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Sam Schoonover  
*Lindenwood University*

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## Different Personality Traits between Athletes and Non-athletes

Sam Schoonover<sup>4</sup>

It has been suggested that there are personality trait differences between athletes and non-athletes. I hypothesized that athletes would possess different personality traits than non-athletes. I used the Myers-Briggs Type Indicator (Briggs & Briggs-Myers, 2015) as my tool for assessing the difference in personality traits between athletes and non-athletes. An athlete is someone who engages in a sport for an element such as a title or rank. My sample was composed of a total of 123 participants; there were 41 athletes and 82 non-athletes. The participants were in the age range of 18 to 74; there were 29 men and 90 women. I conducted my online study by posting my survey on Facebook as well as on Sona Systems, which allowed members from the Lindenwood Participant Pool to complete my study. The participants were first asked to complete five demographic questions. Then, the subjects were asked to complete the 70 questions of the Myers-Briggs Type Indicator (Briggs & Briggs-Myers, 2015) as my tool to determine their personality traits in regards to extroversion versus introversion, sensing versus intuition, thinking versus feeling, and judging versus perceiving. I analyzed the difference in personality traits between athletes and non-athletes, male athletes and non-athletes, female athletes and non-athletes, and athletes who participate in team and individual sports. The only significant difference that I found was between athletes and non-athletes in regards to judging versus perceiving,  $\chi^2_{(1)} = 6.845$ ,  $p = 0.009$ . More athletes were found to have the perceiving personality trait in comparison to non-athletes.

There is a belief that individuals who are athletes possess different personality characteristics than individuals who are not athletes. The present study was designed to determine whether this is true. This could be a worthy line of investigation because people will

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<sup>4</sup> Sam Schoonover, Psychology Department, Lindenwood University. Correspondence regarding this paper should be addressed to Sam Schoonover at Lindenwood University, 209 South Kingshighway, St. Charles, MO, 63301 or email at [sks110@lionmail.lindenwood.edu](mailto:sks110@lionmail.lindenwood.edu)

be able to learn about the difference in personality traits that exists between athletes and non-athletes. The findings of this research could benefit coaches of competitive sport teams. If these coaches are trying to recruit athletes and build a team that is cohesive and works well together, then they may want to have their athletes complete a personality test. As a result of taking the personality test, the coaches will be able to see if their athlete has similar personality traits to the athletes that participated in this study. This does not mean that an individual is going to be encouraged or discouraged to participate in athletics as a result of their personality traits. These findings are only a tool that coaches can use to help them build a cohesive team.

Kanniyan, George, and Valiyakath (2015) found that men who participate in sports have a higher level of self-assurance in comparison to men who are sedentary. The purpose of their research was to identify different personality traits that are associated with men who play sports and men who do not play sports. Based off of their results, Kanniyan et al. (2015) found that men who are athletes revealed moderately higher scores in comparison to men who are not athletes in the majority of personality traits such as control, aggressiveness, realism, radicalism, and apprehension. Kanniyan et al. (2015) conducted their study by distributing the 16 personality factor questionnaire to a random sample of 32 men from different sports and 12 men who do not play sports. This study provided evidence that there is a difference in personality traits between men who play sports and men who do not play sports.

Malinauskas, Dumciene, Mamkus, and Venckunas (2014) used a random sample of 169 young adult male athletes and 207 young adult male non-athletes to study the relationship between athletic capacity and personality traits. They found that men who are athletes have higher levels of conscientiousness in comparison to men who are not athletes. These researchers also found that men who participate in sports that are team-based have higher levels of extroversion in comparison to men who are endurance athletes. Malinauskas et al. (2014) conducted their study using the NEO Five-Factor Inventory to assess the major Big Five personality traits; they also measured the exercise capacity of their participants by measuring 26 different exercises within the parameters of their lab. The results of this study provided evidence that there is a difference in personality traits in regards to athletes and non-athletes.

