

Comparison of Sports Coaches' Personality Among Team and Individual Games on School Boys

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Abstract

Personality plays a significant role in coaching effectiveness and athlete development. This study aims to compare the personality traits of sports coaches who train school boys in team and individual sports.

A sample of 60 coaches (30 from team sports and 30 from individual sports) was assessed using the Big Five Personality Traits model, focusing on extraversion, agreeableness, conscientiousness, neuroticism, and openness to experience. Descriptive and inferential statistical methods, including mean, standard deviation, and independent t-tests, were employed to analyse the data.

Results indicated significant differences in extraversion and agreeableness, with team sports coaches scoring higher in these traits, whereas individual sports coaches exhibited greater conscientiousness and openness. These findings suggest that personality traits influence coaching styles and athlete interactions differently based on the nature of the sport. The study emphasizes the need for tailored coach training programs to enhance coaching effectiveness.

Keywords: Personality traits, sports coaches, team sports, individual sports, school boys, Big Five model.

Introduction

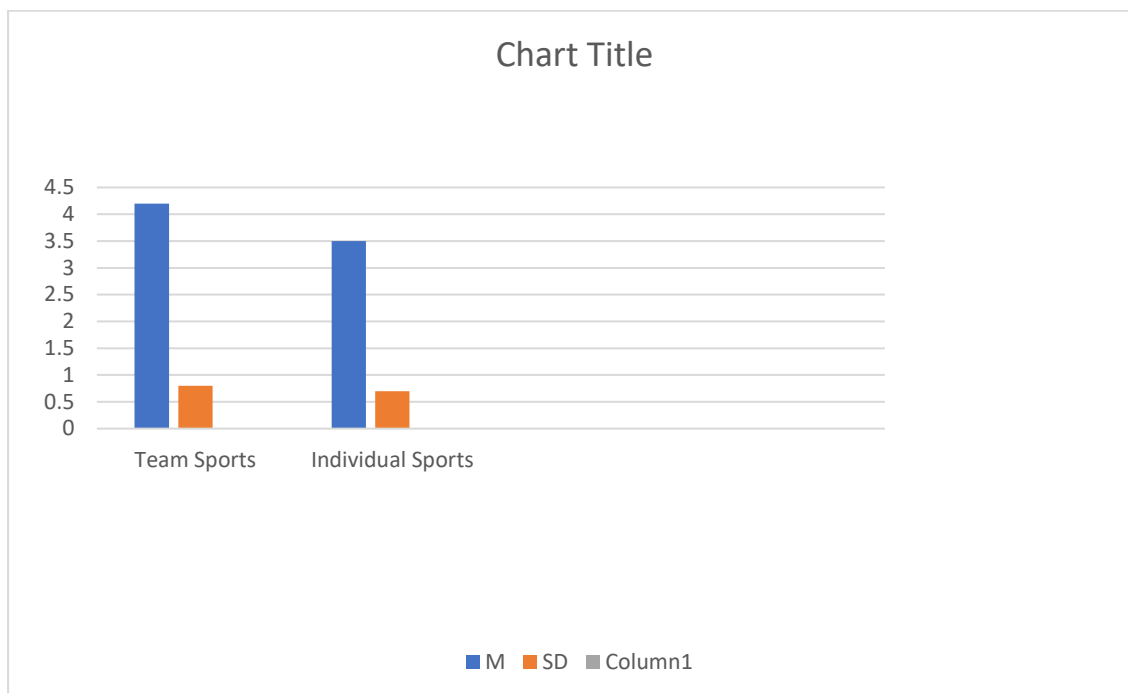
Sports coaching requires a combination of technical skills, tactical understanding, and psychological attributes. The personality of a coach can significantly impact the motivation, discipline, and overall performance of athletes. Previous studies have highlighted that different sports demand different coaching approaches, but limited research has focused on the personality differences among coaches of team and individual sports at the school level.

