



## Comparative Study of Personality And Self Esteem of Physical Education Teachers and Other Subject Teachers in Rewa City

**Dr. Gayatri Prasad Shukla**

Assistant Professor , Department of Physical Education A.P.S.U .Rewa (M.P.)

**Dharmendra Singh**

Assistant Professor (GF), Department of Physical Education university of Allahabad (U.P.)

**Dr. Nagendra Singh**

Sports officer Govt. College Devtalab Rewa (M.P.)

**Fayaz Ahmad Yattoo**

Sports officer Govt. College Barhi Katni (M.P.)

### ABSTRACT

*The main purpose and objective of the present study was compare of personality and self esteem of physical education teachers and other subject teachers in Rewa city. For the purpose of this study both male and female teachers were selected. A total of 40 were taken 20 from physical education and 20 from other subject the teachers working in the secondary schools and C.B.S.E. Board in Rewa City. For the collection of data the researcher administered the Dr. Tom Buchanan's 'Big five personality Inventory' and Dr. Morris Rosenberg's Self esteem Scale. Independent sample test was administrated to find out the comparison among personality of physical education teacher and other subject teachers. Statistical analysis and interpretations were found by mean, standard deviation and t-test was applied to means the significance of difference between the two groups. The level of significance was set at .05. It has been observed from the analysis of given data and interpretation of findings that there is significant difference between self esteem of physical education teachers and other subject teachers.*

**KEYWORDS : Self esteem, personality, Behavior.**

### INTRODUCTION:

Psychology is the study of human behavior and human relationship. Behavior is a collective name for these activities. It includes motor activities like waking, swimming, dancing, thinking, reasoning, imagining and feeling happy, sad and angry (affective). It also concerns itself with the scientific investigation of behavior. Psychology is the scientific study of the activities of the individual in relation to his environment. It concerns with all the segments of human mind i.e. conscious, sub conscious and unconscious. Psychology emphasized the search for truth. It studies facts of behavior and describes the law governing them psychological fact i.e. ethics, logic, philosophy etc. The behavior is quite dynamic and unpredictable. "Personality is that which permits a prediction of what a person will do in a given situation". A wide variety of movement behaviors is encompassed in the psychomotor domain. The psychomotor domain is concerned with body movement and/or control. Such behaviors when performed in a general way represent a movement pattern or patterns, and when highly specific and task refined indicate a skill or sequence of skills. No reference is made in psychomotor task, for almost any kind of movement oriented task could probably be considered a psychomotor task. All of us have potential, which is beyond our wildest dreams, but most of his potential remains untapped. Each person has the capacity to experience different planes of consciousness, yet most of us live in the lower planes, without experiencing higher levels of existence or even believing that they exist.

Many people are unhappy in the world, dissatisfied and yet not sure what is lacking in their lives. The basic reason for this unhappiness is our attachment to the material plane of existence. Once we gain a glimpse of higher spheres of consciousness, then our unhappiness and discontent automatically fade away. Psychology as a behavioral science has made its contribution for improving sports performance. It has helped coaches to coach more effectively and athletes to perform more proficiently.

### Methodology:

A total of 40 teachers were taken 20 from physical education and 20 from other subject the teachers working in the secondary schools and C.B.S.E. Board in Rewa City. Family background, Physical condition, life

style, socio-economic status and mental status of the subjects was considered as the limitations for the study. This study deals with the comparison of the personality and self esteem of physical education teachers and other subject teachers. For the collection of data the researcher administered the Dr. Tom Buchanan's 'Big five personality Inventory' and Dr. Morris Rosenberg's Self esteem Scale. Independent sample test was administrated to find out the comparison among personality of physical education teacher and other subject teachers. Statistical analysis and interpretations were found by mean, standard deviation and t-test was applied to means the significance of difference between the two groups' i.e. physical education teachers and other subject teachers.

### RESULTS & DISCUSSION:

#### Table no. 1

**Descriptive statistics of Physical education teachers and other Subject teacher's, teachers on Extraversion score.**

Variables	N	Mean	Standard Deviation	St. Error Mean	Mean Difference	't' Ratio
Physical education teachers	20	30.9	2.989	0.668	0.15	0.14
Other Subject teachers	20	31.05	3.378	0.755		

\*Significant

$t_{.05}(38)=2.024$

#### Table no. 2

**Descriptive statistics of Physical education teachers and other Subject teachers on Agreeableness score.**

Variables	N	Mean	Standard Deviation	St. Error Mean	Mean Difference	't' Ratio
Physical education teachers	20	30.9	2.989	0.668	0.15	0.14
Other Subject teachers	20	31.05	3.378	0.755		

Physical education teachers	20	27.4	3.530	0.789	2.8	2.52
Other Subject teachers	20	24.6	3.500	0.782		

\*Significant

t'.05(38)=2.024

**Table no. 3**  
Descriptive statistics of Physical education teachers and other Subject teachers on Conscientiousness score.