Vealey and Perritt (2015) conducted a study in order to research the relationship of flow in athletes with the personality traits of hardiness and optimism. They distributed the Dispositional Flow Scale, The Personal Views Survey-11, and the Life Orientation Test-Revised to 197 collegiate track and field athletes; these athletes were students at six different universities located in the Midwestern region of the United States (Vealey & Perritt, 2015). They found that college athletes have an increased amount of optimism and bravery because these two characteristics are necessary in helping athletes to achieve what they desire to accomplish.

Burdzicka-Woewik and Goral-Radziszewska (2014) conducted a study to identify different personality traits that women who engage in combat sports possess in comparison to women who do not engage in sports. They found that the women who engage in combat sports possess more masculine personality traits and they have lower levels of emotional and sensory reactivity in comparison to women who do not participate in combat sports (Burdzicka-Woewik & Goral-Radziszewska, 2014).

Reiter, Liput, and Nirmal (2007) conducted a study to examine the different personality differences between college student-athletes and non-athletes. They conducted their study using the Myers-Briggs Type Indicator. These researchers gathered their data from a random sample of 91 college students. Although they did not find any significant statistical differences from their results, they did find other notable results. Based on their results, Reiter et al. (2007) found that 62% of the non-athletes scored higher on the intuition scale while 51% of the athletes scored higher on the sensing scale. They found that 70% of athletes scored higher on the extroversion scale in comparison to the 60% of non-athletes that scored higher on the introversion scale. Furthermore, they also found that non-athletes were more common than athletes to have either the ENFP (Extroversion-Intuition-Feeling-Perceiving) or the INFP (Introversion-Intuition-Feeling-Perceiving) personality types (Reiter et al., 2007).

I hypothesize that there will be a difference in personality traits between athletes and non-athletes. Studies such as the one that Kanniyan et al. (2015) conducted endorse the idea that there are differences in personality traits that athletes possess in comparison to non-athletes. In terms of the Myers-Briggs Type Indicator (Briggs & Briggs-Myers, 2015) and based off of the study that Reiter et al. (2007) conducted, athletes may be higher in extroversion and non-athletes may be higher in intuition. I obtained my participants from the Lindenwood Participant Pool as well as from Facebook. I asked the subjects to complete an online survey that contained questions from the Myers-Briggs Type Indicator (Briggs & Briggs-Myers, 2015).

## **Method**

### **Participants**

I obtained a total of 123 participants for my study; I gained 27 participants from the Lindenwood Participant Pool (LPP) and 96 from Facebook. All of the people who participated in my study voluntarily chose to click on my survey link in order to complete my survey. Each participant that I attained from the LPP came from a class that is associated with the LPP. The classes that are associated with the LPP are entry-level courses in the fields of psychology, athletic training, anthropology, sociology, and exercise science. After receiving permission from the LPP office, I uploaded my survey to Sona Systems; this allowed the participants the

opportunity to complete my survey in order to receive bonus points for one of their classes through the LPP.

The 96 participants recruited from Facebook are individuals who are Facebook members and they willingly volunteered to complete my survey. I posted the link to my survey on my personal Facebook page; four of my Facebook friends shared my survey on their personal pages in order to make my survey available to more people. These participants did not receive any type of compensation in exchange for their completion of my survey.

While completing my survey, the participants were asked to answer five demographic questions concerning their sex, age, if they are an athlete, what type of sport they play, and if they are currently a college student. Of the 123 participants, 29 were men, 90 were women, and 4 chose not to answer. The participants ranged in age from 18 through 74. There were 41 participants who answered that they are an athlete; the other 82 participants answered that they are not an athlete. The participants who are athletes mentioned that they participate in sports such as swimming, synchronized swimming, softball, soccer, basketball, cycling, and tennis. There were 41 participants who were currently college students and 82 participants who were not currently enrolled in college.

## Materials and Procedure

I conducted my study in order to see if there are personality differences between athletes and non-athletes. I created my survey through SurveyGizmo. My survey consisted of an informed consent statement, 75 survey questions, and a thank you statement (see Appendix A for Survey). After receiving approval from the Institutional Review Board (IRB) to conduct my study, I posted my study to Facebook and to Sona Systems by uploading the link to my survey through each of these websites.

