



Correlation of personality traits and irrational beliefs among badminton players

Faazil Mohammed Khan¹, Biju Thomas²

¹ Research Scholar, MG University, School of Physical Education and Sports Sciences, Kerala, India

² Principal, Baselius College, Kottayam, Kerala, India

Abstract

The present study attempts to explore the correlation between personality traits and irrational beliefs and how these personality traits indicate as a predictor of irrationality among badminton players. The sample comprises 50 badminton players (age 18 to 21) taken from the state of Kerala via a proportionate stratified sampling. The participants completed demographic information sheet, Big-Five Inventory (BFI; John, Shortened General Attitude and Belief. Results shows that Agreeableness and Conscientiousness showed a significant negative relationship while Neuroticism showed not only a significant positive relationship with irrational beliefs but also found a strong predictor accounted for a significant variance in irrationality among respondents.

Keywords: personality traits, openness, agreeableness, conscientiousness extroversion, neuroticism, irrational beliefs

Introduction

The nature and capacity of sane and silly convictions and their relationship with emotionality has been hypothesized about through the ages. Scholars from as ahead of schedule as the fifth century BC, including Socrates, Plato, Aristotle, Cicero, Seneca, and Marcus Aurelius, tried to comprehend judiciousness in the human psyche and its relationship with positive and negative emotionality (Ellis et al. 2010). In the principal century AD, Epictetus noted: "It isn't the disasters that happen to you that steamed you, however your perspective on them," expecting the most fundamental presumption of cutting edge psychotherapies (Ellis et al. 2010). In the current age, silly convictions are the focal point of numerous mental hypotheses, the most notable being Ellis' objective emotive social treatment (REBT). As indicated by Ellis (1995), convictions are silly when they are ridiculous, strange, absolutist, and ardently held when not provable or falsifiable, while sane convictions are those that are coherently self- or socially-making a difference. One generally utilized factoranalytic model of nonsensical convictions recommends there are seven elements of silly reasoning, including one sanity scale and six silliness subscales—need for accomplishment, need for endorsement, need for solace, interest for reasonableness, self-downing, and other bringing down (Macavei and McMahan 2010). Holding unreasonable convictions may prompt unfortunate feelings, broken practices, and mental aggravations, and the point of such treatments as REBT and intellectual conduct treatment (CBT) is to question these convictions to foster more objective perspectives (Davies 2008). Given their job with numerous sorts of psychopathology, it is essential to completely comprehend silly convictions, including their connects. One key viewpoint which has so far gone generally understudied is the connection among character and nonsensical convictions. The target of the current investigation was to comprehend whether character attributes anticipate normal and silly convictions. With respect to character, the five factor model (FFM) is a broadly acknowledged scientific categorization of character

attributes included extraversion, pleasantness, honesty, enthusiastic strength or neuroticism, and receptiveness to encounter, all in all alluded to as the Big Five (McCrae and Costa 1987, 2008). There is a plenty of exploration connecting character characteristics with psychopathology (Farnam et al. 2011; Faustino 2012; Rector et al. 2012; Roose et al. 2012; Rosellini and Brown 2010). For instance, high neuroticism has been related with disguising messes, like bipolar issue, summed up nervousness issue, fanatical impulsive issue, social fear, and significant burdensome issue. Butchery and Widiger (2013) as of late proposed that the DSM-5 behavioral condition attributes are maladaptive variations of FFM characteristics. Furthermore, many years of exploration is accessible supporting the relationship between silly convictions and psychopathology, including, however not restricted to dietary issues, wretchedness, nervousness, behavioral conditions, and type A conduct (Brown et al. 2010; Mayhew and Edelman 1989; Newmark et al. 1973; Riggs and Han 2009). While research connecting both character and silliness with psychopathology is accessible, little examination has been finished investigating a potential connection among character and silly convictions. Interest in conceivable relationship between nonsensical convictions and character qualities is longstanding, for certain distributions happening as right on time as the 1960s and 1970s (Forman and Forman 1978; Gorman and Simon 1977; Jones 1968). Jones (1968) announced that all nonsensical convictions as estimated by the Irrational Beliefs Test (IBT; Jones 1968), aside from reliance and compulsiveness, associated with scales on the Sixteen Personality Inventory (16PF; Cattell et al. 1970), explicitly, decidedly with dread, strain, and watchfulness, and adversely with passionate solidness, compulsiveness, and social intensity. These 16PF scales can be planned onto the Big Five. Trepidation, pressure, and enthusiastic solidness line up with the Big Five attribute of neuroticism, watchfulness maps onto both neuroticism and suitability, social intensity maps onto both extraversion and appropriateness, while compulsiveness is an aspect of

