In The
Name
Of God

A study of the relation between personality profile and hardiness in amateur and professional basketball players
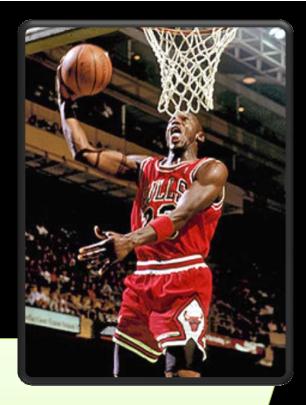

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- # Introduction:

Personality profile , because of its influence on sporting performance , is known as an important factor in sport psychology.

Personality profile determines:

motivation, interest, character, tend and the amount of effort made in practice and game

• Problems:

According to the fact that we were interested in collecting information about the personality of Iranian basketball players (source of problem), our main question is :

What is the difference between personality profile and hardiness in amateur and professional basketball players?

- **Goals:**

The identification of personality profile in amateur and professional basketball players

The identification of hardiness in amateur and professional basketball Players

The comparison of personality profile between amateur and professional basketball Players

The comparison of hardiness between amateur and professional basketball players

The identification of the relation between personality profile and hardiness in amateur and professional basketball players

- # Variables: (Conceptual definitions)

Construct of personality profile:

Extraversion:
- This trait includes characteristics such as excitability, sociability, talkativeness, assertiveness, and high amounts of emotional expressiveness.

Agreeableness:
- This personality dimension includes attributes such as trust, altruism, kindness, affection, and other prosocial behaviors.

Conscientiousness:
- Common features of this dimension include high levels of thoughtfulness, with good impulse control and goal-directed behaviors. Those high in conscientiousness tend to be organized and mindful of details.

Neuroticism:
- Individuals high in this trait tend to experience emotional instability, anxiety, moodiness, irritability, and sadness.

Openness:
- This trait features characteristics such as imagination and insight, and those high in this trait also tend to have a broad range of interests.

- **Variables:** (conceptual definition)

Definition of hardiness:

Hardiness:
- Is a constellation of personality characteristics that function as a resistance resource in the encounter with stressful life events

Commitment:
- Is defined as a tendency to involve oneself in (rather than experience alienation from) whatever one is doing or encounters.

Challenge:
- Is described a belief that change rather than stability is normal in life and that the anticipation of changes are interesting incentives to growth rather than threats to security

Control:
- Is described as a tendency to fill and act as if one is influential (rather than helpless) in the face of the varied contingencies of life
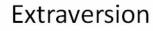
- **Operational definitions:**

Construct of personality profile:

- Neuroticism
- Extraversion
- Openness
- Agreeableness
- Conscientiousness

Construct of hardiness profile:

- Commitment
- Challenge
- Control

- **Participants:**

The population included all of the basketball players ,playing in leagues & super leagues of 2007(Iran)

The sampling design has been stratified random with equal ratio

Sample size contained of 60 basketball players in two groups of amateur(n=30) & professional(n=30)

- Instruments:

Hardiness questionnaire, (1997) Kobasa and Maddi RF-In Iran; 60 Items with likert scale

NEO-PIR (1994) Costa, P. T. and Jr Mccrea. P. R
240 Items with likert scale

• Results:

Variables	Group	Mean	Std. Deviation	t Value	Sig
Extraversion	Amateur	109.07	14.78	1.71	-
	Professional	123.12	16.34		
Agreeableness	Amateur	98.58	14.18	2.96	0.01
	Professional	104.16	8.23		
Conscientiousness	Amateur	112.40	19.01	1.66	-
	Professional	116.82	14.25		
Neuroticism	Amateur	97.73	16.21	1.40	-
	Professional	101.16	18.70		
Openness	Amateur	112.81	14.12	0.96	-
	Professional	106.72	17.06		
Commitment	Amateur	21.17	5.53	1.11	-
	Professional	22.89	6.11		
Challenge	Amateur	30.40	7.69	1.38	-
	Professional	32.88	5.25		
Control	Amateur	22.72	4.55	0.34	-
	Professional	22.20	5.31		
Hardiness	Amateur	73.50	15.29	0.81	-
	Professional	77.50	14.10		

Results:

S.V	S.S	df	M.S	F	Sig
Regression	2604.87	5	520.97	25.42	0.01
Residual	1106.85	54	20.49		

Dependent	Independent	B	t Value	Sig
Hardiness	Extraversion	0.18	0.56	-
	Agreeableness	0.14	0.41	-
	Conscientiousness	0.74	3.33	0.01
	Neuroticism	-0.42	2.17	0.01
	Openness	0.13	0.32	-