Methodology

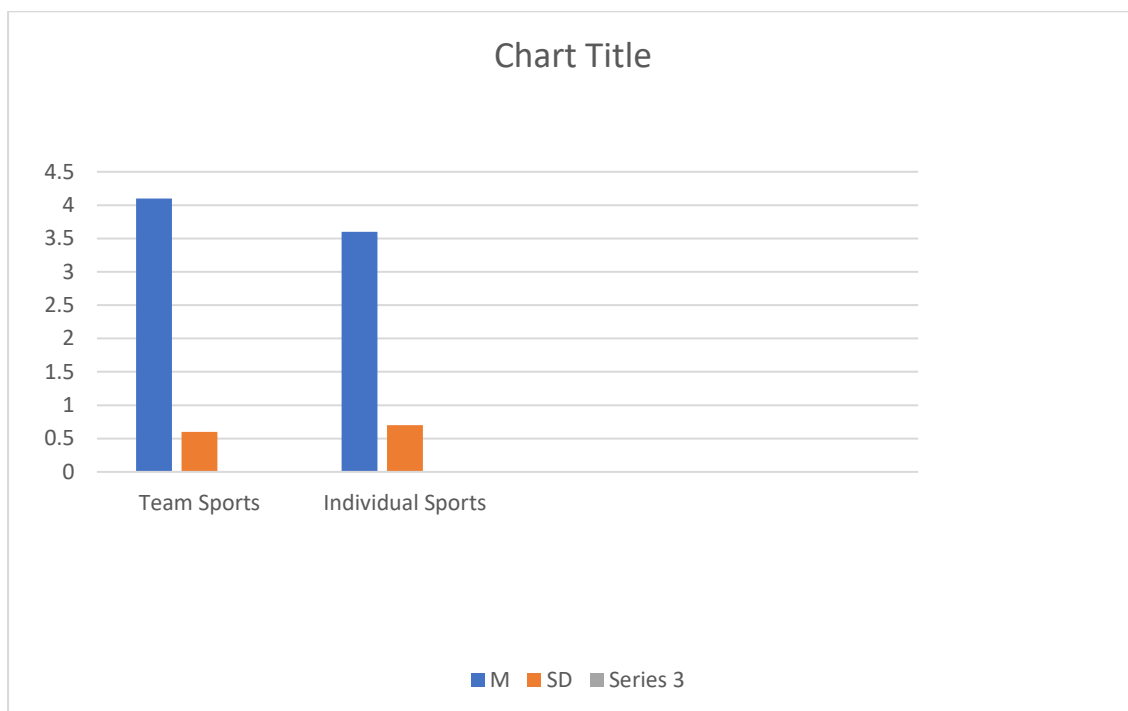
A cross-sectional comparative study was conducted among 60 sports coaches (30 from team sports like football, basketball, and volleyball; and 30 from individual sports like swimming, badminton, and athletics). Data were collected using the Big Five Personality Test, which assesses extraversion, agreeableness, conscientiousness, neuroticism, and openness to experience. Descriptive statistics, including mean and standard deviation, were used to summarize the data. An independent t-test was performed to determine significant differences between the two groups.

Results and Discussion

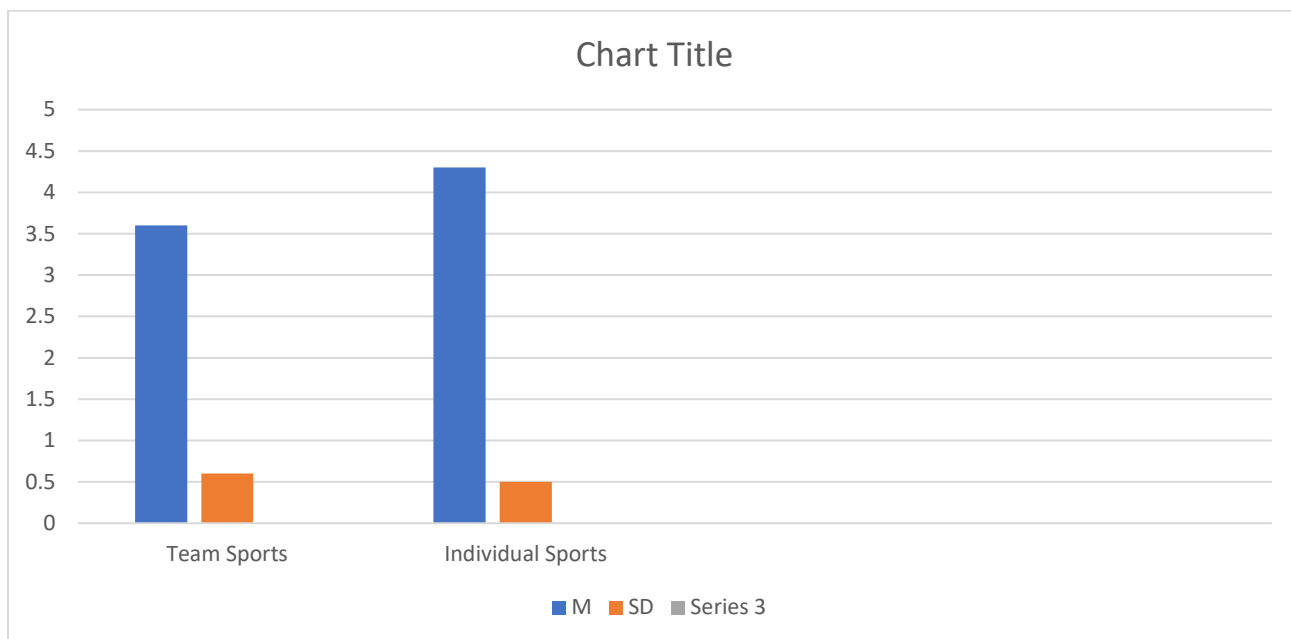
- **Extraversion:** Team sports coaches had a significantly higher mean score ($M=4.2$, $SD=0.8$) compared to individual sports coaches ($M=3.5$, $SD=0.7$). This indicates that team sports require more social interaction and energy in coaching.



