

THE IMPACT OF PERSONALITY ON PERFORMANCE IN SPORTS IN SOME HIGHER INSTITUTIONS IN THE BUEA MUNICIPALITY

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ABSTRACT:

Although multiple studies have analyzed the impact of perfectionism on sport-related motivation and emotions, studies analyzing its role in actual sport performance are scarce. This study was to explore how personality influences performance in sports. Personality type is one of the key issues as concerns athletes' performance during sporting competitions, but the problem the researcher noticed was that, athletes from different sporting disciplines such as, football, handball, basketball, judo, athletics, Paralympics and wrestling choose sports that do not match with their personality types. The researcher adopted theories such as the temperament theory, the trait, the interactional approach theory and the social learning theory. Also this study was carried out in some higher institutions in the Buea Municipality. A sample population of 166 was chosen for the study and a proportionate as well as a purposive sampling technique was used. The instrument used for data collection was the questionnaire. The findings reveal that ten different personality types of students were identified; the majority was extroverted while only two were introverted and six had a mixed personality type and most of the extroverted students - ESTJ rated their performances as good, very good or excellent. While the two introverted personality types - ISTJ and ISFJ rated their performance high. Based on the findings it was therefore recommended that, Sports authorities and coaches should devote time to select athletes when preparing for the University Games based on the students personality while taking into consideration the individual personality trait. Again, course syllabuses for coaches should be reviewed regularly so as to reflect current needs and demands of students taking part in sporting competitions.

Key words: Personality, Performance, Sports

Introduction

Personality and Performance in Sports have been of interest to Sports Psychologists and Researchers since the 1800s (BTEC'S own resources). However, evidence on whether personality affects sports is still fairly limited and inconclusive. Also, Mirzaei, Nikbahsh & Sharififar (2013) support the view that, psychological characteristics differ between individual athletes and teams. They went further say that, the ability to mentally prepare is considered a key component of such differences and that, the importance of personality as a predictor of behaviour performance has been recognised in psychology and researchers have recently reported the significant effects of personality on sports. This notwithstanding, when athletes participate in competitive sports, their underlying personality characteristics inevitably contribute to how they behave.

According to Mirzaei, Nikbahsh & Sharififar (2013), personality is defined as 'psychological qualities that contribute to an individual's enduring and distinctive patterns of feeling, thinking, and behaving'. BTEC's Level 3 National Sports Student Book defines personality as the sum of the characteristics that make a person unique. Hollander (2012) defined personality as the sum total of an individual's characteristics which makes a human unique''. Also, 'personality represents those characteristics of the person that account for consistent patterns of behaviour'' (Pervin, 1993). A program that includes Sports Performance, training has to be developed specifically for that sport.

Moreover, considering that people are distinct in behaviour, the different personality traits tend to influence what people can do. Introverts tend to be quiet and thoughtful. While extroverts are people who are more loud and excitable. Singer, Hausenblas and Janelle (2001), see personality as a source of moderator variable and the search for their effects on sports has largely been misplaced. Due to the fact that personality appears to have indirect rather than direct effect, gives the impression that introverted persons will find themselves in individual sports such as Athletics, Table Tennis, Wrestling and Judo while the extroverted persons will find themselves in team sports such as football, Handball and Basketball.

Historically, since the first Olympic Games performed in Greece in 776 B.C, Sports has been an essential aspect of nearly every society (Brasch, 1970). On the other hand, Psychology, since its official beginning in 1879 with Wundt's

Laboratory in Leipzig, has occupied a prominent place globally and has profoundly influenced fields such as sports and physical activity (Singer, et. al 2001). Furthermore, the first studies related to Sports Psychology in North America date back to the late 1800s and the early 1900s and were conducted by Norman Triplett and Coleman R. Griffith (Van, Raalt & Brewer, 2002). However, Sports Psychology as a field of academic research did not emerge until the late 1960s where it expanded and focused on personality approach and the interactional model.

