

The Role of Extracurricular Sports in Shaping Personality Traits among University Students

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Abstract

The objective of the current research study was to examine the relationship between sports activity and the personality development of students at Lahore Leads University. This research study was quantitative in nature, and the survey approach was employed. A total of boys and girls from the University of Lahore Leads University were involved in the population of this research. The total sample consisted of 200 students, of which 149 students were boys and 51 students were girls. A descriptive survey technique of a questionnaire was used to collect data, and I collected data from the university students. Descriptive and inferential statistics were used to examine the results of the study. Results showed that sporting activities have a positive relationship between sports activity and personality development. This shows that sports increase physical fitness, self-discipline, leadership skills, agreeableness, openness, conscientiousness, and teamwork in athlete students.

Key Words

Quality Education Practices, Social Emotional Learning, Elementary Level Students

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Introduction

Participation in sports has been credited as having a positive effect on kids' mental and emotional growth. The effect of athletics on maturation in a variety of personality traits has been the subject of several research studies. The purpose of this paper is to provide a comprehensive overview and critical analysis of the available literature on the topic of how participation in sports influences students' maturation as individuals (Eather et al., 2023).

Participation in sports has been linked favorably to improvements in a wide range of personality qualities. For example, Allen et al. (2021) discovered that high school students who participated in team sports tended to be more extroverted than those who did not. The authors suggested that interacting with others in a sports setting, which requires skills like communication and teamwork, helps foster extroverted personalities (Kozlowski & Ilgen, 2006).

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Students who participated in sports on a regular basis were shown to be more conscientious than those who did not. The authors hypothesized that students who participate in sports may become more diligent in other aspects of their lives because of the discipline and time management abilities they learn (Nothnagle & Knoester, [2022](#)).

Self-esteem is another facet of character development that may be impacted by participation in sports. Daniels & Leaper ([2006](#)) tracked the athletic engagement and sense of self-worth of a group of teenagers from middle school through high school in a longitudinal research. The findings imply that students' sense of self-worth might be boosted by regular participation in athletics since a positive association was found between the two (Ouyang et al., [2020](#)).

Building and maintaining healthy self-esteem is essential to flourishing as a person. Participation in sports may boost kids' confidence by giving them chances to shine individually and get noticed. Recognizing how participation in sports affects one's sense of self-worth may help educators design classrooms that are both encouraging and effective. "Sports participation can contribute to the promotion of self-esteem, particularly among female students, who often face unique challenges (Ouyang et al., [2020](#)).

Participating in athletics was associated with considerably better levels of self-esteem among female students, as shown by the researchers. The authors explained this conclusion by citing the liberating and boosting effects of sports participation.

Researchers can learn more about what contributes to kids' ideal development by studying the impact of sports on their personalities. Teachers, parents, and legislators may all get valuable insight into how to foster well-rounded growth by investigating the correlation between athletic participation and personality characteristics. "Studying the effects of sports on personality development provides valuable knowledge for enhancing educational practices (Ciocan & Milon, [2017](#)).

Teamwork, open lines of communication, and mutual support are common requirements in many sports. Students may build social skills, learn to resolve problems with others, and have fun doing so by taking part in team sports. This study provides important insight into the unique social advantages of sports involvement, which can inform teachers' efforts to foster students' social competence (Ouyang et al., [2020](#)).

Education policy and curriculum development can benefit greatly from findings from studies examining the impact of sports participation on character formation. This study will help schools better prioritize physical education and sports programs, distribute funds, and expand participation options for kids. Education that takes into account the whole child might benefit from this approach. As Yang ([2013](#)) points out, "understanding the positive effects of sports activity on personality development can inform educational policies to promote the integration of sports in schools".

Holistic Development Changes in one's social, emotional, and intellectual lives are all components of their overall personality development. If you want to help your pupils grow in all areas, you should pay attention to how they develop their personalities via sports. In addition to academics, it emphasizes the significance of physical activities in developing a well-rounded person (Joseph, [2015](#)).

Participating in sports is a great way to improve both your health and your fitness level. The study adds to our knowledge of how exercise benefits mental health, stress management, and general quality of life by looking at the role sports play in shaping individuals' personalities. Insights like this can help shape policies and programs that encourage students to lead healthy lives and discourage inactive habits (Malm, [2019](#)).

Social Skills and Relationships: Teamwork, dialogue, and cooperation are commonplace in the realm of sports. Participation in sports has been shown to improve a wide range of soft skills, including the ability to

communicate clearly, work well with others, and take the lead. Students who participate in sports improve their social skills, teamwork abilities, and ability to form meaningful relationships that will serve them well in both their personal and professional lives (Jones, [2024](#))

Participation in sports may have a profound effect on a person's sense of worth and confidence by providing them with possibilities for personal growth and success. The study demonstrates the positive impacts of sports engagement on self-image, self-worth, and confidence by investigating the role of sports in shaping one's personality. Using this information, educators may create interventions and programs to help children feel better about themselves.(Collins et al., [2018](#))

Education policy and practice can be informed by research on the impact of athletic participation on child development. It stresses the need for schools to include PE and sports in their curricula. Educators and governments can better assist kids' overall growth and development if they acknowledge the favorable effects of sports on personality development (Habyarimana at al., [2022](#)).

