

Correlation Between Personality and Sport Choice

By Asher Witham

Choosing a Sport: The Factors

Dr. James Gavin, *Body Moves: The Psychology of Exercise*¹

1. Cost
2. Social Networks
3. Availability
4. Personality

Gap in Research

- Eliminate the other factors
- High School athletes
- Location

Different Personality Tests

- Zuckerman's Sensation Scale²
 - Measures level of enjoyment of activities of varying risk
- Myers-Briggs Test³
 - 4 factors taken into account
 - 16 possible outcomes

Big Five Personality Test⁴

1. Extraversion
2. Neuroticism
3. Conscientiousness
4. Openness to Experience
5. Agreeableness

Extraversion

- Sociable
- Assertive
- Friendly
- Talkative

Neuroticism

- Anxious
- Nervous
- Timid
- Self-critical
- Unconfident

Conscientiousness

- Persistent
- Self-disciplined
- Thorough
- Ambitious
- Planner
- Reliable

Openness to Experience

- Imaginative/Creative
- Curious
- Intellectual
- Prefers variety
- Daring

Agreeableness

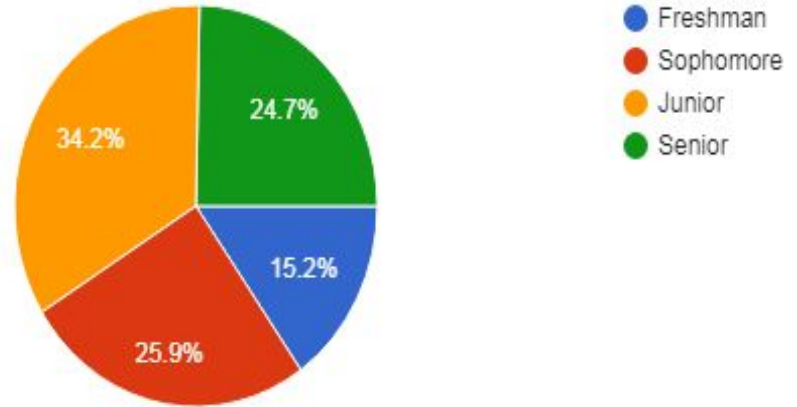
- Modest/Humble
- Polite
- Generous
- Kind
- Considerate

Question

Do patterns exist between personality and sport choice and, if so, what are they?

Methods

- High School Athletes surveyed
- All sports were included
- 158 respondents
 - From all grade levels