Participants were first presented with a consent statement to read, understand, and either agree or disagree to upon opening the link to participate in my survey. If the participants decided to click the button stating that they did not wish to participate in my survey, then they were re-directed to the “Thank you” portion of my survey where they were told why I was conducting my survey and where I will be presenting my research findings. If the participants chose to click the button stating that they wish to participate in my study, then they were re-directed to the page where they could begin answering my survey questions.

The first questions that the participants answered were the five demographic questions in regards their sex, age, if they are an athlete, what type of sport they play, and if they are currently a college student. Then, the participants answered 70 questions that came from the Myers-Briggs Type Indicator (Briggs & Briggs-Myers, 2015). I used the questions from the Myers-



Briggs Type Indicator (Briggs & Briggs-Myers, 2015) as my tool for identifying whether different personality traits exist between athletes and non-athletes. I chose to use this test because I was interested in identifying the personality differences that may appear as a result of using this test. Based on the responses given on the 70 questions from the Myers-Briggs Type Indicator (Briggs & Briggs-Myers, 2015), the participants' personality types were evaluated. There are 16 different personality types that an individual could have. These 16 different personality types are composed of a four-letter code that is configured by how an individual answers the survey questions. Each code is composed of personality traits such as extroverted versus introverted, sensing versus intuition, thinking versus feeling, and judging versus perceiving. After completing my survey questions, the participants were directed to the "Thank you" portion of my survey where they were told why I was conducting my survey and where I will be presenting my research findings.

After the participants completed my survey and I obtained all of the results, I analyzed my results using both SPSS and Excel to see if there are differences in personality characteristics between athletes and non-athletes. I scored the results of the Myers-Briggs Type Indicator (Briggs & Briggs-Myers, 2015) survey questions by using a scoring sheet that came with Myers-Briggs Type Indicator test (see Appendix B for Scoring Sheet). After all of the participants' data

were accounted for and organized, chi-square analyses were conducted to compute the significant difference between the athletes' and the non-athletes' personality traits.

### Results

I conducted the present study to identify the differences in personality traits that exist between athletes and non-athletes. The results of the chi-square analyses regarding the data acquired from this study revealed that there were no substantial differences in personality traits between athletes and non-athletes.

In regards to my hypothesis, I compared athletes and non-athletes on the traits of extroversion versus introversion, sensing versus intuition, thinking versus feeling, and judging versus perceiving. There was not a significant difference between whether an individual was an athlete or a non-athlete and whether they were extroverted or introverted,  $\chi^2_{(1)} = 0.798$ ,  $p = 0.372$ . The introversion or extroversion traits were not associated with whether an individual was an athlete or a non-athlete. There was not a significant difference between athletes and non-athletes in regards to sensing or intuition,  $\chi^2_{(1)} = 0.017$ ,  $p = 0.897$ . These two traits were not indicators of athlete status. There was no difference between thinking and feeling and whether an individual was an athlete or a non-athlete,  $\chi^2_{(1)} = 0.000$ ,  $p = 1.000$ . Athletes and non-athletes are similar in regards to the traits of thinking and feeling. There was a significant difference between athletes and non-athletes and the personality traits of judging and perceiving,  $\chi^2_{(1)} =$

6.845,  $p = 0.009$ . There are more athletes who are perceiving than there are non-athletes who are perceiving.

Male athletes and non-athletes and female athletes and non-athletes can possess different personality traits. Athletes who participate in team sports can have different personality traits than athletes who participate in individual sports. I compared male athletes and male non-athletes, female athletes and female non-athletes, and athletes who play team sports and athletes who play individual sports in regards to the traits of extroversion versus introversion, sensing versus intuition, thinking versus feeling, and judging versus perceiving. There were no statistically significant differences in personality traits as a result of separating the data by sex and type of sport (see Table 1 for details).