reliability (Cattell and Mead 2008). Gorman and Simon (1977) announced comparative outcomes where unreasonable convictions on the Ideas Inventory (Kassinove et al. 1977) where contrarily connected with the 16PF scales passionate soundness and emphatically related with cautiousness and strain. They likewise announced standing out outcomes from Jones (1968) in that the 16PF size of trepidation related adversely with nonsensical convictions just as sure connections between unreasonable convictions with affectability (transparency) and independence (extraversion). Utilizing the Adjective Check List (ACL; Gough and Heilbrun 1965) and IBT, Forman and Forman (1978) detailed that high scores on the character attributes of origins (creativity) and intellect (insight), the two markers of receptiveness, brought about lower silly convictions. As far as anyone is concerned in any case, inside the previous 15 years, there are not many examinations researching the connection between character attributes and silly convictions, utilizing direct proportions of the Big Five. The discoveries of these examinations are restricted in that each explored the connection among character and unreasonable convictions optional to other investigation points and announced just correlational outcomes. The accessible outcomes were additionally clashing, likely because of contrasts in proportions of nonsensical convictions; explicitly, Blau et al. (2006) utilized a proportion of explicit nonsensical conviction factors while the other three investigations utilized proportions of an expansive unreasonable conviction space. Sporrle et al. (2010) discovered critical positive relationships among neuroticism and nonsensical convictions and huge negative connections among receptiveness and appropriateness and unreasonable convictions in a German example. Davies (2006) likewise detailed huge positive relationships among neuroticism and unreasonable convictions and huge negative connections among transparency and silly convictions. Be that as it may, Davies (2006) revealed a huge positive connection among reliability and nonsensical convictions and didn't discover a connection among appropriateness and unreasonable convictions. Sava (2009) announced that silliness was related with low degrees of pleasantness and significant degrees of neuroticism in an example of Romanian students. Blau et al. (2006) revealed positive connections among honesty and extraversion with against self-bringing down convictions, positive relationships between neuroticism with hostile to awful zing, and positive connections among pleasantness and transparency with against low dissatisfaction resilience. Eventually, research upholds relationship among psychopathology and both unreasonable convictions and character, in that particular character attributes foresee reasonable and silly convictions. We additionally utilized both clinical and non-clinical examples to evaluate a more extensive scope of qualities. We estimated that the spaces of the FFM would foresee sane convictions just as a scope of silly convictions.

Objective of the study

The main objectives of the present study are followings;

- To explain the demographic characteristics of Badminton players.
- To measure the relationship between personality traits and irrational beliefs and how these personality traits predict irrationality among university students.

It is hypothesized that there is a negative relationship between agreeableness, conscientiousness and irrationality while there is a positive relationship between Neuroticism and irrationality.

Materials and Methods

For the current study, 50 badminton players are selected. Two scales; Big Five Inventory (BFI) to measure personality traits and shortened general attitude belief scale (SGABS) to measure irrational beliefs were used. In addition to that, researcher has developed a demographic questionnaire to collect demographic information.

Results

Descriptive Statistics including the Mean (M) and Standard Deviation (SD) for Big-Five Inventory (BFI), Shortened General Attitude and Belief Scale (SGABS) Presented to summarize the data findings in tables given below.

Table 1: Demographic Characteristics of the Respondents (N= 50)

Group	Gender		Age	Years of part	Trg Hrs
State	Male	Mean	19.77	5.2	3.5
		N	50	50	50
		SD	2.3	0.8	0.6

Table 1 is self-explanatory. The sample size consists of 50 male badminton players. The mean and standard deviation of the total sample was 19.77 ±2.3.

Table 2: Big Five Personality Traits (N = 50)

Scale BFI	M	SD
Extraversion	25.9	4.6
Agreeableness	34.72	4.48
Conscientiousness	31.74	5.53
Neuroticism	24.9	5.61
Openness	35.53	4.2

Table 2 depicts mean (M) standard deviation (SD) for scale Big Five Inventory (BFI). Findings showed that the highest mean value is with personality trait openness (M = 35.53, SD = 4.2) and the lowest man value is with Neuroticism (M = 24.9, SD = 5.61) whereas the mean and standard deviation values for other personality traits i.e. Agreeableness (M = 34.72, SD = 4.48), Conscientiousness (M = 31.74, SD = 5.53) and Extraversion (M = 25.9, SD = 4.6). Where less compared to personality trait Openness.

