

**Personality profile and achievement goal orientations of Gaelic Football  
players in different playing positions**

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**Table of Contents**

Acknowledgements	2
Abstract	3
1. Introduction	4
1.1 Personality Trait Theory	5
1.2 Personality Trait Theory and Sport	6
1.3 Personality Trait Theory and Playing Position	8
1.4 Motivation and Sport	10
1.5 A model of motivation – Achievement Goal Theory in Sport	12
1.6 Individual differences in motivation	13
1.7 Current study – aims, rationale and hypotheses	15
2. Method	18
2.1 Participants	18
2.2 Design	19
2.3 Materials	19
2.4 Procedure	22
3. Results	24
3.1 Introduction	24
3.2 Descriptive Statistics – Demographics	24
3.3 Descriptive Statistics – Psychological Measures	26
3.4 Testing of Hypotheses	29
4. Discussion	32
4.1 Overview	32
4.2 Summary of Results	33
4.3 Significance of Findings	37
4.4 Strengths and Weaknesses	39
4.5 Future Research	41
4.6 Conclusion	42
References	43
Appendix	53

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### **Abstract**

The aim of this study is to investigate if there are differences in the personality profile and achievement goal orientations of male Gaelic Football players in different playing positions. A survey conducted with Gaelic Football players (n = 312) examined the traits of extraversion, agreeableness and neuroticism, using the Big Five Inventory (BFI), as well as goal orientations of task orientation and ego orientation using the Task and Ego Orientation in Sport Questionnaire (TEOSQ). A quantitative, between groups design was employed. Results showed that there were no significant differences between backs, midfield players and forwards on any of the personality traits or the goal orientations. The results are contrary to some previous findings in other sporting codes which found that differences do exist between players of different playing position. Possible reasons for the inconsistency are discussed.

## 1. Introduction

The Gaelic Athletic Association (G.A.A) is Ireland's largest sporting organisation with a membership of almost one million individuals and has a presence throughout the island due to its parish organisational structure (Hassan, 2010). There are approximately 2,300 G.A.A. clubs in Ireland with a further 330 clubs outside of Ireland (Gaelic Athletic Association (G.A.A.), 2015). Gaelic Football, one of the sports governed by the G.A.A. is an intermittent, high-intensity, contact field game played over two halves of 35 minutes each (30 minutes at club level) by two teams of fifteen players. The other Gaelic sports indigenous to Ireland and governed by the G.A.A. are Hurling, Camogie, Handball and Rounders. Gaelic Football is one of the most popular sports played by primary school children in Ireland (Lunn, Kelly & Fitzpatrick, 2013). It is estimated that almost two thirds of male 6<sup>th</sup> class primary school students participate in Gaelic Football, with this figure dropping to 42% on transition to secondary school. By age 17 Gaelic Football remains a popular sport with 13% of the male population of that age continuing to participate. In young adulthood participation decreases with between 2% and 4% of males continuing to participate in Gaelic Football in their twenties (Lunn et al., 2013).

There are ample studies investigating the sport of Gaelic Football from a sociology perspective, sports science perspective and physiology perspective, among others. However, despite its popularity there is a dearth of studies in the field of Sports Psychology specifically focussing on Gaelic Football. Studies located mainly focus on aspects of motivation and self-determination in both players of Gaelic Football and coaches (Hardy, Begley & Blanchfield, 2015; Langan et al., 2016; Langan, Lonsdale, Blake & Toner, 2015). The Psychology aspects of interest in this study are that of personality and motivation, and

more specifically goal orientation. The lack of studies specifically looking at Gaelic Football in the field of Sports Psychology is one of the main rationales for carrying out this study. The aim of the study is to investigate if these constructs of personality and motivation differ in Gaelic footballers playing in different playing positions, adding to existing studies that have investigated these topics in other sports and more generally adding to the studies focussing on Gaelic Football. Personality will be discussed initially, followed by motivation and concluding with the rationale and aims for this particular study.

### 1.1 *Personality Trait Theory*

A personality trait refers to “a difference among individuals in a typical tendency to behave, think, or feel in some conceptually related ways, across a variety of relevant situations and across some fairly long period of time” (Ashton, 2013, p. 27). Trait theory is one of many theories used when studying and explaining personality. However, trait theory has come to dominate personality research because of the emphasis that has been placed on the development of inventories that measure identified personality traits (Cox, 2007, p. 20). These inventories allow for personality to be measured by the administration of self-report questionnaires, a common method used in personality research.

