

**Investigation: Relationship between personality and participation in sport**

**Information letter**

Dear student,

As part of this psychology unit, you will be examining the relationship between personality and participation in sport. Specifically, you will investigate whether there is a connection between particular personality traits (e.g. extraversion, agreeableness) and different types of sport (e.g. netball, soccer).

Participants will be involved in completing a short questionnaire to gauge their participation in sport and to identify some of their perceived personality traits. Data collection for this investigation will take place during regular class time.

To safeguard anonymity, written student responses will be identified by a code number and all individual student data will be shredded at the completion of the unit.

To give your consent to being involved in this investigation, please read, complete and sign the attached consent form.

Your parent or guardian must also provide consent for your participation in this investigation. If they agree, please ask them to also sign the provided consent form.

Even if you have signed the consent form, you may withdraw from this investigation at any time. There will be no consequences if you do not want to participate, or if you initially agree to participate and later decide to withdraw. Your rights and responsibilities are detailed in the consent form.

Please ask me if you do not fully understand the information provided or if you would like further information or have any concerns about what is required of you in this investigation.

Yours sincerely

Natalie Edwards



**Investigation: Relationship between personality and participation in sport**

**Consent form**

Participant’s name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Investigation title: Examining the relationship between personality and participation in sport

Teacher’s name: Natalie Edwards

I consent to participate in the research investigation named above. The nature of the research, including the procedures, has been explained to me, and is summarised in the information letter I have been given.

I give permission for the responsible teacher, named above, to use the outlined investigation procedures with me.

I understand that:

(a) I am free to withdraw from the investigation at any time. There will be no consequences if I decline to participate or if I initially agree to participate, but later decide to withdraw.

(b) The investigation is for the purpose of teaching and learning.

(c) The confidentiality of the information I provide will be safeguarded. Written responses will be identified only by a code number in order to ensure that responses are anonymous.

(d) There are no known adverse effects of participation in this investigation.

(e) I will maintain the confidentiality of other participants in this investigation.

**Please return this signed consent form to your teacher.**

**Signed:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Student)

**Students under the age of 18 may participate in this investigation only if a parent or guardian completes the following section.**

I consent to the participation of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the above research investigation.

**Signed:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Parent/Guardian)

**Handout 3**

**Investigation: Relationship between personality and participation in sport**

**Questionnaire**

Using the questionnaire below, please record your response by circling the rating on the scale of 1 to 5 that most represents what you think your personality traits are.

Rating 1 and 2 relates to the trait on the left (e.g. silent) and Rating 4 and 5 relates to the trait on the right (e.g. talkative).

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Class participant number** (e.g. 1–20) \_\_\_\_\_\_\_\_\_\_\_\_ **Gender** (please circle) F M **Age** \_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | |
| **Do you play sport?**  (please circle)  Yes No | | **If yes, what sports do you play?**  (please list) | | | | | |
|  |  | **Very** | **Moderately** | **Neither** | **Moderately** | **Very** |  |
| **O1** | **Unimaginative** | 1 | 2 | 3 | 4 | 5 | **Imaginative** |
| **O2** | **Uncreative** | 1 | 2 | 3 | 4 | 5 | **Creative** |
| **C1** | **Disorganised** | 1 | 2 | 3 | 4 | 5 | **Organised** |
| **C2** | **Impractical** | 1 | 2 | 3 | 4 | 5 | **Practical** |
| **E1** | **Silent** | 1 | 2 | 3 | 4 | 5 | **Talkative** |
| **E2** | **Unassertive** | 1 | 2 | 3 | 4 | 5 | **Assertive** |
| **A1** | **Unkind** | 1 | 2 | 3 | 4 | 5 | **Kind** |
| **A2** | **Uncooperative** | 1 | 2 | 3 | 4 | 5 | **Cooperative** |
| **N1** | **Relaxed** | 1 | 2 | 3 | 4 | 5 | **Tense** |
| **N2** | **Unemotional** | 1 | 2 | 3 | 4 | 5 | **Emotional** |

