



Comparison Of Eysenck's Personality Traits Of Obese And Non-obese College Men

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Abstract:

The physical education have been concerned with the classification of individuals into different types of body build and are interested in knowing the relationship between the body composition and personality traits. Obesity has been recognised as important aspect of body composition.

INTRODUCTION:-

It is generally believed that high percentage of fats is detrimental and leads to obesity. Some studies showed that obese children give an impression of being intelligent and bright, though often shy and awkward. On personality traits the obese subjects were different from non-obese children as far ascendency- submission was concerned, but they had tendency towards extroversion and instability.

The goal of this study is to find the difference in the personality traits of obese and non-obese students, because of the necessity to adopt programmes to the different needs, interest and abilities of the students.

METHOD:-

In order to determine the fat percentage, the skinfold measurement of four different sites i.e front of upper arm (Biceps), back of upper arm (Triceps), inferior angle of scapula (Sub-scapular) and side on the stomach (Supra iliac) was recorded in mm, with the help of skinfold caliper and to obtain the percentage of fat the total value of skinfold at four sites was referred to the converting chart prepared by Durnin and Rehman. On the bases of % of body fat subjects were classified into three groups, i.e Lean group less than 7% fat, Average group 10%fat and obese group more than 20%of fat.

To assess the psychological dimensions of the subject, the Eysenck's personality inventory was distributed to the subjects and they were asked to give their first response. They were assured that responses obtained on the inventory will be kept confidential. Now raw scores were obtained directly from the test booklet, by placing scoring stencil along the anchoring points made on the test booklet. Then the raw scores were converted to standard scores with the help of the M.P.I. Norms table.

To compare the lean, average and obese individual in their psychological variables – Neurotism and Extraversion, the analysis of variance (F-ratio) was employed.

The findings pertaining to Eysenck's personality inventory for all the three groups have been given below:-

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Table-1

Analysis of Variance of the Means of Lean, Average and Obese Groups in Neurotism.

Source of Variance	Df	Sum of square	Mean sum of square	F-ratio
Between groups	2	109.7	54.85	0.744
Within groups	147	10813.8	73.69	

* Significant at .05 level of confidence F.05 (2,147) = 3.06

It is evident from the table that there were no significant difference among Lean, Average and Obese groups as the obtained F-ratio of 0.744 was less than the F-value of 3.06.

Table-2

Analysis of Variance of the Means of the Lean, Average and Obese Groups in Extraversion

Source of Variance	Df	Sum of square	Mean sum of square	F-ratio
Between groups	2	639.52	319.76	4.560*
Within groups	147	10307.02	70.11	

* Significant at .05 level of confidence F.05 (2,147) = 3.06

It is evident from above table that there were significant difference among the three study groups as the obtained value F-ratio of 4.560 was more than the F-value of 3.06.

As the obtained F-ratio was found to be significant the Scheffe's post hoc test was applied to determine the significant of difference between paired means. The analysis pertaining to post hoc test is given in Table-3

Table-3

Paired Means and Differences between Means for the Lean, Average and Obese Groups in Extraversion

Groups			Differences between means
Lean	Average	obese	
50.1	54.5		4.4*
50.1		50.14	0.04
	54.5	50.14	4.36*

* Significant at .05 level of confidence

Confidence interval = 4.136

It is evident from the table that the difference between paired means for the lean and obese group (0.04) was not found significant, where as the difference between paired means for the lean and average group (4.4) and for the average and obese group (4.36) were found to be significant as the confidence interval of 4.136 was less then these values.

This indicated that the lean and obese groups did not differ from each other significantly, whereas the lean and average groups and the average and obese groups showed significant difference from each other on the scores of extraversion.

The graphic representation pertaining to post hoc test is presented in figure-1

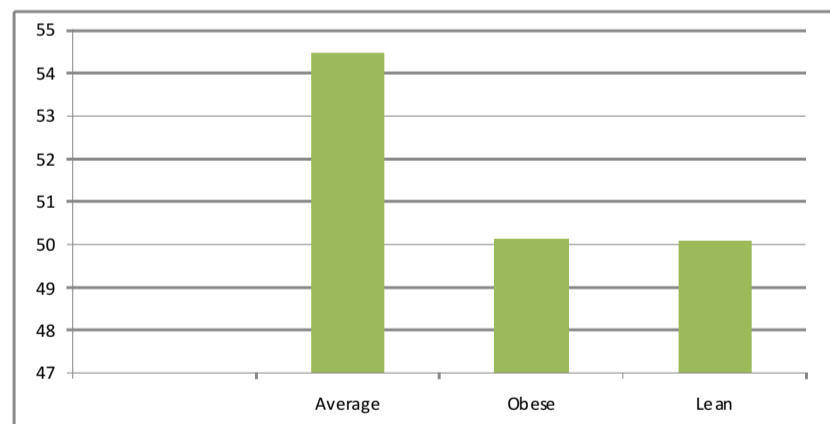


Figure-1 Differences between means of lean, average and obese groups in extraversion.

DISCUSSION OF FINDINGS:-

The result of the study showed that all the three study groups did not differ significantly on the dimensions of neuroticism of the Eysenck's personality inventory where as significant difference was observed between the lean and average groups and the average and obese groups on the dimension of extroversion, however no significant difference was found between lean and obese group.

The significant difference among all the three groups on the dimension of neuroticism may be due to the fact that the complexity of the modern city life have resulted in more stability in terms of emotions in all the groups. Since all the individuals are required to check their emotions at every step which they take in the day-to-day working.

The result also indicated that average group is an extrovert group as compared to lean and obese groups, which may be due to the fact that lean and obese individuals may not be mixing with the people due to their un-impression body structure because of the malnutrition's and excess body fat respectively.

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