

## アスリートおよび非アスリートのパーソナリティ — パーソナリティ 5 因子モデルによる探索的調査 —

広島修道大学 梶 原 慶  
広島国際学院大学 武 良 徹 文  
広島修道大学 松 田 俊

### **Personality of Athletes and Non-Athletes : An Exploratory Investigation using the Five-Factor Model of Personality**

**Kei Kajihara**      **Hiroshima Shudo University**  
**Tetsufumi Mura**   **Hiroshima Kokusai Gakuin University**  
**Takashi Matsuda**   **Hiroshima Shudo University**

#### **Abstract**

The main purpose of this research was to delineate the personality profiles that distinguish athletes from non-athletes, using the NEO-FFI which was the personality inventory developed based on Five-Factor Model (FFM). Student athletes (152 male and 113 female) and non-athletes (90 male and 115 female) were compared on the Neuroticism, Extraversion,

Openness, Agreeableness and Conscientiousness scales of the NEO-FFI. Furthermore, long time experienced athletes (more than 7 years) and short time experienced athletes (less than 6 years), and athletes who had experienced leadership role and those who had inexperienced the role were compared on the same scales. ANOVAs indicated that (1) athletes had significantly different personality profiles from non-athletes-athletes were found to be more extraverted and conscientious, but less open to experiences and less agreeable, (2) long time experienced athletes were more extraverted and conscientious, but less neurotic than short time experienced ones, (3) athletes who had experienced leadership role were more extraverted and emotionally stable (less neurotic) than those who had inexperienced. Also, gender differences were consistently found in all analysis-female were found to be emotionally unstable than male. Implications of these findings were discussed in relation to literature based on H.J.Eysenck's hypothesis and concepts of FFM. Some limitations of this research and suggestions for future research were also examined.

**Key words :** Five Factor Model of personality (FFM), NEO Five Factor Inventory (NEO-FFI), sport experience, length of sport experience, leadership role experience