**Handout 4**

**Investigation: Relationship between personality and participation in sport**

**Data record sheet**

In the table below, record the ratings given by each participant in the table below. The average rating for each   
of the ‘Big Five Factors of Personality’ can be calculated for each person and comparisons can be made between individuals in relation to the sport(s) they play.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Open to experience (O)** | | | **Conscientiousness (C)** | | | **Extraversion (E)** | | | **Agreeableness (A)** | | | **Neuroticism (N)** | | |
| **Partic. # - Add sport + gender** | O1 | O2 | **Avg.**  **O** | C1 | C2 | **Avg.**  **C** | E1 | E2 | **Avg.**  **E** | A1 | A2 | **Avg.**  **A** | N1 | N2 | **Avg.**  **N** |
| **1** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **2** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **3** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **4** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **5** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **6** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **7** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **8** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **9** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **10** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **11** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **12** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **13** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **14** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **15** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **16** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **17** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **18** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **19** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **20** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |



2022 – 12 ATAR Psychology

Task Eight – Investigation

7.5%

Personality and Sport Investigation

Name:

Due Date:

Score:    /50

**Psychology assessment task**

**Assessment type:** Investigation

**Conditions**

Time for the task:

* One week to conduct the investigation, collect the data and research the evidence for the role of serial position effect in short-term memory.
  + During this week you will write up your method, table, graph and briefly summarise your results as per the report requirements.
* One lesson to write the abstract, introduction, discussion and conclusion under test conditions.

**Task weighting**

7.5% of the school mark for this pair of units

**Relationship between personality and participation in sport**

Personality has been described as the characteristics of an individual that account for their unique and consistent patterns of behaviour (Pervin & John, 2007). Over several decades, personality theorists have developed numerous theories and approaches to describe and understand personality. One of the more recent approaches to personality is the Big Five model developed by McCrae and Costa (1990, as cited in Fletcher & Garton, 2015), which claims that there are five key personality factors: openness to experience (O), conscientiousness (C), extraversion (E), agreeableness (A), and neuroticism (N). An easy way to remember all five dimensions of this model is using the acronym OCEAN (Gray, 2007).

The aim of this investigation is to examine the relationship between personality and participation in sport.

Possible relationships you might investigate using the data collected for this investigation are:

* + types of personality traits, in relation to the Big Five, evident in individuals who participate in sport
  + connections between types of sports played (i.e. netball, swimming) and personality traits – are there certain personality traits connected with different sports?
  + any differences in the personality traits of individuals who play team sports and individuals who play individual sports
  + any similarities in the personality traits of individuals who don’t participate in sport
  + gender differences in personality traits
  + personality traits associated with male-dominated sports (i.e. AFL) and female-dominated sports   
    (e.g. netball)
  + individual differences based on examining only one or two of the traits.

You will complete a questionnaire regarding your participation in sport and a rating scale based on the Big Five model to identify some of your perceived personality traits. These ratings will be collected from all participants and collated to form a set of results for the class.

Using your class notes and library research, make succinct notes on the theories and evidence related to this topic. You will write a formal scientific report in class under supervised conditions. You are permitted a half-A4 page of notes to write your report.

Come prepared with:

* method
* results section – including data (tables and graphs)
* list of references
* a half-A4 page of notes, size 11 Calibri or Times New Roman, **must be dot points**

Your formal report will need to include:

* an abstract – provide an overview of the investigation, including the aim, main features of the method, summary of results and conclusion/s
* an introduction – provide information and research related to the topic for the investigation
* method – describe the participants, materials and procedures so that the investigation can be replicated
* results – represent data in a written summary, tables and graphs
* discussion
  + discuss the results of the investigation and how they relate to relevant psychological theories
  + evaluate the design of the investigation and explain how the investigation could be improved
  + discuss how ethical issues were addressed
  + explain the relevance of the results to the population from which the sample was drawn, and to theory or other research
  + state a conclusion that relates the results to the hypothesis or research question
* references – provide an alphabetical list of any references used in the report
* appendix – attach your data sheet.