Personality has been studied in many different respects; from its relationship with vocational or career interests (McKay and Toker, 2012), job performance (Barrick and Mount, 1991) and even to very specific areas such as leadership style among rock band members (Kattan and Fox, 2014). The most accepted model of personality among trait theorists is the Big Five model (Pervin, Cervone & John, 2005, p. 292). This model argues that five major dimensions of personality exist. These dimensions are neuroticism, extraversion, agreeableness, conscientiousness and openness (Maltby, Day & Macaskill, 2007,

p. 176). Facets associated with neuroticism are anxiety, angry hostility, self-consciousness, impulsiveness and vulnerability. Extraversion is a measure of sociability and those that score high in extraversion tend to be sociable, energetic, optimistic, friendly and assertive (Maltby et al., 2007, p. 177). Agreeableness refers to the characteristics that are relevant for social interaction; trust, straightforwardness, altruism, compliance, modesty and tender-mindedness (Maltby et al., 2007, p. 177). Facets associated with high conscientiousness are organisation, reliability, self-discipline, ambition and perseverance (Pervin et al., 2005, p. 255). Finally, openness refers to an individual being open to new experiences and facets indicative of this dimension are curiosity, creativity, originality, imagination and having broad and untraditional interests (Pervin et al., 2005, p. 255). The study of these personality traits in sports persons is discussed in detail in the following section.

## *1.2 Personality Trait Theory and Sport*

Much research in the field of Sports Psychology in the last number of decades has looked at the relationship between personality and sports participation and performance. In the 1960s and 1970s in particular, research involving the athlete and personality was popular. The main focus of this research involved trying to understand if successful athletic performance can be accurately predicted on the basis of personality (Cox, 2007, p. 21). In a review in 1976, Ruffer (as cited in Cox, 2007, p. 21) cited 572 sources of original research focussing on the relationship between personality and athletic performance. However, despite the volume of research few conclusions were yielded, in part due to methodological, statistical and interpretive issues (Weinberg & Gould, 2007, p. 40). The overall result of the research is that although personality traits can help predict sport behaviour and performance, the relationship is not precise (Weinberg & Gould, 2007, p. 40).

When studying if differences exist between the personality traits of athletes and non-athletes, Schurr, Ashley & Joy (as cited in Cox, 2007, p. 32), found that while there was no specific personality profile that distinguished athletes from non-athletes, there were some personality trait differences. Athletes were found to be more independent, more objective and less anxious than non-athletes. In examples of more recent studies, high-school athletes were found to be less anxious, neurotic, depressed, and confused, and more extraverted and vigorous than non-athletes (Newcombe & Boyle, 1995) and using the Big Five model, young male athletes were found to be more conscientious than non-athletes (Malinauskas, Dumciene, Mamkus & Venckunas, 2014).

Personality trait differences between players of team-sports and individual sports have also been studied, as well as the personality traits of those competing in different types of sport. When compared with athletes participating in individual sports, team-sport athletes have been found to be more anxious, dependant, alert-objective but less sensitive-imaginative (Schurr, Ashley & Joy, 1977), more neurotic (Dobersek & Bartling, 2008) and more extraverted (Eagleton, McKelvie, & de Man, 2007). The level of participation has also been shown to result in differences in personality traits. Athletes competing at national and international level were found to be less neurotic and more agreeable than those competing at club or regional level (Allen, Greenlees & Jones, 2011) and in their study of the personality of endurance athletes (Egloff & Gruhn, 1996) found elite athletes to be more extraverted and more emotionally stable than recreational athletes. Differences in personality traits between team players in different playing positions, the topic of interest for this particular study, is discussed in more detail in the next section.