From 1895- 1920, Norman Triplett carried out Laboratory studies of social influence on performance. A psychologist at Indiana University Studied how the presence of others affects individual ability and execution (Cox et al., 1993). In the 1970s, attempts by the Scientific Community to explore psychological dimensions of athletic performance were limited. They were generally piecemeal, lacked a solid theoretical basis and were not part of any sustained investigative efforts. At the same time Sports Psychology progressively consolidated itself as an independent discipline within the Sports Sciences in North America (Van, Raalt & Brewer, 2002). In addition, during the 1960s, as Ogilvie and Tutkos' work shows, there had been a clear interest in personality and sports performance research. The majority of psychologists still believe that personality characteristics were the main factor influencing athletic performance (Williams & Straub, 1998). More so, in 1977, Schurr, Ashley and Joy explain that researchers analysed personality differences between athletes and non-athletes and between team sports players and individual sports players. It showed that personality is a determinant factor in both performance and choice of sports (Russel & Jarvis, 2003).

Contextually, Personality and Performance in sports is a very big issue in our world of today which needs to be carefully handled. In Cameroon, according to the General Report on the General Conference on Sports and Physical Education (2010) it was acknowledged that the country had registered insufficient performances both in collective (team) and individual sports for about a decade due to numerous recurrent crises amongst the various institutions managing physical education and sports activities. The President of the Republic of Cameroon (H.E. Paul BIYA) instructed the Minister of Sports and Physical Education on the 29 of August 2008 to organize the General Conference on Sports and Physical Education. Consequently, the Minister of Sports and Physical Education effectively organized on 18-20 November 2010 in Yaoundé, the General Conference on Sports and Physical Education with the ultimate goal of boasting national sports movement and fostering social cohesion which included personality and performance in sports through physical and sporting activities. Moreover, according to Law No.4/26 part 4 of the Constitution of January 1996 to amend the Constitution of 2 June 1972, "the duties and obligations of the citizen in respect of national defence requirement" which includes sports performances.

Statement of the Problem

During University Games, athletes participating during such competitions take into consideration many factors such as external motivation like participation bonuses. Unfortunately, they leave out their personality type which is one of the underlying factors that determines their performance during these sporting competitions. As a consequence, athletes from different sporting disciplines go as far as choosing sports that do not match with their personality types and this in turn often affects their sports performance negatively

Objective

To find out the various personality types of students engaged in particular sports

Research Questions

What are the various personality types of students engaged in particular sports disciplines?

Scope

The study was limited to the institutions of higher learning in the Buea Municipality which included the University of Buea, the Catholic University Institute of Buea and the Advanced School of Post and Telecommunication Annex Buea.

Related Literature

Concept of personality

Hans (1999) defined personality as the more or less stable and enduring organization of a person's character, temperament, intellect, and physique which determines his unique adjustment to the environment. The word personality as stated by Prasad and Bannergee (1997), and Agbekuru (2000), was derived from the Greek word "persona" which is a type of mask that covers the actor that exerts influence on the persona or mask. Personality is then perceived as the influence which the actor or person leaves on the audience. The viewers could see the mask, but not the real person behind it. Perhaps, this is why the understanding of personality is such a cumbersome exercise.

However, Prasad and Bamergee (1997) were of the view that evaluation of the concept of personality includes an individual's own evaluation about himself with other people's perceptions. Hence Personality is defined as an individual's characteristic pattern of thinking, feeling, and acting. In other words personality is "all the consistent ways

in which the behaviour of one person differs from that of others, especially in social situations." The key words in this definition are basically "consistent" and "differs". An individual's personality defines the person in unique ways that remain stable and consistent over time. If an athlete consistently exhibits the characteristics of being assertive on and off the athletic field, we might say that he is an assertive person.

Personality type: This refers to the psychological classification of different types of individuals. Personality types are sometimes distinguished from personality traits, with the latter embodying a smaller grouping of behavioural tendencies. Types are sometimes said to involve qualitative differences between people, whereas traits might be construed as quantitative differences. Interest in personality and classification of human behaviour can be traced back to ancient Greek when thinkers like Hippocrates tried to account for human behaviour.

How to identify an individual's personality type

According to Keirsey and Bates, (1984) an individual can identify his or her personality by taking the Keirsey Temperament Sorter or Myers – Briggs Type Indicator (MBTI). By this sorter there are sixteen different personality types that an individual can find his or herself in. These sixteen different personality types from the Keirsey temperament sorter are:

ENFJ	INFJ	ENFP	INFP
ENTJ	INTJ	ENTP	INTP
ESTJ	ISTJ	ESFJ	ISFJ
ESTP	ESFP	ISTP	ISFP

Also according to this Keirsey Temperament Sorter, if you have an X in your type, yours is a mixed type. An X can show up in any of the four pairs: E or I, S or N, T or F and J or P. Hence there are thirty two mixed types besides the sixteen listed above: However, these personality types can be stated as follows;