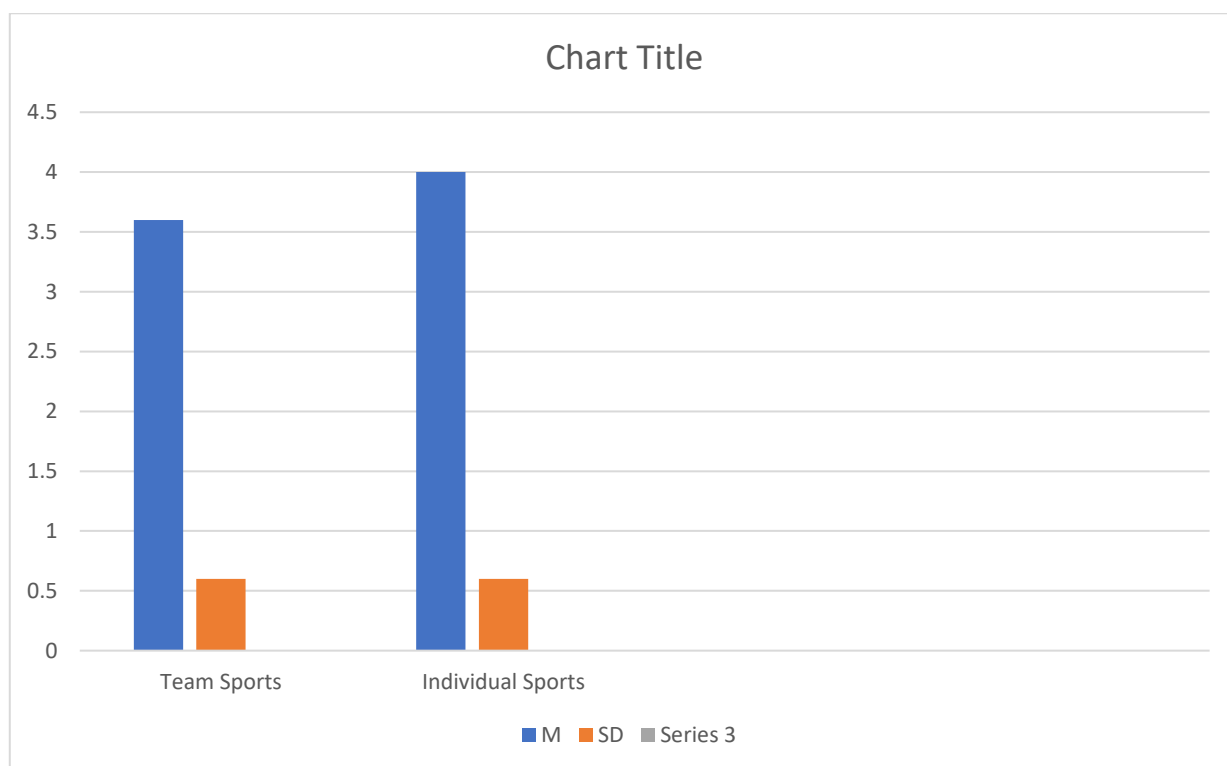
- **Agreeableness:** Team sports coaches ($M=4.1$, $SD=0.6$) scored higher than individual sports coaches ($M=3.6$, $SD=0.7$), suggesting a greater tendency for collaboration and empathy in team settings.



- **Conscientiousness:** Individual sports coaches ($M=4.3$, $SD=0.5$) scored higher than team sports coaches ($M=3.9$, $SD=0.6$), reflecting a greater emphasis on precision, discipline, and individual development.



- **Openness to Experience:** Individual sports coaches ($M=4.0$, $SD=0.6$) were more open to new training techniques compared to team sports coaches ($M=3.7$, $SD=0.5$).



- **Neuroticism:** No significant difference was found between the two groups.

Conclusion

The study highlights distinct personality differences between team and individual sports coaches, impacting coaching effectiveness and athlete development. Team sports coaches are generally more extraverted and agreeable, while individual sports coaches tend to be more conscientious and open to experience. These

findings can aid in designing specialized coaching education programs tailored to different sporting disciplines.

References-

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This research work provides valuable insights for policymakers, sports administrators, and coaching programs to refine their training methodologies based on sport-specific personality requirements.