### 1.3 *Personality Trait Theory and Playing Position*

Personality differences in team players of different playing positions, which is the area of interest of this particular study, have also been found. Studies have looked at the personality traits and related psychological skills of team sports players and how these differ by the playing position of the participant. Differences have been found in both professional and collegiate American Football players (Schaubhut, Donnay & Thompson, 2006; Nation & LeUnes, 1983; Schurr, Ruble, Nisbet & Wallace, 1984). Using the CPI 260 measure, which is an assessment of normal personality often used in the domains of coaching, leadership development and retention in an organisational context, it was found that personality profile accurately distinguished between offensive and defensive players in professional American Football (Schaubhut et al., 2006). Significant differences were found in the scales measuring Sociability and Social Presence, which represent the level of social participation and the degree to which an individual possesses poise and comfort with attention and recognition respectively. Significant differences were also found in Social Conformity and Self Control which measure conformance with social norms and customs and cautiousness and self-regulation respectively (Schaubhut at al., 2006; Gough, 2002).

With regard to collegiate American Football players, using the Myers Briggs Type Indicator, Schurr et al., as cited in Grobbelaar & Eloff (2011), found significant differences between players of different positions in certain personality dimensions (extraversion-introversion, sensing-intuition, thinking-feeling and judging-perceiving). In addition, Kirkcaldy's analysis of university team sports, as cited in Cameron, Cameron, Dithurbide & Lalonde (2012) indicated, for example, that offensive players were less emotionally stable, more tough-minded, and more extraverted than defensive players.

However, the results are less than conclusive. For example, studies in other sports such as ice hockey and basketball have found little or no differences. In their 2012 study looking at personality traits and stereotypes associated with Ice Hockey Cameron et al. did not find significant differences between players of different positions with regard to the Big Five personality traits. Sindik (2011) also found that there were no significant differences between players of different positions with regard to the Big Five personality traits in a study of Croatian Basketball players. This inconsistency is perhaps due to the particular idiosyncrasies of different positions across sports or it may be due to the different measures used in the studies. This inconsistency can only be addressed through further research which is the rationale for this study.

It would seem feasible to expect that personality differences between players of different playing positions may exist (Allen, Greenlees & Jones, 2013). As in the organisational or work context different positions in team sports often require different types of behaviour and specific characteristics. These requirements may be more or less suited to players with certain personality traits. As outlined above the evidence base is currently not sufficient to draw any reasonable conclusions about differences in personality traits across playing positions and it remains an area where further research is required. Assessing the personality profiles of Gaelic Football players in different playing positions is not something that has been undertaken in the literature to date. Adding a new study to the already existing research and introducing a new sport can help further understand the influence of personality on playing position more generally.

Further rationale for the study is that it should provide new information to coaching staff involved in Gaelic Football. It is important for coaches to understand the personality of their players in order to help optimise performance (Weinberg & Gould, 2007, p. 37).

Understanding if there is a possible relationship between playing position and personality traits should therefore prove useful.

#### *1.4 Motivation and sport*

Motivation is a topic that is central to many discussions in the literature regarding both participation and success in sport. It is commonly argued that motivation plays a crucial role in sport (Moran, 2012, p. 44). Motivation can be described as the direction and intensity of one's effort (Weinberg & Gould, 2007, p. 52). The direction of effort refers to whether an individual is attracted to and seeks out a certain situation. Intensity refers to how much effort the individual puts forward in that situation (Weinberg & Gould, 2007, p. 52). Traditionally, sport psychologists have distinguished between two different types of motivation – intrinsic and extrinsic (Moran, 2012, p. 47). Intrinsic motivation refers to the engagement in sport for its own sake, to gain pleasure and satisfaction from participation. Extrinsic motivation is partaking in sport as a means to an end rather than for its own sake. It involves partaking in order to derive tangible benefits such as trophies or money, or social rewards such as praise and prestige or to avoid punishment (Vallerand & Losier, 1999).

Research involving motivation and sport covers a wide variety of approaches to understanding motivation in sporting context. Examples of the variety of research topics in the area of motivation in Sports Psychology include differences in motivation from childhood to adulthood, interaction between intrinsic motivation and extrinsic rewards and the impact of different goal orientation on perception of success and participation levels. It has been found that the motivations underlying participation in sport changes from childhood to adulthood; generally moving away from affiliation and fun towards factors such as competition and fitness (Kremer, Moran, Walker & Craig, 2012, p. 58). With regard

to the interaction between intrinsic motivation and extrinsic rewards, a meta-analysis of experiments examining this interaction found that rewards contingent on engagement, completion and performance all significantly undermine intrinsic motivation (Deci, Koestner & Ryan, 1999). Research involving goal orientations and achievement goal theory, which is the theory of motivation relevant to this study, is discussed in detail further in section 1.4.