According to Sitkowski ([2008](#)), sports participation offers structured settings in which students learn the important aspects of conscientiousness, including discipline, goals, and determination. The core commitment and effective time management skills learned from Athletic training and competition often translates to success in academic and professional pursuit. Studies suggest that athletes have higher levels of academic motivation and fewer dropout incidents compared to non-athletes (Rothschild, [2012](#)).

Furthermore, participation in sports provides a healthy mechanism of combating stress and anxiety especially in the highly academic style of the university. As noted, stress and depressive symptoms were reduced among students involved in team sports, mostly as a result of social interaction and physical activity through sports. These findings suggest that extracurricular sports participation may decrease neuroticism and strengthen emotional resilience (Eather, [2023](#)).

Participation in sports assists in enhancing such personality traits as agreeableness and extraversion through socializing. Being involved in team sports necessitates partnership, efficient communication, and empathy, which enable productive social competence and a sense of belonging. Studies reveal that students who are involved in team sports show higher levels of agreeableness and extraversion compared to students who are not participating in these activities (Shuai, [2023](#)).

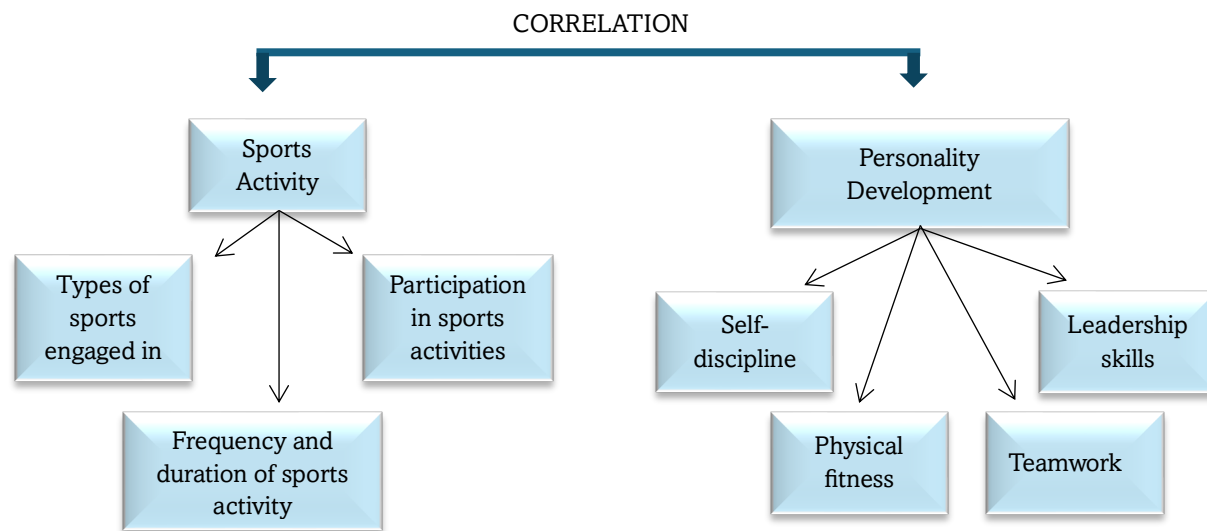
More so, competing sports, which are inherently fluid and ambiguous, often encourage exploration of new experiences because contestants develop different views and face situations that necessitate fresh solutions and flexibility. It is always advisable to consistently engage in physical sport which improves adaptability and problem-solving skills which are critical factors needed for both personal and occupational success.

However, it is important to look at what sport and setting is implied here. Individual sports can develop personality qualities in a different specific manner to team sports, as they are more oriented at dependence on the self and individual encouragement instead of teamwork. Further, if a balance between the ends and means is lacking, competitions in sports environments could have some negative consequences, such as burnout or aggression, due to high levels of competition.

In conclusion, extracurricular sports help to determine the personality of the university students to a considerable degree. Sports which are defined by structure, socializing, and physical interaction, promote the cultivation of the characteristics of personality that are indispensable. As specific impacts may vary in nature depending on sport and circumstances, there is widespread agreement that including sports in universities' curricula leads to overall student growth.

Conceptual Framework of the Research Study

Figure 1



Objectives of the Study

The following were the key objectives of the research study

Relationship between sports activity and personality development in Lahore Leads University

Significance of study

This study highlighted the importance of sports activities in developing personality of student's. this will be helpful to understand importance of sports for developing healthy personality in students.