**Marking key – Relationship between personality and participation in sport**

|  |  |
| --- | --- |
| **Description** | **Marks** |
| **Abstract** |  |
| * succinctly writes a specific aim and hypothesis | 2 |
| * provides a general aim | 1 |
| * briefly describes the method, including   + the participants   + materials used   + how the task was administered | 1–3 |
| * states the results of the research * draws a relevant conclusion | 1–2 |
| **Subtotal** | **7** |
| **Introduction** |  |
| * Provides detailed information on personality theorists and models, relating them to sport psychology and discusses why the particular research question was chosen * Provides detailed information on personality theorists and models, relating them to sport psychology * identifies relevant examples of personality models and describes sport psychology * Briefly identifies personality models and describes sport psychology | 1–4 |
| * describes and cites relevant research in appropriate level of detail | 1 |
| * writes research question/prediction as an operational hypothesis that follows on logically from the aim | 2 |
| * poses a research question/prediction | 1 |
| **Subtotal** | **7** |

|  |  |
| --- | --- |
| **Method** |  |
| * describes participants in sufficient detail to be replicated, e.g. number, age, gender * describes the selection process | 1–2 |
| * describes materials in sufficient detail to be replicated | 1–2 |
| * describes the procedure including:   + addresses anonymity   + describes task in sufficient detail to be replicated   + describes the collection, collation and presentation of questionnaire results | 1–3 |
| **Subtotal** | **7** |
| **Results** |  |
| * organises all relevant data logically in correctly labelled tables   + correctly organises table   + correctly labels table, including units where appropriate   + includes relevant data | 1–3 |
| * presents data in a graph   + correctly graphs data   + uses appropriate labelling   + uses appropriate titles | 1–3 |
| * States results of the investigation * provides an accurate and detailed description of the data | 1–2 |
| **Subtotal** | **8** |

|  |  |
| --- | --- |
| **Discussion** |  |
| * Discusses the results of the investigation, relates the results to the hypothesis and explains how they relate to relevant psychological theories | 4 |
| * Discusses the results of the research supports, comments on the hypothesis and describes relevant psychological theories | 3 |
| * Describes what happened in the investigation and cites relevant psychological theories | 2 |
| * Describes what happened in the investigation | 1 |
| * evaluates the investigation design:   + explicitly explains how variables are controlled   + discusses any methodological flaws   + explains steps taken to ensure reliability and how it could be improved | 1–3 |
| * Discusses ethical issues and describes how these were addressed | 2 |
| * Refers to ethical issues that were considered in the investigation | 1 |
| * Discusses relevance of results to the population from which the sample was drawn as well as to theory or other research referred to in the introduction | 2 |
| * Suggests how the investigation might be of relevance to science or society | 1 |
| **Subtotal** | **11** |
| **Conclusion** |  |
| * Makes accurate conclusions that relate to the hypothesis or research question | 2 |
| * Forms an accurate conclusion but does not relate it to the hypothesis or research question | 1 |
| **Subtotal** | **2** |
| **References** |  |
| * includes a range of **relevant** references (5+) | 1 |
| * Correct end-text referencing (inc. listed alphabetically) | 1 |
| * Correct in-text referencing (inc. quantity) | 1 |
| **Subtotal** | **3** |
| **Appendix** | |
| * appends data sheet | 1 |
| **Subtotal** | **1** |
| **Clarity of Expression** | |
| * Quality of spelling and grammar | 1-2 |
| * Correct use of headings, organised, presented in APA format | 1 |
| * Written in passive voice | 1 |
| **Subtotal** | **4** |
| **Total** | **50** |