Two major theoretical approaches exist in Sports Psychology in an effort to explain motivation; the personality model (focussing mainly on individual's need for achievement) and social-cognitive model (including the goal-orientation approach and attribution theory) (Moran, 2012, p. 50). On the personality model side the main theory to emerge is the McClelland-Atkinson Need Achievement Theory (NAT) (Kremer et al., 2012, p. 71) which focusses on a personality construct called the "need for achievement" and how this interacts with the individual's fear of failure. For example this theory would suggest that an individual with a high need to achieve and a low fear of failure is likely to enjoy competition and not perceive it as a threat to their self-concept (Kremer et al., 2012, p. 73). This theory has made little progress in accounting for motivation in sport due in the main part to the lack of valid instruments to measure achievement motivation and the subjectivity of the concepts of success and failure (Moran, 2012, p. 51).

Social-cognitive approaches have gained more favour. Attribution theory assumes that individuals strive to explain, understand and predict events based upon their cognitive perception. An individual may perceive success or failure to be attributable to certain factors. These attributions and their stability, causality and the degree to which they can be controlled affect the individual's expectations for future performance and emotional reaction which will in turn affect their motivation (Weinberg & Gould, 2007, p. 64). Research on Attribution Theory in sport has found that successful individuals favour

attributions to internal and personally controllable factors such as practice and preparation (Robinson & Howe, 1987; McAuley, 1985). Attribution Theory was deemed to be a “hot topic” in the field of motivation in sport in the 1980s but has declined in favour in the recent past (Biddle, 1999). The other main social-cognitive model of motivation in sport is Achievement Goal theory which is the theory of motivation that underlies the motivation aspect of this study and is discussed in greater detail in the next section.

### *1.5 A model of motivation - Achievement Goal Theory in Sport*

Achievement Goal Theory (Nicholls, 1984) has been described as having emerged as the most popular motivation theory in sport and physical activity contexts (Roberts, Treasure & Conroy, 2007), with over 200 research studies in this field up until 2007. Achievement Goal Theory began as an attempt to understand student’s responses to achievement challenges (Moran, 2012, p. 52). In the sporting context the theory is concerned with how individuals perceive and define successful achievement. The theory states that there are two specific orientations when perceiving success; task orientation and ego orientation. With task orientation the focus is on one owns effort and improvement, the goal is mastery of a particular skill. The task orientated athlete’s perception of ability is typically self-referenced where the focus is on effort and improvement (Omar-Fauzee, See, Geok & Latif, R, 2008). With ego orientation the focus is on comparison to others. Perception of success is measured as a function of out-performing others. Task orientation links effort to success, that is to say that improvement is possible and the individual is control of their success. Ego orientation is associated with the belief that ability is independent of effort. For an ego-orientated athlete success is outperforming an opponent irrespective of the effort expended (Cox, 2007, p. 153).

Research in Sports Psychology using Achievement Goal Theory has allowed for some predictions to be made about those that are more task orientated and those that are more ego orientated. It has been found that children who are more task-orientated are more likely to persist with sport whereas dropping out of sport is likely to be more prevalent in those that are more ego-orientated (Cervelló, Escartí & Guzmán, 2007; Weiss & Ferrer-Caja as cited in Moran, 2012, p. 54). There is empirical support for the prediction that those who are more ego-orientated are more likely to believe that success is achieved by having high ability rather than being attributed to effort (Roberts et al., 2007). Goal orientations of participants in sport have been found to be related to ability to cope with anxiety. Ntoumanis, Biddle & Haddock (1999) found that those high in task orientation were more likely to engage in active coping strategies such as seeking social support for advice and guidance, whereas those who are high in ego orientation are more likely to engage in dysfunctional coping strategies such as venting of emotions. Kristiansen, Roberts & Abrahamsen (2008) produced similar findings in investigating the interaction between goal-orientation and coping strategies of elite wrestlers. Goal orientations have also been linked to sportsmanship attitudes (Duda, Olson & Templin, 1991). Those high in ego orientation are more likely to approve of aggressive behaviours and have a higher likelihood of lower levels of moral reasoning and those high in task orientation are more likely to engage in good sportspersonship behaviours (Dunn & Dunn, 1999; Stephens, 2000).

