



# Relationship Between Personality Traits And Life Satisfaction Among Sports Persons

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## Abstract

The purpose of the present study was to examine the relationship between personality traits and life satisfaction among sports persons. For this study, a total of 100 sports persons were selected as subjects. The age of the subjects ranged between 18 to 30 years and they were selected through simple random sampling technique. Personality traits were assessed using a standardized personality questionnaire and life satisfaction was measured using the Life Satisfaction Scale. The collected data were tabulated and subjected to statistical analysis. Descriptive statistics such as mean and standard deviation were calculated and Pearson's correlation coefficient was used to determine the relationship between personality traits and life satisfaction. The results of the study revealed that personality traits have a significant relationship with life satisfaction among sports persons. It was concluded that positive personality traits contribute to higher life satisfaction in athletes.

**Keywords:** Personality traits, life satisfaction, sports persons, psychology, athletes

## Introduction

Personality is one of the most important psychological characteristics that influences an individual's behavior, emotions, and overall adjustment in life. In the field of sports, personality traits play a significant role in determining an athlete's motivation, confidence, emotional stability, and ability to cope with competitive stress. Athletes with positive personality traits such as optimism, emotional stability, and conscientiousness are often better able to manage pressure and maintain consistent performance.

Life satisfaction refers to a person's overall evaluation of his or her quality of life according to self-chosen criteria. It represents a cognitive judgment about one's life circumstances and reflects the level of happiness and well-being experienced by an individual. Life satisfaction is closely associated with psychological health, motivation, and personal achievement.

In sports psychology, the relationship between personality and life satisfaction has gained considerable attention. Athletes who possess positive personality characteristics tend to demonstrate better emotional control, stronger motivation, and greater satisfaction with their personal and athletic life. On the other hand, athletes with negative personality tendencies such as anxiety, aggression, or low emotional stability may experience lower levels of life satisfaction.

Participation in sports provides individuals with opportunities for social interaction, personal growth, discipline, and achievement. These experiences contribute significantly to the development of positive personality traits and enhance overall well-being. Therefore, understanding the relationship between personality traits and life satisfaction among sports persons is essential for coaches, psychologists, and sports scientists.

The present study aims to investigate the relationship between personality traits and life satisfaction among sports persons.

## Methodology

### Selection of Subjects

For the present study, the researcher selected 100 sports persons as subjects. The subjects were selected randomly from different sports disciplines. The age of the subjects ranged between 18 to 30 years.

### Selection of Variables

For the purpose of this study the following variables were selected:

**Independent Variable:** Personality Traits

**Dependent Variable:** Life Satisfaction

### Criterion Measures

To measure the selected variables, the following standardized questionnaires were used:

**Personality Traits:** Big Five Personality Traits Questionnaire

**Life Satisfaction:** Satisfaction with Life Scale (SWLS)

### Administration of Questionnaire

The questionnaires were administered to the selected subjects personally by the researcher. Necessary instructions were provided to the participants before filling out the questionnaire. The participants were asked to respond honestly and independently. Adequate time was given to complete the questionnaire.

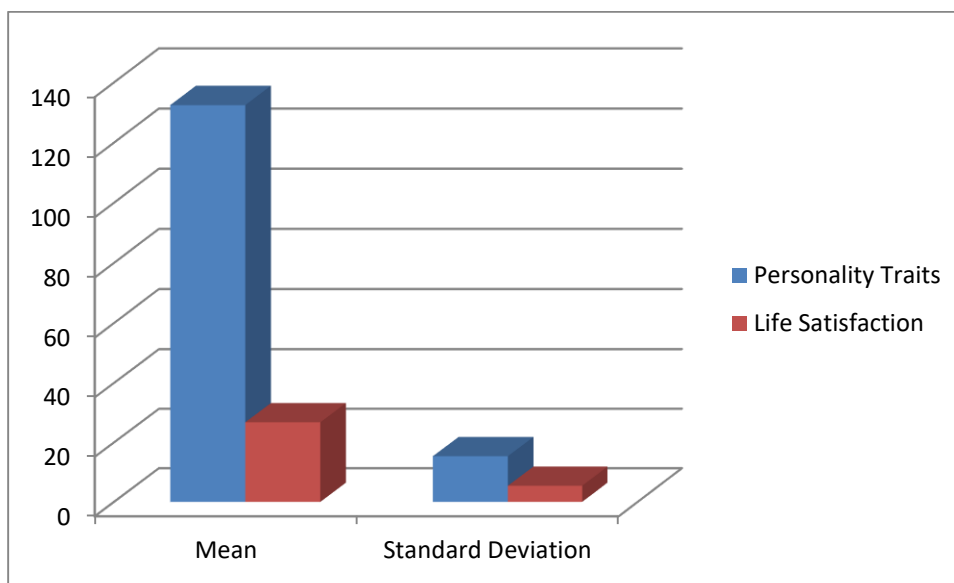
### Statistical Analysis

The data collected was tabulated and subjected to statistical analysis. Descriptive analysis was done by computing means and standard deviations and Pearson's correlation coefficient was applied to analyze the relationship between personality traits and life satisfaction among sports persons.

## Results

**Table 1: Mean and Standard Deviation of Personality Traits and Life Satisfaction among Sports Persons**

| Variable           | N   | Mean   | Standard Deviation |
|--------------------|-----|--------|--------------------|
| Personality Traits | 100 | 132.45 | 15.36              |
| Life Satisfaction  | 100 | 26.78  | 5.42               |



**Fig 1: Graphical Representation of Personality Traits and Life Satisfaction among Sports Persons**

**Table 2: Correlation between Personality Traits and Life Satisfaction**

| Variables                              | Correlation (r) |
|--|-----------------|
| Personality Traits & Life Satisfaction | 0.62            |

The above table shows that the correlation coefficient between personality traits and life satisfaction among sports persons is **0.62**, which indicates a positive relationship between the two variables.

**Discussion**

The findings of the present study revealed that there is a significant positive relationship between personality traits and life satisfaction among sports persons. Athletes who possess positive personality traits such as emotional stability, extraversion, openness, and conscientiousness tend to experience higher levels of satisfaction in life.

Participation in sports helps individuals develop discipline, teamwork, self-confidence, and resilience. These psychological qualities contribute to positive personality development and enhance life satisfaction. Athletes who are confident and emotionally stable are better able to cope with competitive stress and maintain a positive outlook toward their personal and professional life.

Previous studies in sports psychology have also reported similar findings that personality traits significantly influence psychological well-being and satisfaction among athletes. Therefore, the development of positive personality traits should be encouraged through proper coaching, psychological training, and supportive sports environments.

## Conclusion

On the basis of the findings of the study, it can be concluded that personality traits have a significant relationship with life satisfaction among sports persons. Athletes with positive personality characteristics tend to experience higher levels of satisfaction in their lives. Therefore, coaches and sports psychologists should focus on developing positive psychological traits in athletes to improve both performance and overall well-being.

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