

## **A STUDY ON 11<sup>TH</sup> REFRESHER COURSE PARTICIPANTS IN PHYSICAL EDUCATION ON THEIR PERSONLITY**

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A psychological test of personality on 11<sup>th</sup> Refresher Course (Physical Education) participants was conducted during the course for which “Eysenck Personality Inventory” was used. In this inventory there are 57 questions in total out of which 24 were on extraversion scale, 24 on neuroticism scale and remaining 9 were on social desirability.

There were 31 subjects from age grip [30 to 58 years who took part in attempting the inventory. The group consisted of 5 female and 26 male subjects.

During this inventory attempt the subjects were asked to answer the, the way they behave. The questions have only two options of ‘yes’ or ‘no’. They were asked to answer by just marking a tick of their choice with their first reaction, but not a long drawn thought process. They were given 15 minutes to answer without omitting any question.

The inventory than collected and scrutinized with secured numbers in different variable. They are shown in the following table:

| S. No. | Code of the Subject | Social Desirability | Extraversion | Neuroticism |
|--------|---------------------|---------------------|--------------|-------------|
| 1      | 101                 | 06                  | 04           | 06          |
| 2      |                     | 06                  | 12           | 04          |
| 3      |                     | 05                  | 10           | 09          |
| 4      |                     | 05                  | 10           | 10          |
| 5      |                     | 03                  | 14           | 09          |
| 6      |                     | 06                  | 09           | 08          |
| 7      |                     | 05                  | 11           | 09          |
| 8      |                     | 01                  | 07           | 11          |
| 9      |                     | 05                  | 11           | 12          |
| 10     |                     | 05                  | 14           | 07          |
| 11     |                     | 06                  | 15           | 06          |
| 12     |                     | 05                  | 12           | 19          |
| 13     |                     | 04                  | 14           | 19          |
| 14     |                     | 04                  | 12           | 19          |
| 15     |                     | 03                  | 11           | 15          |
| 16     |                     | 05                  | 11           | 20          |
| 17     |                     | 06                  | 13           | 14          |
| 18     |                     | 03                  | 14           | 13          |
| 19     |                     | 05                  | 10           | 07          |
| 20     |                     | 05                  | 14           | 02          |
| 21     |                     | 06                  | 12           | 03          |
| 22     |                     | 06                  | 12           | 10          |
| 23     |                     | 05                  | 10           | 12          |
| 24     |                     | 04                  | 13           | 02          |
| 25     |                     | 06                  | 13           | 16          |
| 26     |                     | 05                  | 14           | 14          |

|    |  |    |    |    |
|----|--|----|----|----|
| 27 |  | 04 | 17 | 06 |
| 28 |  | 05 | 14 | 09 |
| 29 |  | 05 | 16 | 12 |
| 30 |  | 04 | 14 | 17 |
| 31 |  | 04 | 14 | 06 |

The scores are than compared with the following standardized scale:

- (I) Social desirability 6 and more.  
 (II) 1. Extraverts 17 and more.  
       2. Ambiverts 8 to 16.  
       3. Introverts 7 and below.  
 (III) 1. Emotional Stable 4 and below.  
        2. Mild Neurotic Tendencies 5 to 8.  
        3. Moderate Neurotic Tendencies 9 to 13.  
        4. Neurotic Tendencies 14 and more.

After comparing the scores with the standard scale the findings are shown in the following table:

| S. No. | Variables          | Sub-Variables      | Number of subjects |        |       | Percentage of the total | Remarks              |
|--------|--------------------|--------------------|--------------------|--------|-------|-------------------------|----------------------|
|        |                    |                    | Male               | Female | Total |                         |                      |
| 1      | Social / Lie Scale | Desirable          | 7                  | 1      | 8     | 25.76%                  | Helpful in society   |
| 2      |                    | Undesirable        | 19                 | 4      | 23    | 74.24%                  | Counseling Required  |
| 1      | Extraversion Scale | Extravert          | 1                  | 0      | 1     | 3.22%                   | Helpful in Society   |
| 2      |                    | Introvert          | 1                  | 1      | 2     | 6.44%                   | Need Exposure        |
| 3      |                    | Ambiverts          | 24                 | 4      | 28    | 90.16%                  | Counseling Required  |
| 1      | Neurotic Scale     | Neurotic           | 6                  | 2      | 8     | 25.76%                  | Required Medical Aid |
| 2      |                    | Mild Neurotic      | 3                  | 2      | 5     | 16.10%                  | Counseling Required  |
| 3      |                    | Moderate           | 13                 | 1      | 14    | 45.08%                  | Counseling Required  |
| 4      |                    | Emotionally Stable | 4                  | 0      | 4     | 12.88%                  | Good for Society     |

The findings of the inventory of the participants of 11<sup>th</sup> Refresher Course with social desirability of 25.76%. In extraversion scale they found to be 3.22% extravert, 6.44% introvert and remaining 90.16% Ambiverts. In neuroticism scale 12.88% found to be emotionally stable, whereas 16.10% fall in mild neurotic tendencies, 45.08% in moderate neurotic tendencies and 25.76% found to be neurotic.

The subjects are then counseled in their relevant deficiencies and made aware to be more emotionally stable,