### *1.6 Individual differences in Motivation*

If the motivation style of an athlete is thought of as a tendency to be ego orientated or task orientated (or potentially both), as conceptualised by Achievement Goal Theory,

then motivational style can be described, not necessarily as a fixed trait, but as a cognitive schema that is fairly stable over time (Duda & Whitehead, as cited in Roberts et al., 2007; Kremer et al., 2012, p. 80; Roberts, Treasure & Balague, 1998). However, while stability over time has been demonstrated there is some conflicting evidence to suggest that athlete's goal orientations may be more context specific than previously realized (Harwood, 2002; Roberts as cited in Moran, 2012, p. 56). If stability over time of motivational style is believed then it would seem reasonable that individual differences in motivational style exist. However, there is limited research looking at individual differences in motivation in a sporting context.

Only a small number of studies were located as part of the review of the literature in preparation of this study. Researchers have found for example, that team athletes are more ego-orientated than individual athletes (Taft, 2011) and that players with more playing time are more task-orientated than those with less playing time (Henriksen, 2012). Cultural differences in a sporting context have also been found. Sari, Ilić & Ljubojević (2013) found that Turkish basketball players were higher in ego orientation than Montenegrin basketball players and this result was reversed for task orientation, with Montenegrin players scoring higher. In that particular study one of the recommendations for further research in the area of differences between groups in terms of task and ego orientation was to investigate if differences exist between players of different playing position, which is the focus of the current study.

In terms of playing position, no studies were found which specifically measured motivation differences in players of different playing position using goal orientation as the measure of motivation. However, differences have been found using others measures of motivation. Achievement Motivation differences (assessed using the Athletic Coping Skills

Inventory (ACSI-28)) were found between players of different positions in South African Netball players (Grobbelaar & Eloff, 2011). Differences were also found in South African Rugby players of different position (Andrew, Grobbelaar & Potgieter, 2007) and in basketball players of different playing position (Erčulj & Vičič as cited in Grobbelaar & Eloff, 2011). All three studies speculated that motivational differences observed were as a result of some positions being more pivotal in the scoring of points or prevention of scoring by the opposite team and that the realisation of this pivotal role led to higher achievement motivation.

It is clear that understanding the extent to which players are ego orientated and task orientated would be beneficial to coaches and to players given that the goal orientation of an athlete has been shown to be linked to the likes of sportspersonship, coping skills and persistence with sport. Extending this to the current study it is clear that understanding if players in different playing positions are more likely to be higher in task orientation or ego orientation would also be beneficial as it could inform coaching style and the motivation climate that should be established for different groups of players. Theory would suggest that, for example, a combination of athletes being both ego-orientated and task-orientated in conjunction with a mastery motivation climate (as opposed to competitive motivation climate) should yield the highest levels of performance, personal satisfaction and enjoyment (Cox, 2007, p. 155). The current study aims to help provide relevant findings in the field of goal orientation so as to inform both players and coaching staff.

### *1.7 Current Study – aims, rationale and hypotheses*

The aim of this study is to investigate if significant differences exist between forwards, backs and midfield players on Gaelic Football teams with regard to extraversion, agreeableness, neuroticism, task orientation and ego orientation. In respect of personality differences between players of different positions the findings to date have been inconsistent. The current study will add to the number of studies investigating this particular topic and will introduce a new sport to those already investigated, adding to the discussion on whether previous findings can be generalised further. In respect of motivation differences between players of different positions the present study will add a new sport to those already investigated. It will also address a gap in the literature by investigating specifically goal orientation as the measure of motivation which, despite being based on the most popular motivation theory in sport, has not been investigated to date with regard to differences between players of different positions. More generally the current study will help in a small way to address the lack of focus on Gaelic Football specifically in research in the field of Sports Psychology.

While somewhat speculative the following are hypotheses of the current study:

**Hypothesis 1** predicts that there will be a significant difference in extraversion scores between the three position groupings of backs, midfield and forwards.

**Hypothesis 2** predicts that there will be a significant difference in agreeableness scores between the three position groupings of backs, midfield and forwards.