Grade Levels of
Participants

Survey

- Sport(s)
- Grade
- 20 Statement Big Five Personality Test
 - Scale: 1-5

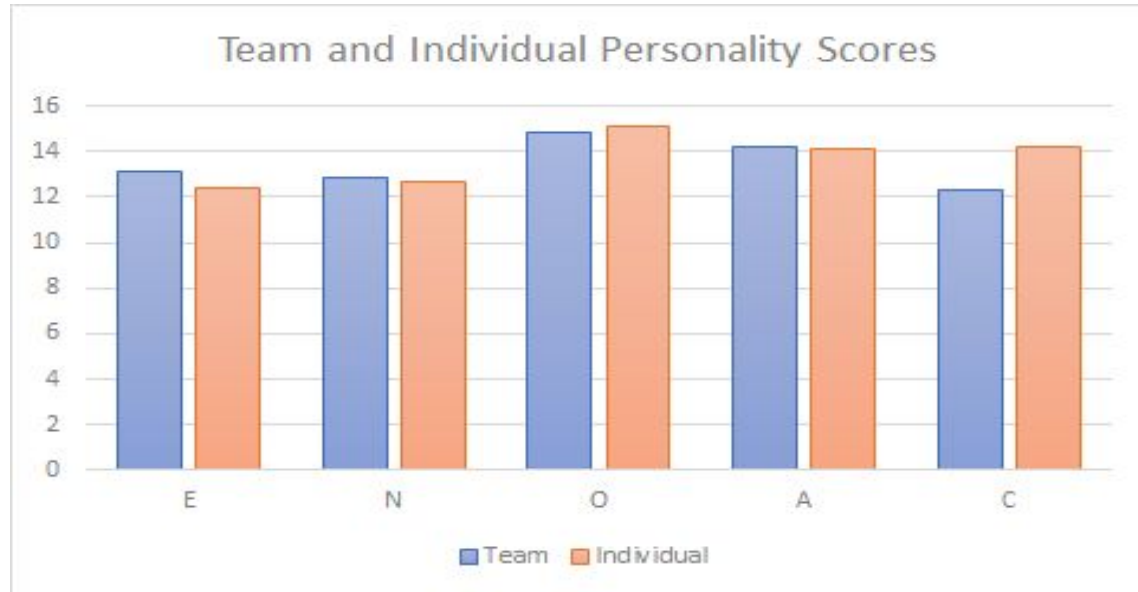
Methods

- 23 sports available at Thousand Oaks High School
- 19 qualified for the study

Results

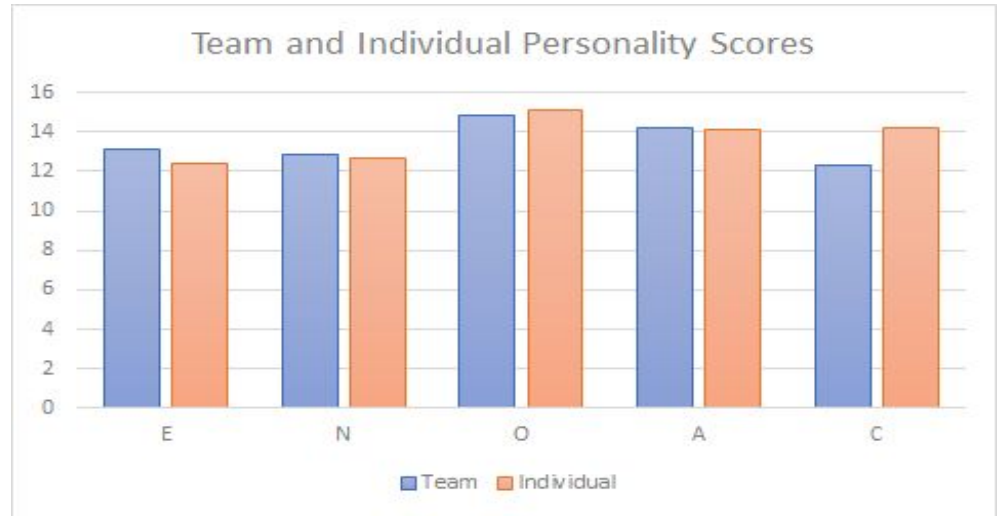
Results - Team and Individual

- Extraversion
 - Team: 13.1
 - Individual: 12.4



Results - Team and Individual

- Conscientiousness
 - Team: 12.3
 - Individual: 14.2



Results - Team and Individual

Statistically Insignificant Deviation

- Neuroticism- Team: 12.9 Individual: 12.7
- Openness to Experience- Team: 14.8 Individual: 15.1
- Agreeableness- Team: 14.2 Individual: 14.1

Results - High Risk and Low Risk

- Extraversion
 - High Risk: 13.0
 - Low Risk: 12.4



Results - High Risk and Low Risk

- Conscientiousness
 - High Risk: 12.5
 - Low Risk: 14.1



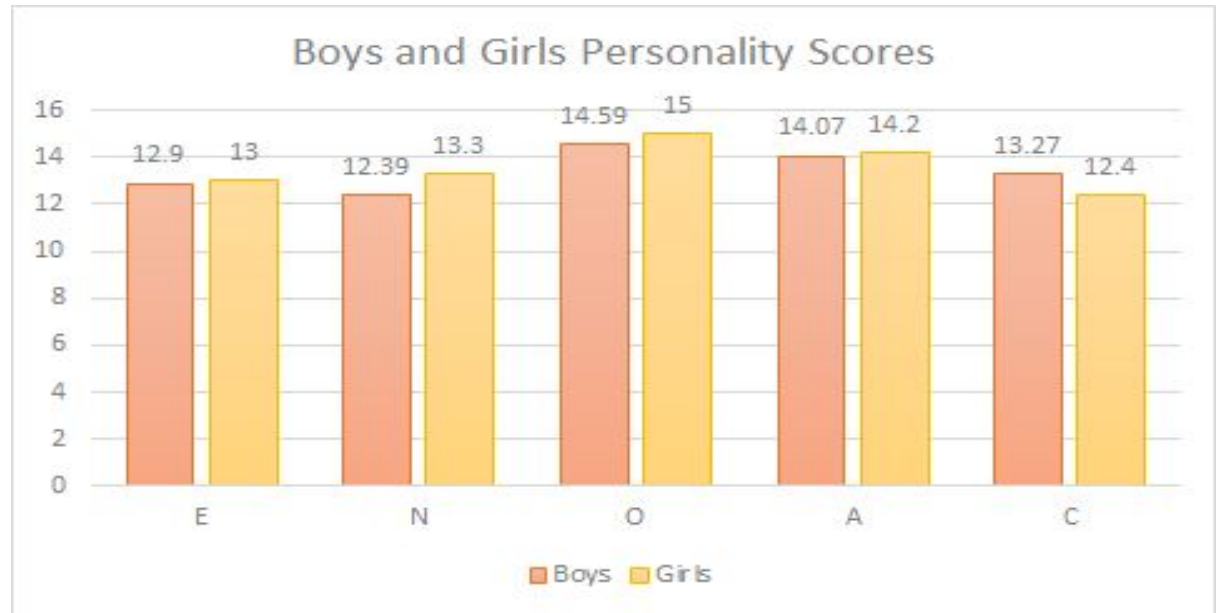
Results - High Risk and Low Risk

Statistically Insignificant Deviation

- Neuroticism- High: 12.8 Low: 13.1
- Agreeableness- High: 14.1 Low: 14.2
- Openness to Experience- High: 14.7 Low: 15.0

