

Comparative study of Personality Traits and Self Esteem of Physical Education Teachers and Other Subject Teachers of Maharashtra

Dr Dinesh Kumar Kimta

Assistant Professor, DrHaribhauAdmane Art and Commerce College Saoner Nagpur

Abstract

The purpose of this study was to compare physical education teachers and other subject teachers on the levels of personality Traits and self-esteem. Total numbers of 76 Teachers were selected as the samples for the study from 38 secondary schools of Nagpur city of Maharashtra State. In which 38 were physical education teachers and rest 38 were other subject teachers. The present study is the descriptive survey method. In the study Personality traits are interpreted as Extraversion, Agreeableness, Conscientiousness, Neuroticism and Openness. The data collection tools used in the study was the Dr. Tom Buchanan's 'Big five personality Inventory' and Dr. Morris Rosenberg's Self esteem Scale (RSS) for the self esteem variable. Data was analyzed by descriptive statistics and Independent Sample 't' test. The level of significance was kept at 0.05 to test the hypothesis. Results shows, that in the all five personality traits and self esteem, there was no significant difference between physical education teachers & other Subject teachers, thus null hypothesis was accepted. Researcher also observed that in the personality traits, physical education teachers were more energetic, outgoing, sociable, careful, focused and methodical as compare to other subject teachers. On the other hand other subject teachers were more trusted, friendly, cooperative, emotional, less relaxed, tense, imaginative, cultured and less practical in nature as compare to physical education teachers. Finally the researcher concluded that the personality traits and self esteem of Physical education teachers and other subject teachers are similar and will not affect their teaching.

Key words: *Personality Traits, Self Esteem, Physical Education teachers, Other Subject Teachers.*

Introduction

In the study Personality is interpreted as Extraversion, Agreeableness, Conscientiousness, Neuroticism and Openness. Self-esteem refers to general feelings of self-worth or self-value that is, it is the value placed on oneself. Thus the purpose of this study was to compare Secondary School Level Physical Education Teachers and Other Subject Teachers on their levels of Personality Traits and self esteem.

Material and Methods

Total numbers of 76 Teachers were selected purposively as the samples for the study from the 38 secondary schools of Nagpur city of Maharashtra State. In which 38 were physical education teachers

and rest 38 were other subject teachers. The present study is the descriptive survey method. The data collection tools used in the study were the Dr. Tom Buchanan's 'Big five personality Inventory' and Rosenberg Self-esteem Scale (Rosenberg, 1989). Data was analysed by descriptive statistics and Independent Sample 't' test. The level of significance was kept at 0.05 to test the hypothesis.

Table no 1.1

Descriptive Statistics of Personality Traits and self esteem of Physical Education Teachers and other Subject Teachers

| Personality Traits and self esteem | Teachers Groups | N | Mean | Standard Deviation | St. Error Mean |
|---|-----------------------------|----------|-------------|---------------------------|-----------------------|
| Extraversion | Physical Education Teachers | 38 | 28.8158 | 4.82592 | 0.78287 |
| | | 38 | 28.5526 | | 0.67225 |
| | Other Subject Teachers | | | 4.14401 | |
| Agreeableness | Physical Education Teachers | 38 | 24.6842 | 3.09407 | 0.50192 |
| | | 38 | 25.0526 | 3.36875 | 0.54648 |
| | Other Subject Teachers | | | | |
| Conscientiousness | Physical Education Teachers | 38 | 34.5263 | 4.89201 | 0.79359 |
| | | 38 | 34.3684 | 4.13568 | 0.67090 |
| | Other Subject Teachers | | | | |
| Neuroticism | Physical Education Teachers | 38 | 20.7895 | 2.95148 | 0.47879 |
| | | 38 | 20.8684 | 3.94675 | 0.64025 |
| | Other Subject Teachers | | | | |
| Openness | Physical Education Teachers | 38 | 23.7105 | 3.84783 | 0.62420 |
| | | 38 | 24.2105 | 3.81433 | 0.61877 |
| | Other Subject Teachers | | | | |
| Self Esteem | Physical Education Teachers | 38 | 18.1316 | 3.27291 | 0.53094 |

| | | | | | |
|--|------------------------|----|--------|---------|---------|
| | Other Subject Teachers | 38 | 8.1579 | 2.88075 | 0.46732 |
|--|------------------------|----|--------|---------|---------|

Table no 1.2

Independent sample ‘t’ test of Personality Traits and Self Esteem of Physical Education Teachers and other Subject Teachers

| Personality Traits and Self Esteem | ‘t’ value | Df | Sig. (2-tailed) | Mean Difference | Std. Error Difference |
|------------------------------------|-----------|----|-----------------|-----------------|-----------------------|
| Extraversion | 0.255 | 74 | 0.799 | 0.26316 | 1.03189 |
| Agreeableness | 0.497 | 74 | 0.621 | 0.368442 | 0.74201 |
| Conscientiousness | 0.152 | 74 | 0.880 | 0.15789 | 1.03917 |
| Neuroticism | 0.099 | 74 | 0.922 | 0.07895 | 0.79947 |
| Openness | 0.569 | 74 | 0.571 | 0.50 | 0.87892 |
| Self Esteem | 0.04 | 74 | 0.97 | 0.03 | 0.71 |

Findings and Discussion

Results shows, that in all personality traits i.e. Extraversion, Agreeableness Conscientiousness, Neuroticism Openness and self esteem there were no significant difference between the physical education teachers and other subject teachers. Thus the Null Hypothesis was accepted. In two of the personality traits i.e. Extraversion and Conscientiousness, we observed that physical education teachers have got good results, and in the rest three factors of the personality i.e. Agreeableness Neuroticism and Openness, the other subject teachers have good results. Researcher observed that physical education teachers were more energetic, outgoing, sociable, careful, focused and methodical as compare to other subject teachers. On the other hand other subject teachers were more trusted, friendly, cooperative, emotional, less relaxed, tense, imaginative, cultured and less practical in nature as compare to physical education teachers. In self esteem, Researcher observed that the means scores of self esteem shows that other subject teachers have little high level of self esteem as compare to physical education teachers.It

seems that other subject teachers would be more happy, interactive with students and effective as compare to physical education teachers.

Conclusion

In the present study we found that there is no significant difference in the personality traits and self esteem of physical education teachers and other subject teachers, so we can conclude that their personality traits and self esteem are similar and will not affect their teaching. Rather we can say that both groups of teachers are the two sides of a same coin in personality traits and self esteem.

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