Variables	N	Mean	Standard Deviation	St. Error Mean	Mean Difference	't' Ratio
Physical education teachers	20	37.3	5.161	1.154	2.6	0.30
Other Subject teachers	20	21.35	6.661	14.896		

\*Significant

t'.05(38)=2.024

**Table no. 4**  
Descriptive statistics of Physical education teachers and other Subject teachers on Neuroticism score.

Variables	N	Mean	Standard Deviation	St. Error Mean	Mean Difference	't' Ratio
Physical education teachers	20	20.4	1.602	0.358	0.95	0.98
Other Subject teachers	20	21.35	2.238	0.500		

\*Significant

t'.05(38)=2.024

**Table no. 5**  
Descriptive statistics of Physical education teachers and other Subject teachers on Openness score.

Variables	N	Mean	Standard Deviation	St. Error Mean	Mean Difference	't' Ratio
Physical education teachers	20	23.8	3.771	0.843	0	1.33
Other Subject teachers	20	23.8	4.500	1.006		

\*Significant

t'.05(38)=2.024

**Table no. 6**  
Comparison of mean and standard deviation of Physical education teachers and other Subject teachers on Self esteem score.

Variables	N	Mean	Standard Deviation	St. Error Mean	Mean Difference	't' Ratio
Physical education teachers	20	17.1	4.011825	0.896	4.4	6.98
Other Subject teachers	20	21.15	2.852054	0.637		

\*Significant

t'.05(38)=2.024

In the above table no. 6, there were 20 physical education teachers having  $m \pm S.D$   $17.1 \pm 4.011825$  and standard error of mean 0.896. Similarly there were of 20 other Subject teachers having  $m \pm S.D$   $21.15 \pm 2.852054$  and standard error of mean 0.637 respectively.

In the table no 6, mean differences for the self esteem of physical education teachers and other subject teachers was 4.4. This difference when tested by Independent 't' test, 't' value was found 6.984 which was not significant at 0.05 significance level for 38 degree of freedom. Therefore, there is significant difference between self esteem of physical education teachers and other subject teachers is accepted.

**DISCUSSION:**

1. On the whole in all personality factors i.e. Extraversion, Agreeableness, Conscientiousness, Neuroticism and Openness there were significant difference between the physical education teachers and other subject teachers.
2. In two of the personality traits i.e. Agreeableness and Conscientiousness, we observed that physical education teachers have got good results, and in the other three factors of the personality i.e. Extraversion, Neuroticism and Openness, the other subject teachers have good results.
3. 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 in nature as compare to physical education teachers.
4. In research study distribution of self esteem scores of physical education teachers and other subject teachers in the present study is nearly normal.
5. The research study signifies that there is significant difference found between the self esteem of physical education teachers and other subject teachers.
6. Researcher observed that the mean score of self esteem shows that other subject teachers have little high level of self esteem as compare to physical education teachers.

In the present study we found that there is no significant difference in the self esteem of physical education teachers and other subject teachers, so we can conclude that their self esteem will not affect their teaching. Rather we can say that both groups of teachers are sailing in the same boat in the matter of self esteem's.

**REFERENCES**

1. Allport, G.W. (1927). Personality and Psychological Interpretation. New York : Henry Holt & Co. Pp. 132-140. 2. Bharadwaj, A.R., Borse A, and Bharadwaj, M.A. (2004) A study on personality among athletes from individual and group sports. 3. Buchanan, T., Goldberg, L.R., & Johnson, J.A. (1999). Personality assessment: Evaluation of an online Five Factor inventory. 4. H.Cox Richard (2002) "Sports psychology concepts and application"; Newyork; Mc Grawhill compainies.p.192,193,918,242. 5. Silva john M. and Weinberg Roberts (1984) "Psychological foundations of sport"; champagian, Illinois, Human Kinetic publishers, p82. 6. Mathew Gita (1997) "Sports psychology" Karaikudi, MAGI VIL, p46.