### **Discussion**

Since it has been suggested that athletes and non-athletes possess different personality traits, I hypothesized that there would be a difference in personality traits between athletes and non-athletes using the Myers-Briggs Type Indicator (Briggs & Briggs-Myers, 2015) as my tool to assess these differences. The results of the study only revealed significant differences between athletes and non-athletes in regards to the traits of judging and perceiving. Non-athletes were found to be more judging than athletes. If an individual is higher in the trait of judging, this means that they prefer a more structured environment and a lifestyle that is more decided. If an

individual is higher in the trait of perceiving, this means that they prefer more of a flexible environment and a lifestyle that is more adaptive. Athletes could be more perceiving than non-athletes because athletes may have to be more adaptable to certain situations that they may face while competing in their sport. Athletes cannot plan or practice for every instance that they may face while they are competing, therefore they have to be more open to altering their course of action to fit the challenges that they are facing in their competition.

These results did not relate to any of the previously mentioned studies. Contrary to the findings reported by Kanniyan et al. (2015) or Malinauskas et al. (2014), I did not find any significant differences between male athletes and non-athletes. Similarly, unlike the findings reported by Burdzicka-Woewik and Goral-Radziszewska (2014), I did not find any significant differences between female athletes and non-athletes. Reiter et al. (2007) found that non-athletes scored higher in the trait of perceiving, while I found that athletes were more perceiving than non-athletes. This difference could be based off of the samples that were used for both of these studies. Reiter et al. (2007) conducted their research based off a sample that was composed of college students who were either athletes or non-athletes. My sample consisted of athletes and non-athletes from different age groups.

Although I did find a difference between athletes and non-athletes in regards to the traits of judging and perceiving, I was expecting to find other differences as well such as within the

traits of extroversion and introversion. One reason why I may not have found as many differences between athletes and non-athletes is that I did not have as many athletes in my sample as I did non-athletes. I also did not have as many men participate in my study as I did women. Another factor could have been that my online survey was rather lengthy; the participants may have experienced the fatigue effect and grown tired of answering the questions, so some of the participants may have randomly selected answers without truly answering the question.

For future studies, I would increase my sample size. I would try to receive a larger number of athletes in comparison to non-athletes. I would also attempt to receive a larger number of men in comparison to women. I may even consider limiting my sample to solely college student athletes and non-athletes. I decided to use the Myers-Briggs Type Indicator (Briggs & Briggs-Myers, 2015) because it has not been used as frequently in other studies. However, if I were to further my research on this topic, I would consider using another personality test to measure other potential personality trait differences between athletes and non-athletes such as conscientiousness, hardiness, and openness.

This research could be beneficial for society because society could learn about the different personality characteristics that are more commonly found in individuals who are athletes versus individuals who are not athletes. For instance, sporting coaches that coach for

completive sport teams could benefit from this study. If these coaches are trying to recruit athletes and build a team that is cohesive and works well together, then they may want to have their athletes complete a personality test. As a result of taking the personality test, the coaches will be able to see if their athlete has similar personality traits to the athletes that participated in this study. This does not mean that an individual is going to be encouraged or discouraged to participate in athletics as a result of their personality traits. This is just a tool that coaches can use to help them build a cohesive team.

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## Appendix A

## Survey

## Different Personality Traits between Athletes and Non-athletes

(UNTITLED)

**Page exit logic:** Page Logic**IF:** Question "If you do not wish to participate in this research study, or are not at least 18 years of age, please decline participation by clicking on the "I choose not to participate" button.

" #1 is one of the following answers ("I choose to participate in this study.") **THEN:** Jump to [page 2 - Survey](#)

**Page exit logic:** Page Logic**IF:** Question "If you do not wish to participate in this research study, or are not at least 18 years of age, please decline participation by clicking on the "I choose not to participate" button.

" #1 is one of the following answers ("I do not choose to participate in this study.") **THEN:** Jump to [page 3 - Thank You!](#)

## ID: 5Informed Consent Statement

This survey is about the possible personality trait differences that exist between athletes and non-athletes. Sam Schoonover created this survey as part of a research project in the department of psychology at Lindenwood University. This survey contains questions asking how you would act or feel in a certain situation as well as how you view yourself.

