sociability between the male and female physical education students of Kalyani University. These results may be explained by the fact that the personality traits show no difference means that these variables were not influenced or less influenced by the sex difference. This type of result may perhaps due to the above fact that the male and female have their same psychological make-up and personality factors and mental set-up, which may caused no significant difference in personality traits between male and female physical education students of Kalyani University. This result of the present study was in consonance with Ghosh & Banerjee, 2014.

CONCLUSIONS

From the above discussions it was concluded that the male M.P.Ed students significantly differed in *Self Confidence* and *Dominance* compared to the female M.P.Ed students of Kalyani University. In other three personality traits (*Introversion, Neuroticism and Sociability*) no significant difference was found between male and female M.P.Ed students of Kalyani University.

REFERENCES

1. Dr. Kamlesh, M.L. Psychology in Physical Education, 3rd Edition Metropolitan Co., New Delhi. (1998)

2. Kjelsas, E, Augestad, L., B., "Gender, eating behavior, and personality Characteristics in physically active students, "Scandinavian Journal of Medicine & Science in Sports, Munnkjsgaard International publishers, Denmark, 2004 Aug,, 14(4): 258-68.

3. Nahid Sanei Delivi "Relationship between creativity and personality Characteristics in an Iranian sample" Perceptual & motor skills. No-50 June, 1980.p.823.

4. Johnson Barry L. & Jack. K. Nelson, Practical Measurement for Evaluation in Physical Education, Delhi: Surjeet Publications, 19832.

5. Dr. Sahani S.P.: Psychology and its application in sports, D.V.S. Publication New Delhi. (2005).

6. Dr**.** Paul Satinder **"**A Comparative Study of Personality Dimensions and Socio Economic Status among University Players". Volume: 2, Issue: 3, Mar 2013 • ISSN No 2277 – 8179.

7. Dr. Singh M.K. & Dr. Singh Arvind Bahadur. "A Comparative Study of Psychological Parameters between Tribal and Non-Tribal Intervarsity Women Football Players." Vol.01, Issue01, Sep.2012.

8. Sayanti banerjee & Dr. S.S.Ghosh, "A Comparative Study on Selected Physical Fitness Components and Personality Traits between Deaf & Dumb and Normal School Children of West Bengal." An unpublished Masters descertation, S.I.P.E.W Hastings House, Calcutta University, 2014.

9. Mondal, L. K. & Chakraborty P., (2010) A Comparative study on Creative Motor Response and Personality and Sociability between Normal and the Orthopedically Challenged Person., Unmesh: A Journal on Physical Education; vol-6, No-2, pp- 56-78.