XNTP	EXTP	ENXP	ENTX
XNTJ	EXTJ	INXP	INTX
XNFP	EXFP	ENXJ	ENFX
XNFJ	EXFJ	INXJ	INFX
XSTP	IOTP	ESXP	ESTX
XSTJ	IOTJ	ISXP	ISTX
XSFP	IXFP	ESXJ	ESFX
XSFJ	IXFJ	ISXJ	ISFX

It is important to note that the Keirsey Temperament Sorter was influenced by Jung's (1920) personality types. He came up with eight different personality types. These in temperament shorthand are Extraversion, abbreviated by the letter E and Introversion by the letter I.

Extraversion vs Introversion (E or I)

The main word which differentiates an extravert from an introvert is sociability as opposed to territoriality, but the extravert also finds breadth appealing where the introvert finds the notion of depth more attractive. Other notions which give a cue to these preferences are the idea of external as opposed to internal; the extensive as opposed to intensive; interaction as opposed to concentration; multiplicity of relationships as opposed to limited relationships; expenditure of energy as opposed to conservation of energy; interest in internal happenings as opposed to interest in internal reactions (Keirsey & Bates, 1984). People who choose people as source of energy probably prefer extraversion while people who prefer solitude to recover energy may tend toward introversion.

Intuition vs Sensation (N or S)

Careful listening to one's own choice of words may demonstrate how each person verbalizes his preferences. Through choice of vocabulary, and through intonation, one very often transmits one set of values over another. People who prefer sensation(S), for example, tend to value experience and wisdom of the past, and want to be realistic, while the people who prefer intuition (N) tend to value hunches and a vision of the future, and are likely to be speculative. The S

person depends on inspiration. Words such as actual, down-to-earth, no-nonsense, fact, practical, and sensible are music to S people; words such as possible, fascinating, fantasy, fiction, ingenious and imaginative are apt to light the eyes of N people (Keirsey & Bates, 1984).

Thinking vs Feeling (T or F)

Persons who prefer impersonal choice as a way of making decisions (T people) tend to respond positively to such words as objective, principles, policy, laws criteria, and firmness, while persons who choose in context of the effects of the choice on themselves and others (F people) tend to react positively to words such as subjective, values, social values, extenuating circumstances, intimacy, and persuasion. T people tend to use the impersonal approach, while F people choose to be more personal in dealing with people and projects. Ts like the sound of words such as justice, categories, standards, critique, analysis allocation, while Fs like the sound of words such as humane, harmony, good or bad, appreciate, sympathy, devotion. The T person tends to give priority to objective criteria, and is apt to good argumentation, attempting to win people over to his point of view through logic rather than appeal to the emotions. The F person tends to be good at persuasion and makes choices in the context of the personal impact of the decision on the people around him (Keirsey & Bates, 1984).

Judging vs Perceiving (J or P)

According to Keirsey & Bates (1984) expressions which sound good to J people are words such as settled, decided, fixed, plan ahead, run one's life closure, decision-making, planned, completed, decisive, "wrap it up", urgency, and deadlines, "get the show on the road." What sounds good to P people are expressions such as pending, gather more data, flexible, adapt as you go, let life happen, keep options open, "treasure hunting," open-ended, emergent, tentative, "something will turn up" there is plenty of time, what deadline?, let's wait and see.

The Keirsey Temperament Sorter was adapted for this study of personality and performance of students engaged in sports.

What determines personality?

According to Sarahn (2014), modern psychologists have debated the causes and factors that determine a person's personality for over a century. Charles Darwin's seminar, *On the Origin of Species* posits that a person's personality originates in the womb, with genetic and hereditary factors contributing to our primary traits. Other scholars, like John Locke believed that the human psyche is primarily developed by a person's environment and surroundings (Keirsey & Bates, 1984). This classic nature versus nurture argument has continued for decades, and while considered outdated in many scientific circles, it remains an important tool for aiding in the determination or explanation of a person's personality.

Heredity and Personality

Heredity is another factor that determines human personality. Some of the similarities in man's personality are said to be due to his common heredity. Every human group inherits the same general set of biological needs and capacities. These common needs and capacities explain some of our similarities in personality. Man originates from the union of male and female germ cells into a single cell which is formed at the moment of conception. He tends to resemble his parents in physical appearance and intelligence. The nervous system, the organic drives and the duches glands have a great bearing upon personality. They determine whether an individual will be vigorous or feeble, energetic or lethargic, idiot or intelligent, coward or courageous (Singer, et. al 2001).