This survey will take approximately 10 to 12 minutes to complete. Although your participation may not result in direct benefits to you, information from this study may help provide insight into the different personality traits that may exist between athletes and non-athletes. There are



no correct answers to these questions. Answer the questions honestly; do not over analyze any of these questions. Please read the information below before deciding whether or not to participate.

Your responses will be anonymous. No information that identifies you personally will be collected. The principal investigator will not be able to identify your answers as belonging to you; your data will be grouped with the athletes or non-athletes, depending on your situation, and all analyses will be conducted based on these groupings only, and not on an individual basis.

- Your participation is completely voluntary. You may discontinue taking the survey at any time. If you choose not to participate or stop participating before the end of the survey, you will not be penalized in any way. You are allowed to skip any question that you do not feel comfortable answering.
- The results of this survey will be used for scholarly purposes only. If you have any questions about the survey itself, please contact the principal investigator, Sam Schoonover, at 636-614-9278.

ELECTRONIC CONSENT: Please select your choice below.

Clicking on the "agree" button below indicates that:

- You are currently a college student or you have completed some college
- You have read the above information
- You voluntarily agree to participate
- You are at least 18 years of age

ID: 8

*1) If you do not wish to participate in this research study, or are not at least 18 years of age, please decline participation by clicking on the "I choose not to participate" button.*

\*

- I choose to participate in this study.
- I do not choose to participate in this study.

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SURVEY

ID: 11

*2) Are you*

Male

Female

ID: 12

*3) Are you currently a college student?*

Yes

No

ID: 85

4) What is your age?

---

ID: 14

*5) Are you an athlete? An athlete is a person who participates in athletics at the competitive level. Rather than engaging in a form of physical activity or a sport for leisure, the individual is competing in the sport for an element such as a title.*

Yes

No

ID: 91

6) If you are a competitive athlete, what sport do you play competitively? (If you are not a competitive athlete, you can either skip this question or type "none" in the box.)

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ID: 15

*7) At a party do you:*

- Interact with many, including strangers
- Interact with a few, known to you

ID: 16

*8) Are you more:*

- Realistic than speculative
- Speculative than realistic

ID: 17

*9) Is it worse to:*

- Have your “head in the clouds”
- Be “in a rut”

ID: 18

*10) Are you more impressed by:*

- Principles
- Emotions

ID: 19

*11) Are more drawn toward the:*

- Convincing
- Touching

ID: 20

*12) Do you prefer to work:*

- To deadlines

Just “whenever”

ID: 21

*13) Do you tend to choose:*

Rather carefully

Somewhat impulsively

ID: 22

*14) At parties do you:*

Stay late, with increasing energy

Leave early with decreased energy

ID: 23

*15) Are you more attracted to:*

Sensible people

Imaginative people

ID: 24

*16) Are you more interested in:*

What is actual

What is possible

ID: 25

*17) In judging others are you more swayed by:*

Laws than circumstances

Circumstances than laws

ID: 26

*18) In approaching others is your inclination to be somewhat:*

Objective

Personal

ID: 27

*19) Are you more:*

- Punctual
- Leisurely

ID: 28

*20) Does it bother you more having things:*

- Incomplete
- Completed

ID: 29

*21) In your social groups do you:*

- Keep abreast of other's happenings
- Get behind on the news

ID: 30

*22) In doing ordinary things are you more likely to:*

- Do it the usual way
- Do it your own way

ID: 31

*23) Writers should:*

- "Say what they mean and mean what they say"
- Express things more by use of analogy

ID: 32

*24) Which appeals to you more:*

- Consistency of thought
- Harmonious human relationships

ID: 33

*25) Are you more comfortable in making:*

Logical judgments

Value judgments

ID: 34

*26) Do you want things:*

Settled and decided

Unsettled and undecided

ID: 35

*27) Would you say you are more:*

Serious and determined

Easy-going

ID: 36

*28) In phoning do you:*

Rarely question that it will all be said

Rehearse what you'll say

ID: 37

*29) Facts:*

"Speak for themselves"

