Physical education trends have developed recently to incorporate a greater variety of activities. Introducing students to activities like bowling, walking/hiking, or Frisbee at an early age can help students develop good activity habits that will carry over into adulthood. Some teachers have even begun to incorporate stress-reduction techniques such as yoga and deep-breathing. Teaching non-traditional sports to students may also provide the necessary motivation for students to increase their activity, and can help students learn about different cultures. For example, while teaching a unit about lacrosse (in, say, Arizona, USA), students can also learn a little bit about the Native American cultures of the Northeast and Eastern Canada, where lacrosse originated. Teaching non-traditional (or non-native) sports provides a great opportunity to integrate academic concepts from other subjects as well (social studies from the example above), which may now be required of many P.E. teachers. The four aspects of P.E. are physical, mental, social, and emotional.

Physical Education plays a critical role in educating the whole student. Like other academic courses of study, physical education is based upon rigorous national standards that define what students should know and be able to do as a result of participation. Physical education is unique to the school curriculum as it is the only program that provides students with opportunities to learn motor skills, develop fitness, and gain understanding about the importance of physical activity. Students will be provided an individualized, developmentally appropriate, and personally challenging instructional program that will advance the knowledge, confidence, skills, and motivation needed to engage in a lifelong, healthy, active lifestyle. With the increase in obesity nationwide, the benefits gained from physical activity include: disease prevention, decreased morbidity and premature mortality, and increased mental health and self-esteem. The
benefits of physical education can also affect academic learning. Regular aerobic exercise produces an increased number of capillaries servicing the brain which allows for a greater exchange of nutrients and waste products. This optimizes oxygen and glucose delivery to the brain which can help improve brain performance. Additionally, physical education incorporates concepts of math, reading/English language arts, and science into the physical education realm. Technology is also being integrated into the curriculum through the use of heart rate monitors, pedometers, and computer-based fitness stations. The ultimate goal of physical education will always be participation in health-enhancing physical activity for a lifetime.

Personality can be described in many ways. The most common approaches include observing and measuring traits like cheerfulness, anxiety, and outgoingness. Sometimes the traits are extremely relevant to a particular job performance, so there is value to this approach. However, even when there is an attempt to see a pattern to the traits, the result is usually a fragmented picture that gives little useful information.

Psychologists have explained the nature of personality as the unique set of behaviour and enduring qualities that influence the way has adjust to his environment. However, the psychologists have also given importance to similarities among human nature. In general, it may be seen that psychologists, in attempting to understand personality have found that human beings are like all others in certain characteristics and only like some other in certain others and like no one in still other characteristics. Though the general qualities may be present in all human beings on the basis of heredity and environment, certain unique interactions take place resulting in individual differences.
A ‘trait’ is a determining tendency or a predisposition to respond. In some respects everyone is a trait theory, in that we note consistencies in other people’s behaviour and we label them accordingly as aggressive, lazy, shy or by one the other 18,000 words, which exist in English to describe human behaviour. Theories of Cattell and Eysenck have been usually quoted as examples of trait and type approach. These two contributions however could be understood only when the research method is understood, namely that of factor analysis.

**Statement of the Problem**

The purpose of the study was to study the Personality differences among physical education students of various medium of instruction in Dr. B.A.M. University.

**Delimitation of the Study:**

1. The study was delimited to the male and female physical education student of Dr. B.A.M University.
2. The study was delimited to physical education students of various medium of instruction i.e. Hindi, English and Marathi.
3. The study was further delimited to age ranging from 21 to 30 years.
4. The study was further confined to the following psychological variables.

**Limitation**

While conducting the experiment, the present investigator has recorded some drawbacks/limitations as follows:

1. The subjects for the study will randomly select from Dr. B.A.M University. Factors such as geographical locations, mood status, recreational activities and other such factors that might influence subjects variedly and affect this psychological study, could not be controlled by the research scholar.
2. The research scholar could not control other psychological factors influencing the mind except concentration of the subject during the conduct of study.

3. With paucity of time and limited financial resources, the researcher has to conduct this research. Therefore, collection of large sample was not possible. This might have affected the accuracy of the results.

Hypothesis of the Study

H:1 There would be no significant difference of personality traits of physical education students of various medium of instruction with respect to psychoticism.

H:2 There would be no significant difference of personality traits of physical education students of various medium of instruction with respect to neuroticism.

H:3 There would be no significant difference of personality traits of physical education students of various medium of instruction with respect to extraversion.

H:4 There would be no significant difference of personality traits of physical education students of various medium of instruction with respect to Lie-Scale.

Objectives of the Study

The aims of the present study were as follows:

1. To find out the personality differences among physical education students of various medium of instruction i.e. Hindi, English and Marathi.
DEFINITIONS OF THE TERMS USED

Personality

Personality is defined as ‘distinctive patterns of behaviour (including thoughts and emotions) that characterize each individual’s adaptation to the situations of his or her life.

Personality is shaped by inborn potential as modified by experiences common to the culture and sub-cultural group (such as sex roles) and by the unique experiences that affect the person as an individual.

Extraversion:

The extraversion is a personality trait. The extravert person’s orientation is towards the external world. He deals people intelligently in social situation. He is conventional. Outgoing, social, friendly and free from worries. In Eysenckian terms, extraversion stands for central excitatory/inhibitory level and sociability. According to Eysenck, “the typical extrovert is sociable, needs to have people to talk, craves excitement and is generally impulsive. He is carefree, easy going, optimist, likes to laugh and to be merry and his feelings are not under tight control” In the present study, E-score on EPI has been taken as a measure of extraversion.

Neuroticism

It is a minor mental disorder, characterized by inner struggles and discordant social relationship. It is precipitated by emotional stresses, conflicts and frustrations. Some of the more frequent psychological complaints in neuroticism are anxiety, depressed spirits inability to concentrate or make decisions, memory disturbances, heightened irritability, morbid bouts, obsessions, irrational fears, insomnia, compulsions and inability to enjoy social relations.
According to Eysenck, “Neuroticism refers to emotionality. Initiated by the inherited differences in liability and excitability of autonomic nervous system”. In the present study, N-score on EPI has been taken as a measure of neuroticism.

**Psychoticism**

1. It is conceptualized as a continuum of liability to psychosis (principally schizophrenia and bipolar affective disorder) with ‘psychopathy’ (i.e., anti-social behavior) defined as 'a halfway stage towards psychosis. Heath and Martin (1990).

2. It was also found that the psychoticism scale correlates significantly with other hostility and tough-mindedness scales and traits such as non-acceptance of cultural norms, immaturity, and anti-authoritative attitudes. Higher psychoticism scores were also reported amongst psychopaths and criminals (Howarth, 1986).

**Significance of the Study**

The findings of the present study would help the coaches, sports trainers, administrators and the physical educationists in their professional which are discussed below:

a) The present study would acquaint the coaches with the psychological factors which the psychological factors which are useful in the modern physical education students

b) The coaches will know about the importance of psychological training in ensuring the peak performance among the physical education students.

c) Once the causes of the psychological problems in the physical education students are understood by the coach with the help of sports psychologist, various kinds of remedial
techniques may be applied and help may be rendered to overcome the excessive emotional problems which affect their performance.