A man with a good physical structure and health generally possess an attractive personality. A man of poor health, pigmy size and ugly physical features develops inferiority complex. The growth of his personality is checked, rejected and hated by the society he may turn out to be a thief, dacoit, or drunkard. It is also probable that he may become a leader, or a genius like Socrates and Napoleon. Likewise the nervous system and glandular system may affect the personality of an individual (Bates, 1984).

The nervous system affects the intelligence and talent of the individual. The hormones affect the growth of personality. Too many or too less of hormones are harmful. Some men are over-patient, overzealous, overactive and overexcited while others are lazy, inactive, and weak. The reason may be secretion of more hormones in the first case and less hormones in the latter case. For a normal personality there should be a balanced secretion of hormones.

According to (Brasch, 1970), heredity does not mould human personality alone and unaided. "For the present, we can only assume that there are genes for normal personality traits just as there are genes for other aspects of human make-up and functioning. Where in members of the same family, in a similar environment, we can see great differences in personality; we may ascribe these in part at least to differences in gene contributions. We can also guess that some of the family similarities in personality are genetically influenced. But we are still a long way from identifying specific 'personality' genes, gauging their effects or hazarding predictions as to what the personality of a given child will be on

the basis of what we know about its parents. However, according to a news report (Times of India, Jan. 3, 1996) the scientists have identified a gene which influences impulsiveness, excitability and extravagance.

Of course, there are some traits which seem to be more directly affected by heredity than others. Manual skills, intelligence and sensory discriminations are some of the abilities which appear more highly developed in some family lines than others. But other traits such as one's beliefs, loyalties, prejudices and manners are for the most part the result of training and experience (Van Raalt & Brewer, 2002).

Heredity only furnishes the materials out of which experience will mold the personality. Experience determines the way these materials will be used. An individual may be energetic because of his heredity, but whether he is active on his own belief or on behalf of others is a matter of his training.

Nurture

Those who believe a person's environment is the primary contributing factor to his or her personality are a proponent of the argument for nurture. A person's environment and their upbringing can also contribute to his or her personality. For example, I was raised in a household where my interests were met with enthusiasm from my family members, and punishments often involved being sent to my room. One could determine, from my upbringing, that I am a happy and well-adjusted adult, and that my life has had few obstacles or setbacks (Agbekuru, 2000).

While creating a warm and nurturing environment is important to helping a child fulfill his or her potential, it doesn't account for possible mental or physical illness, which can also have a strong hold on a person's disposition. Despite the fact that I was raised in a loving and nurturing environment, I struggle everyday with anxiety and depression. Perhaps these genetic factors were too strong to counterbalance my childhood environment. Besides genetics, heredity, and immediate environment, additional factors like physical traits, cultural and situational atmosphere also potentially contribute to a person's disposition. The way we look can determine how others treat us and in turn, how we treat others.

Situations

Situational determination of personality is a somewhat new idea behind personality. Often a person will act differently in school or the workplace than they do at home or when out with friends. While some could argue that these situational determinants are just another side to the whole story of a person's personality, this is yet another factor that provides insight into where our behaviors and temperaments originate. Although these factors do not literally create and shape up an individual's personality, situational factors do alter a person's behavior and response from time to time. The situational factors can be commonly observed when a person behaves contrastingly and exhibits different traits and characteristics (Gleitman et al. (2004). Situationism is the notion that human behavior is largely determined by the characteristics of the situation itself rather than by the characteristics of the person. Behavior can also be determined by the social roles people play. Since these often define what an actor must do with little regards to who the actor is. Gleitman et al. (2004) stated that situationism provides a useful reminder that often our behavior is controlled by our circumstances rather than by whom we are... who we are also matters. Even if situations influence us...each of us is likely to react to a situation in a slightly different way, so that our behavior ends up being a function of both the circumstances and who we are. In other words, personality is influenced by the interaction between person and situation.