Table 3: General Attitude and Belief Scale (SGABS) (N = 50)

Scales SGABS	M	SD
Rationality	14.09	2.95
Self-Downing	7.95	3.61
Need for Achievement	12.41	3.6
Need for Approval	9.01	3.02
Need for Comfort	11.64	3.42
Demand for Fairness	14.67	3.51
Other-Downing	9.23	2.67
Irrational Beliefs(SGABS)	65.05	12.61

Note: SGABS = Shortened General Attitude and Belief Scale

Mean and Standard Deviation values for Shortened General Attitude and Belief Scale (M= 65.05, SD=12.61) and Rationality (M= 14.09, SD= 2.95) were presented in Table 3. The highest Mean value was found for Need for Fairness (M=14.67, SD=3.51) and lowest Mean value was for Self-Downing (M = 7.95, SD = 3.61).

Table 4: Correlation Coefficient between Variables (N=50)

Irrational Belief	I	II	III	IV	V
Self-Downing	-.155**	-.171**	-.127**	.055	-.058
Need for Achievement	-.003*	-.082	-.063	.148**	.097*
Need for Approval	-.010	-.143**	-.100*	.204**	-.007
Need for Comfort	-.144**	-.084	-.189**	.287**	-.042
Demand for Fairness	.045	-.036	-.040	.209**	.051
Other-Downing	.033	.024	-.063	.075	.020

Note: ** = p<.01, * = p<.05

I = Extraversion, II= Agreeableness, III = Conscientiousness, IV= Neuroticism, V= Openness

Table 4 explains the relationship between Big-five personality traits and irrational beliefs of respondents. There was a positive but significant relationship was found between Neuroticism and Need for Achievement (r = .148**), Neuroticism and Need for Approval (r = .204**), Neuroticism and Need for Comfort (r = .287**) and Neuroticism and Demand for Fairness(r = .209**) and a negative but less significant relationship was found between Extraversion and Need for Achievement (r = -.003*). However, Openness showed non-significant relationship with Need for Achievement (r = .097). The negative but a well significant relationship was seen between Extraversion and Self-Downing (r= -.115**), Extraversion and Need for Achievement (r = -.144, **), Agreeableness and Self-Downing (r=-.171**), Conscientiousness and Self-Downing (r=-.127**) and Conscientiousness and Need for Comfort (r = -.189**).

Table 5: Pearson Product Moment Correlation Coefficient between Variables (N= 50)

Variables	I	II	III	IV	V	VI
Extraversion	1					
Agreeableness	.057	1				
Conscientiousness	.201**	.244**	1			
Neuroticism	-.200**	-.189**	-.321**	1		
Openness	.152**	.081	.227**	.008	1	
Irrationality	-.056	-.135**	-.155**	.260**	.016	1

Note: **p<.01, SGABS= Shortened General Attitude and Belief Scale I= Extraversion, II= Agreeableness, III = Conscientiousness, IV= Neuroticism, V= Openness, VI= Irrationality

The relationship between personality traits and irrationality revealed that there was significant but negative relationship was found between Agreeableness and Irrationality (r = -.135**), Conscientiousness and Irrationality (r = -.155**). The Neuroticism demonstrated a significant positive relationship with Irrationality of respondents (r = .260**). However, two non-significant correlations were found between Extraversion, Openness and irrationality (r =-.56; r = .016) respectively.

Table 6: Summary of Stepwise Multiple Regression Analysis for Variables Predicting Irrationality (N =50)

Model	Change Statistics						
	R	R ²	Adjusted R ²	F	Change df1	df2	Sig. F Change
1	.260(a)	.068	.066	37.31	1	48	.000
2	.275(b)	.075	.072	20.91	1	47	.000

A Predictors: (Constant), Neuroticism

B Predictors: (Constant), Neuroticism, Agreeableness

This table elaborates the percent of variability in irrationality explained by Stepwise Multiple Regression Model that was accounted for personality traits. In order to determine the amount of variance for irrational beliefs, the scores of personality traits were used as predictors of irrationality in regression equation. The Model 1 included only Neuroticism score accounted for. 068 % of the variance in psychological distress being explained by R² = .068, R² = .066, F (1,514) =37.31, P =.000. The Adjusted results indicate that Neuroticism is a significant predictor of irrationality. The inclusion of Agreeableness as a predictor into Model 2 showed. 075% of the variance resulted in an additional variance in irrationality being explained by R²= .075, R² = .072, F (1,513) = 20.91, Adjusted P=.000.