Illustrate principles

ID: 38

*30) Are visionaries:*

somewhat annoying

rather fascinating

ID: 39

*31) Are you more often:*

- a cool-headed person
- a warm-hearted person

ID: 40

*32) Is it worse to be:*

- unjust
- merciless

ID: 41

*33) Should one usually let events occur:*

- by careful selection and choice
- randomly and by chance

ID: 42

*34) Do you feel better about:*

- having purchased
- having the option to buy

ID: 43

*35) In company do you:*

- initiate conversation
- wait to be approached

ID: 44

*36) Common sense is:*

- rarely questionable
- frequently questionable

ID: 45

*37) Children often do not:*

- make themselves useful enough
- exercise their fantasy enough

ID: 46

*38) In making decisions do you feel more comfortable with:*

- standards
- feelings

ID: 47

*39) Are you more:*

- firm than gentle
- gentle than firm

ID: 48

*40) Which is more admirable:*

- the ability to organize and be methodical
- the ability to adapt and make do

ID: 49

*41) Do you put more value on:*

- infinite
- open-minded

ID: 50

*42) Does new and non-routine interaction with others:*

- stimulate and energize you
- tax your reserves

ID: 51



*43) Are you more frequently:*

a practical sort of person

a fanciful sort of person

ID: 52

*44) Are you more likely to:*

see how others are useful

see how others see

ID: 53

*45) Which is more satisfying:*

to discuss an issue thoroughly

to arrive at agreement on an issue

ID: 54

*46) Which rules you more:*

your head

your heart

ID: 55

*47) Are you more comfortable with work that is:*

contracted

done on a casual basis

ID: 56

*48) Do you tend to look for:*

the orderly

whatever turns up

ID: 57

*49) Do you prefer:*

- many friends with brief contact
- a few friends with more lengthy contact

ID: 58

*50) Do you go more by:*

- facts
- principles

ID: 59

*51) Are you more interested in:*

- production and distribution
- design and research

ID: 60

*52) Which is more of a compliment:*

- "There is a very logical person."
- "There is a very sentimental person."

ID: 61

*53) Do you value in yourself more that you are:*

- unwavering
- devoted

ID: 62

*54) Do you more often prefer the*

- final and unalterable statement
- tentative and preliminary statement

ID: 63

*55) Are you more comfortable:*

- after a decision
- before a decision

ID: 64

*56) Do you:*

- speak easily and at length with strangers
- find little to say to strangers

ID: 65

*57) Are you more likely to trust your:*

- experience
- hunch

ID: 66

*58) Do you feel:*

- more practical than ingenious
- more ingenious than practical

ID: 67

*59) Which person is more to be complimented – one of:*

- clear reason
- strong feeling

ID: 68

*60) Are you inclined more to be:*

- fair-minded
- sympathetic

ID: 69

*61) Is it preferable mostly to:*

- make sure things are arranged
- just let things happen

ID: 70

*62) In relationships should most things be:*

- re-negotiable
- random and circumstantial

ID: 71

*63) When the phone rings do you:*

- hasten to get to it first
- hope someone else will answer

ID: 72

*64) Do you prize more in yourself:*

- a strong sense of reality
- a vivid imagination

ID: 73

*65) Are you drawn more to:*

- fundamentals
- overtones

ID: 74

*66) Which seems the greater error:*

- to be too passionate
- to be too objective

ID: 75

*67) Do you see yourself as basically:*

- hard-headed
- soft-hearted

ID: 76

*68) Which situation appeals to you more:*

- the structured and scheduled
- the unstructured and unscheduled

ID: 77

*69) Are you a person that is more:*

- routinized than whimsical
- whimsical than routinized

ID: 78

*70) Are you more inclined to be:*

- easy to approach
- somewhat reserved

ID: 79

*71) In writings do you prefer:*

- the more literal
- the more figurative

ID: 80

*72) Is it harder for you to:*

- identify with others
- utilize others

ID: 81

*73) Which do you wish more for yourself:*

clarity of reason

strength of compassion

ID: 82

*74) Which is the greater fault:*

being indiscriminate

being critical

ID: 83

*75) Do you prefer the:*

planned event

unplanned event

ID: 84

*76) Do you tend to be more:*

deliberate than spontaneous

spontaneous than deliberate

---

THANK YOU!