Research Method and Procedure

Research Design

The current research study was quantitative, and data was collected using a survey.

Survey method was labeled the outlooks and views, thoughts of the societies over inquiring from a typical model at a specific time period.

Sample of the Study

Sample of the research study was the university students of Lahore Leads University. The Sample for this study was the students who take part in sports activities.

Research Instrument

Data was gathered using a self-created questionnaire. There were two sections to the questionnaire. The first section included demographic information (gender, education, and experience), and the second section included forty-five questions that examined the connection between Lahore Leads University students' participation in sports and their personal growth from a variety of perspectives.

Data Analysis

SPSS (Statistical Packages for Social Sciences) was used to examine the data. The data was computed using inferential statistics. The association between variables was investigated using the Pearson Product Movement Method.

Table 1*Relationship between Sports Activity and Personality Development*

Variables	N	r-value	Sign.
Sports Activity Personality Development	200	.567	.02

Table shows the relationship between Sports Activity and Personality Development Sports activity and personality development were found to have a somewhat positive significant connection ($r=.567$, $P=.02$) in the first dimension.

Table 2*Relationship between Types of Sports Engaged in & Self-Discipline*

Variables	N	r-value	Sign.
Types of sports engaged in Self-discipline	200	.427	.03

The table shows the relationship between the Types of sports engaged in and its second dimension, Self-discipline. It demonstrates a moderately positive significant link ($r=.427$, $P=.03$) between self-discipline and the types of sports played.

Table 3*Relationship between Participation in Sports Activities and Leadership Skills*

Variables	N	r-value	Sign.
Participation in sports activities Leadership skills	200	.317	.000

The table shows the relationship between Participation in sports activities and its third dimension, Leadership skills. The third dimension revealed a weakly significant positive correlation ($r=.317$, $P=.000$) between leadership abilities and sports participation.

Table 4*Relationship between Frequency Duration of Sports Activity and Physical Fitness*

Variables	N	r-value	Sign.
Frequency and duration of sports activity Physical fitness	200	.512	.000

The table shows the relationship between the Frequency and duration of sports activity and Physical fitness. There was moderate positive significant relationship ($r=.512$, $P=.000$) between Frequency & duration of sports activity and Physical fitness

Conclusion

The objective of the existing research study was to inspect the "Relationship between Sports activity and personality development of students of Lahore Leads University." it was revealed that sports activities have a great relationship between Sports activity and personality development. This also shows that sports improve all five personality traits efficiently. Sports develop self-discipline, leadership skills, teamwork, and physical fitness in students. By playing sports, the quality of leadership management also improves. Sports are very helpful in reducing

stress and anxiety. This makes the students very social and helpful for the society. The great dissimilarity between the boys' and girls' student discernments in sports events was established at the university level in terms of gender.

Additionally, it has been observe that those athletes of fighting sports and group sports vary remarkable in personality temperament that bodily make-up, proposing that around usual series by step of recordkeeping popular in game.

Sporting events are a part of education courses, and they influence the personality of sportsmen who participate in physical and sports events. Sports activities, such as physical looks, aid in shaping the personality of an individual. One of the major parts of one's personality is physical look. Physical activities are helpful for the growth and development of physique. Sports lead to neuron-muscular coordination capability; well-organized sports stimulate physical development (Tripathi, [2023](#)). They shape the body to maintain optimal health from babyhood to adulthood and increase speed, strength, skill, stamina, and flexibility. They also raise self-esteem, develop social skills and leadership, increase flexibility, and teach values. It's by playing competitions and sports that we can produce and maintain our well-being. Health cannot be sustained only by weight training alone; competitions and sports also have several additional benefits as they are played in sets and expand a good, modest physical soul. As with many other things, they support expanding teamwork, the authority of governance, squad spirit, and promoting the rule of law. The objective of Outcomes disclosed that sports have major consequences on students' personality development. It also showed that according to the Big Five personality theory, treating sports improves higher levels of conscientiousness, openness, extroversion, agreeableness and lower levels of neuroticism in the personality of student-athletes. There was a major modification in the participation of male and female students in sports activities. Athletes love adventure and are very creative. They enjoy playing with ideas and like to try new strategies in games. They prepare a whole day plan throughout their life. Sportspeople pay attention to detail. They are highly disciplined and enjoy having a set schedule. They complete their important task right away and feel energized when around other people. They enjoy being the centre of attention of people. It is easy for them to make new friends and enjoy meeting new people. They like to start conversations with others and assist others who need help. They treat everyone with kindness and sympathy, and they are very relaxed. They deal well with stress and are emotionally stable (Rothschild, [2012](#)).

Recommendations

It was suggested that:

1. The university management should arrange more and more sports events at the university.
2. Student should take part in sports activities for better development of their personality aspects.
3. There should be an organized seminar for the promotion of sports activities and their importance.
4. A proper sports club should be established in the University to successfully organize sports events.

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