Table 7: Summary of Stepwise Regression Analysis for BFI and SGABS Predicting Psychological Distress (N =50)

Model	Predictors	B	SE	β	t	Sig
Step 1	(Constant)	50.46	2.45		20.57	.000
	Neuroticism	.58	.09	.26	6.10	.000
Step 2	(Constant)	60.12	5.27		11.39	.000
	Neuroticism	.54	.09	.24	5.62	.000
	Agreeableness	-.25	.12	-.08	-2.06	.039

a Dependent Variable: Irrational Beliefs

Note: *** = P <.001, BFI = Big-Five Inventory SGABS =Shortened General Attitude Belief Scale, B = Un-standardized Coefficients, β = Standardized Coefficients, SE = Standard Error.

A stepwise regression analysis was carried out to assess, how Big-Five personality traits predicted the irrationality. The first Model showed that Neuroticism score accounted a significant variance in irrationality (β =.26, t=6.10, P =.000) and found a strong predictor of irrationality among respondents. In second Model, Neuroticism and Agreeableness divulged a negative non-significant relationship and predicted non-significant variance in irrationality (β =-.08, t = -2.06, P =.039).

Discussion and Conclusion

The outcomes showed the connection between personality traits and six irrational beliefs. The negative yet a well critical relationship was found between Extraversion, Agreeableness, Conscientiousness and Self-Downing. The outcomes showed that understudies who having Extraversion, Agreeableness and Conscientiousness as a conspicuous character characteristics may will in general be less inclined toward silliness. They may have better adapting systems to manage scholastic pressing factors. They stay away from to fault self, others and world for their disappointments, show eagerness to acknowledge demands, handle scholastic stressors easily because of very much oversaw study propensities, face testing circumstances and reexamine issues emphatically.

Self-Downing alludes as to be adversely evaluative about oneself and it likewise comes from them selves' Demandingness. The current discoveries are reliable with past discoveries which recommended that Extrovert understudies are more friendly and hopeful and they reconsider issues emphatically. This relationship was monotonously promoted in writing and upheld the discoveries of present examination. It has likewise shown that unreasonableness was having critical relationship with Agreeableness. Also Agreeableness and hostile to self-bringing down convictions are decidedly related with enthusiastic soundness, Conscientiousness and Extraversion. The outcomes additionally uncovered that Neuroticism showed a positive huge relationship with: Demand for Fairness; Need for Achievement; Need for Approval and Need for Comfort. This finding is steady with results who tracked down a positive connection among Neuroticism and maladaptive patterns. In line to this point of view tracked down that worldwide mindlessness score was emphatically identified with Neuroticism and adversely related with Openness. Discoveries additionally showed the prescient worth of character characteristics represented critical extent of change in unreasonableness. Within the sight of all character characteristics, Neuroticism showed a positive relationship and represented huge difference in unreasonableness while Agreeableness showed negative non critical relationship represented change in madness. Moreover, there are number of studies which upheld present discoveries proposed that character qualities do have relationship with silly convictions. Holding nonsensical convictions intend to be seriously requesting, unbending and hardheadedness in nature. So understudies with this affinity may feel that they should accomplish everything, to be supported by all and they show more disappointment when they don't get what they request.

References

1. Watson D, Clark LA. On traits and temperament: General and specific factors of emotional experience and their relation to the Five-Factor Model. *Journal of Personality*, 1992, 60(2).
2. Graziano WG, Jensen-Campbell LA, Hair EC. Perceiving interpersonal conflict and reacting to it: The case for Agreeableness. *Journal of Personality and Social Psychology*, 1996;70(4):820-835.
3. Ellis A. Reason and Emotion in Psychotherapy. New York: Lyle Stewart, 1962.
4. Ellis A. The essence of Rational Psychotherapy. New York: Institute for Rational Living, 1970.
5. Ellis A. Early theories and practices of Rational Emotive Behavior Theory and how they have been augmented and revised during the last three decades? *Journal of Rational- Emotive and Cognitive-Behavior Therapy*, 2003;21:219-243.
6. Schwartz S. Abnormal Psychology a discovery approach (n.d). California Mayfield Publishing Company, 2000.
7. Macavei B, Miclea M. An empirical investigation of the relationship between religious beliefs, irrational beliefs and negative emotions. *Journal of Cognitive and Behavioral Psychotherapies*, 2008;8(1):1-16.