Physical

Our physical characteristics (while also genetic) can contribute to the development of our personality. Teenagers are an excellent example of how physical traits can affect or contribute to personality. During adolescence, a person's body is changing so rapidly, that it is often difficult to have a strong grasp on personal identity. Plagued with skin ailments as well as peer pressure, teens face many challenges that can affect their dispositions. Awkwardness pervades, and thankfully adulthood can bring with it a newfound comfort in one's own skin, and the realization that youth has past. Physical traits also affect how we treat each other. Personal bias and even subconscious discrimination can mean the difference between a pleasant interaction and one fraught with trouble. These interactions with others set the stage for how we perceive ourselves, and what we choose to present to the world. One's physical appearance could arguably fit into the nature category too (Van Raalt & Brewer, 2002).

Understandably the determining factors of a person's temperament are not black and white. Multiple factors ranging from genetics and heredity to where we live and what we value contribute significantly to how we perceive the world and how we treat others. Our chemical makeup and biological factors are expressed through our personalities, and our personality traits are a combination of how we are raised, how we look, and what we believe. Our personalities are always developing and changing and through hard work, many of our more unpleasant traits can be overcome.

Besides genetics, heredity, and immediate environment, additional factors like physical traits, cultural and situational atmosphere also potentially contribute to a person's disposition. The way we look can determine how others treat us and in turn, how we treat others.

Theoretical Review

Theoretically, personality and performance in Sports is very interesting and so it cannot be mentioned or discussed without some theories involved. According to BTEC's own resources, there are a number of theories and approaches that have been suggested to explain personality and how it can influence Sports Performance. The theories used for this study include: The Temperament Theory; The Trait Theory; The Interactional Approach Theory and Social Learning Theory.

Behavioural Theories of Personality argue that our behaviours are reflections of our personality and researchers have recently reported the significant effects of personality on sports. When athletes participate in competitive sports, their underlying personality characteristics inevitably contribute to how they behave. Behaviourists such as Skinner and Rotter have formulated their respective theories. According to Skinner, our differences in reasoning are the main causes of our individual differences in our behaviour. Our different patterns of behaviour are demonstrated directly (reward as positive reinforcement of good behaviour or punishment as a negative reinforcement of bad behaviour) or indirectly through observational learning or modelling.

In the 1880s, Rotter in his theory of personality argue that, personality is a representation of the contact between the person and the environment. Rotter believes that personality is a set of potentials that man uses to respond in certain circumstances and that his personality traits also change according to that specific situation. Rotter went further to say that, humans do not just behave to avoid punishment: rather, we are motivated to act by our life goals and our visions to maximise the rewards we would receive. He concluded by saying that personality and behaviour are no doubt connected with each other. Interest in the concept of personality can be traced back to the time of ancient Greeks when Hippocrates described behaviour in terms of temperaments – choleric, phlegmatic, melancholic and sanguine. In the early 20th Century renewed interest in personality led to different classifications of personality. For example, Cattell, (1957) proposed sixteen primary personality dimensions. He developed a personality inventory based on factor analysis of 171 traits. Other investigators: feeling that 16 personality factors were too many, proposed the Big Five System of Human personality -0 Extraversion or introversion, neuroticism, agreeableness, conscientiousness and openness to experience. Eynseck (1916 – 1997) proposed a two – dimensional classification of personality – neuroticism/ emotional stability and extroversion/ introversion. Eynseck's two – dimensional classification of personality is very relevant to this study as it was used to identify the personality types of students engaged in sports.

Methodology

Research Design

The survey research design was used for this study. This was because the researcher was interested in the opinions of students on personality and performance in sports in some higher institutions in the Buea Municipality.

Sample Size

A sample is made up of a smaller group of population drawn using a definite procedure. The sample size for this study was estimated from the target population of the student athletes within the three higher institutions. The sample population of **166** was chosen for the study. This sample was chosen proportionately to the accessible population as recommended by Krejcie and Morgan, for an accessible population of **291**, a sample of **166** is convenient and conventional for the study.

To come up with the sample size per institution, proportionate sample was used as follows:

$$Nf = (Nf/N) \times n$$

Where nf = sample size for each institution

Nf = population size for each institution

N = total population for all the institutions considered

n = total sample size according to Krejcie and Morgan table

Hence, sample size for each institution:

$$UB = 119$$

CUIB =44

NASPT = 3

Table 1: Distribution of the accessible population and sample

Institution	Athletes of institution	Sample
University of Buea (UB)	209	119
Catholic University Institute of Buea (CUIB)	77	44
National Advanced School of Post and Telecommunications Annex Buea (NASPT)	05	03
Total	291	166

Source: Researcher 2021

Sampling technique

By sampling technique, we mean the process of actually selecting respondents to be involved in a study (Fraenkel, 2000). The proportionate as well as a purposive sampling technique was used as students were selected according to the number of athletes who participated in the sporting activities during the Soa University Games- 2016 in each institution.