ID: 1

Thank you for participating in my study. This study was conducted in order to tell if there are any personality trait differences between athletes and non-athletes.

Please note that I am not interested in your individual results; rather, I am only interested in the overall findings based on athlete status. No identifying information about you will be associated with any of the findings, nor will it be possible for us to trace your responses on an individual basis.

If you are interested in obtaining the final results of this study, or if you have any questions or concerns regarding any portion of this study, please do not hesitate to contact me now or in the future. I will present this project at The Third Annual Student Research Symposium and Exposition (SRSE) that Lindenwood University is hosting on April 20, 2016. I will publish my results in the class journal that Dr. Michiko Nohara-LeClair will publish at the end of the Spring 2016 semester. My contact information is found at the bottom of this letter.

Thank you again for your valuable contribution to this study.

Sam Schoonover

[SKS110@lionmail.lindenwood.edu](mailto:SKS110@lionmail.lindenwood.edu)

Dr. Nohara-LeClair

[Mnohara-leclair@lindenwood.edu](mailto:Mnohara-leclair@lindenwood.edu)

**Email action: Confirmation Email (ARM study)**

**To:** Sam Schoonover (sks110@lionmail.lindenwood.edu)

**From:** SurveyGizmo (notifications@surveygizmo.com)

**Subject:** New Response Notification

Appendix B

Scoring Sheet

Scoring

	Col 1		Col 2		Col 3		Col 4		Col 5		Col 6		Col 7	
	A	B	A	B	A	B	A	B	A	B	A	B	A	B
1			2		3		4		5		6		7	
8			9		10		11		12		13		14	
15			16		17		18		19		20		21	
22			23		24		25		26		27		28	
29			30		31		32		33		34		35	
36			37		38		39		40		41		42	
43			44		45		46		47		48		49	
50			51		52		53		54		55		56	
57			58		59		60		61		62		63	
64			65		66		67		68		69		70	
	Copy to					Copy to					Copy to			
	E	I	S	N	T	F	J	P						

1. Copy your answers to this answer key carefully.
2. Count the number of checks in each of the A and B columns, and total at the bottom.
3. Copy the totals for Column 2 to the spaces below the totals for Column 3. Do the same for Columns 4 and 6.
4. Add totals downwards to calculate your totals.
5. Circle the letter with this highest score. This is your type.



Table 1

*Personality Traits by Sex and Type of Sport*

Sex/Athlete type	Personality traits	Statistical significance
Male athletes vs. Male non-athletes	Extroversion vs. Introversion	$\chi^2_{(1)} = 0.358, p = 0.550$
	Sensing vs. Intuition	$\chi^2_{(1)} = 1.081, p = 0.298$
	Thinking vs. Feeling	$\chi^2_{(1)} = 0.083, p = 0.774$
	Judging vs. Perceiving	$\chi^2_{(1)} = 3.440, p = 0.064$
Female athletes vs. Female non-athletes	Extroversion vs. Introversion	$\chi^2_{(1)} = 0.935, p = 0.334$
	Sensing vs. Intuition	$\chi^2_{(1)} = 0.623, p = 0.430$
	Thinking vs. Feeling	$\chi^2_{(1)} = 0.002, p = 0.962$
	Judging vs. Perceiving	$\chi^2_{(1)} = 1.888, p = 0.169$
Team athletes vs. Individual athletes	Extroversion vs. Introversion	$\chi^2_{(1)} = 0.002, p = 0.967$
	Sensing vs. Intuition	$\chi^2_{(1)} = 0.132, p = 0.717$
	Thinking vs. Feeling	$\chi^2_{(1)} = 0.109, p = 0.471$
	Judging vs. Perceiving	$\chi^2_{(1)} = 0.744, p = 0.388$