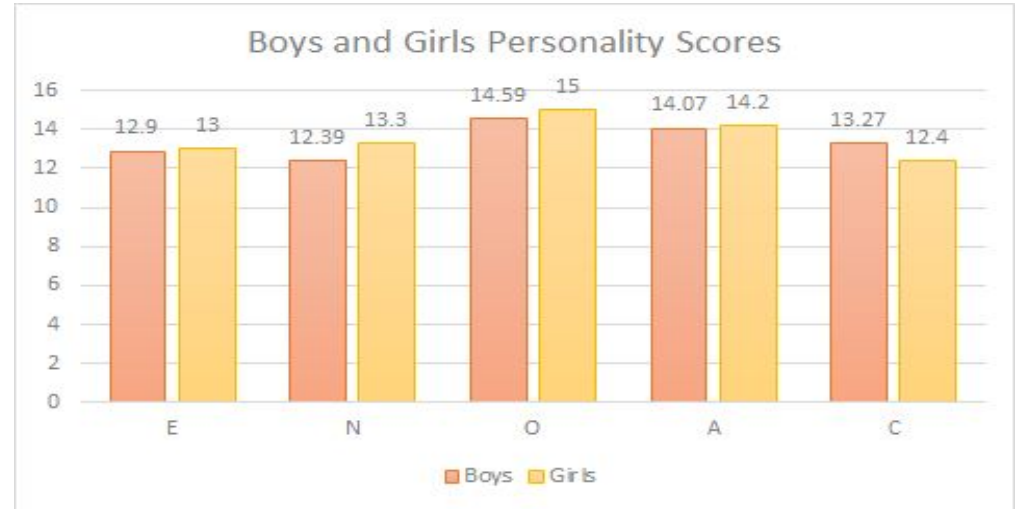
Results - Boys and Girls

- Neuroticism
 - Boys: 12.4
 - Girls: 13.3



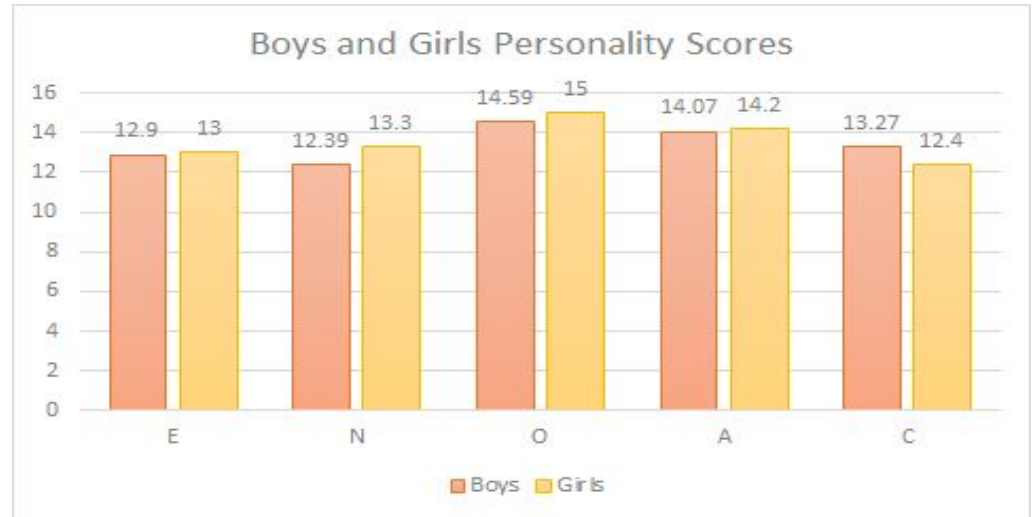
Results - Boys and Girls

- Openness to Experience
 - Boys: 14.6
 - Girls: 15.0



Results - Boys and Girls

- Conscientiousness
 - Boys: 13.3
 - Girls: 12.4



Results - Boys and Girls

Statistically Insignificant Deviation

- Extraversion- Boys: 12.9 Girls: 13.0
- Agreeableness- Boys: 14.0 Girls: 14.2

Limitations

- Not all athletes could be surveyed
- Not all factors could be eliminated
- Validity of responses

Further Research

- More time slotted to survey
- More schools

Conclusion

- Team and High Risk- extroverted
- Individual and Low Risk- conscientiousness
- Boys- conscientiousness
- Girls- neuroticism

Acknowledgements

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References

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