Table 2: Distribution of Sample According to Sports Disciplines

Sports Disciplines	Number of athletes
1. Athletics	26
2. Judo	18
3. Wrestling	06
4. Paralympics/Han disports	08
5. Football	48
6. Handball	24
7. Basketball	36
Total	166

Source: Researcher 2021

Research Questions

Research question one: what is the various personality Types of students in sports disciplines?

Table 3: Various personality types

Personality Types	Frequency	Percent
Valid		
ESTJ	77	46.4
ESFJ	35	21.1
ESXJ	17	10.2
ISFJ	12	7.2
XSFJ	10	6.0
ISTJ	7	4.2
XNTJ	3	1.8
XSTJ	2	1.2
EXTJ	2	1.2
ENFX	1	0.6
Total	166	100.0

Source: Researcher 2021

Table 3 shows the distribution of respondents based on personality type. Table 10 shows the different types of personalities that were discovered in this study. The table shows that 46.4% Of the athletes were ESTJ, 21.1% were ESFJ, 10.2% were ESXJ, 7.2 were ISFJ, 6.0% were XSFJ, 4.2% ISTJ, 1.8% XNTJ, 1.2% XSTJ, 1.2% EXTJ and 0.6% of the athletes were ENFX. Table 3 shows that there were some unique characteristics as some of the athletes have

mixed personalities – XSFJ, ESXJ, XSTJ, ENTJ, XNTJ and EXTJ. It also shows that the majority were Extroverts while only two were clear Introverts that is, ISTJ and ISFJ.

Findings

Ten different personality types of students were identified; the majority were extroverted while only two were introverted. That is, ISTJ and ISFJ. Six had a mixed personality types. The findings of the study revealed that 46.4% Of the athletes were ESTJ, which was the highly expressed personality type, 21.1% were ESFJ, 10.2% were ESXJ, 7.2% were ISFJ, and 6.0% were XSFJ, 4.2% ISTJ, 1.8% XNTJ, 1.2% XSTJ, 1.2% EXTJ while the least expressed personality type was 0.6% ENFX. From the findings, it was revealed that only 10 personality types were identified out of the 16 normal personality types and 32 mixed personality types. Hence, from the result, 4 normal personality types were found while 6 mixed personality types were identified. However, the finding is in relation to Keirsey & Bates (1984) who postulate that personality types can be grouped into 16 normal personality types and 32 mixed personalities. Also the findings revealed that the athletes do not have a particular personality type. However some of the personality types identified a particular characteristic such as extroversion and introversion as dominant. For instance, the personality type ESTJ shows that extroversion is dominant and an individual with such personality type can be termed an extrovert, an individual with the personality type ISTJ shows that introversion is dominant and such an individual can be termed an introvert, an individual with the personality type XSTJ shows clearly that this individual has a mixed personality where neither extroversion nor introversion is dominant, an individual with the personality type ESFJ shows that with this personality type extroversion is dominant and such an individual can be termed an extrovert, an individual with the personality type ESXJ shows that this individual has a mixed personality with extroversion being dominant and an individual with such personality can be termed an extrovert. An individual with the personality type XSTJ shows that it is a mixed personality type with neither extroversion nor introversion being dominant, an individual with the personality type ENFX shows that it is a mixed personality type with extroversion being dominant; and an individual with such personality type can be termed an extrovert, an individual with the personality type XNTJ shows that it is a mixed personality type with neither extroversion nor introversion being dominant, an individual with the personality type EXTJ show it is a mixed personality type with extroversion being dominant and an individual with such a personality type can be termed an extrovert while with the personality type ISFJ it shows that introversion is dominant and any set of personality type an X such as XSFJ it shows that it is a mixed personality type.

Conclusion

From the analysis of data, it was realised that ten personality types were identified and most of the respondents show extroverted personality characteristics and they rated their performance in sports as good, very good or excellent.

Recommendations

School coaches should devote most of their time to select athletes when preparing for university games based on students' personality while taking into consideration, the other factors.

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