

Personality and Physical activity of students

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Abstract

Aims. The aims of the study were to establish the personality type and to find out which is the correlation between physical activity and personality type.

Materials and methods. In this study, the research method was made of Tyrer's questionnaire for establish the personality type. The questionnaire included 15 items, each having 7 possible answers. The period for application was 2007 May – June.

Results. After repartition of subjects by personality type, we mention that 82,07 % (151 students) rang to one personality type of the seven types. The remainders 17,93 % (33 students) were indefinite and don't rang to one personality type, they rang in two or three types. The research subjects were divided in three groups: the group I was composed of physical education and sport students; group II was composed by other students and group III was composed of athletes. After data processing, from group I greater part are rang to one personality type, which was type A. At group II, similarly, the types A and G preponderated to 52,56 %. At group III also type A preponderated.

Conclusion. The end of our study formulate the following conclusions: the personality types which preponderated in group I and II are the types A and G; in group III just the type A preponderated; the great part of study subjects were ranging to one personality type (82,07 %).

Keywords: personality, personality questionnaire, personality type, exercise.