**Hypothesis 3** predicts that there will be a significant difference in neuroticism scores between the three position groupings of backs, midfield and forwards.

**Hypothesis 4** predicts that there will be a significant difference in ego orientation scores between the three position groupings of backs, midfield and forwards.

**Hypothesis 5** predicts that there will be a significant difference in task orientation scores between the three position groupings of backs, midfield and forwards.

**Hypothesis 6** predicts that extraversion, agreeableness and neuroticism scores will predict position grouping of the participants.

## 2. Method

### 2.1 *Participants*

The participants for this study consisted of 312 male Gaelic Football players. The sample was a convenience sample accessed via the researcher's network. All participants were members of a Gaelic Football team. However, the level at which the participants competed (i.e. junior, intermediate, senior or inter-county) was not established. 310 participants confirmed their age, which ranged from 15 to 55. The mean age of the sample was 26.88 (SD=6.98). Parental consent was not sought for those under 18. The potential for participants to be aged under 18 was highlighted in the submission of the research project proposal to the DBS School of Psychology Research Ethics Committee. Neither a minimum age limit was imposed nor parental consent sought as it was deemed that the questions asked as part of the questionnaire were of a nature that was unlikely to cause any undue stress or harm. Of those aged under 18, 1 participant was aged 15, 6 participants were 16 and 13 participants were aged 17.

Participants played Gaelic Football in 23 different counties in Ireland. The most common county represented was Dublin with 55 participants (17.7%), followed by Louth with 51 participants (16.5%) and Wicklow with 43 participants (13.9%). 311 participants confirmed their playing position. The playing positions of the sample are outlined in Table 1.

Table 1: *Playing Position of Participants*

<b>Playing Position</b>	<b>Number Of Participants</b>	<b>Frequency</b>
Goalkeeper	19	6.1%
Corner back or full back	68	21.9%
Half back	69	22.2%
Midfield	49	15.8%
Half forward	56	18.0%
Corner forward or full forward	50	16.1%
<b>Total</b>	<b>311</b>	<b>100%</b>

## 2.2 *Design*

A quantitative, between groups, descriptive design with convenience sampling and questionnaire method was used in this study. In the testing of each of the first five hypotheses the independent variable was playing position and each of extraversion score, neuroticism score, agreeableness score, task orientation score and ego orientation score were the dependant variables. In the final hypotheses the dependant variable was playing position while the predictor variables were extraversion, neuroticism and agreeableness scores.

## 2.3 *Materials*

The materials used in this study consisted of two questionnaires which were distributed in both online and paper format. The standardised instruments used in the study were the Task and Ego Orientation in Sport Questionnaire (TEOSQ: Duda & Nicholls,

1992) and the Big Five Inventory (BFI: John & Srivastava, 1999). Only the items relating to the traits of extraversion, neuroticism and agreeableness from the Big Five Inventory were included in the version of the questionnaire used in this study.

The TEOSQ was used to assess the participant's goal orientations in relation to playing Gaelic Football. The TEOSQ is a 13 item questionnaire which measures individual differences in goal orientations, specifically in the context of sport. 7 of the items measure task orientation and 6 measure ego orientation. Participants were asked to think of when they felt successful in sport and answer the extent to which they agreed with each of the statements presented. The participants answered using a 5 point scale ranging from Strongly Disagree to Strongly Agree. A score of 1 is given when the participant strongly disagrees with a statement and a score of 5 when the participant strongly agrees, with scores of 2, 3 and 4 for the intermediate responses. The average of the scores for the responses to the 7 task orientation items gives the task orientation score for the participant and the average for the 6 ego orientation items gives the ego orientation score for the participant. The higher the score the more task-orientated or ego-orientated the participant is.

The TEOSQ is used widely as a measure of goal orientation in research in the area of motivation in sport and numerous studies have provided evidence for the factorial stability of the items in the questionnaire (e.g. Chi & Duda, 1995; Duda, 1989; Duda & White, 1992). In addition reliability and validity have been widely reported (e.g. Duda, Chi, Newton & Walling, 1995; Duda & Whitehead as cited in Moran, 2012, p. 54; Li, Harmer & Acock, 1996). The reliabilities in the current study of ego orientation and task orientation, measured using Cronbach's alpha, were satisfactory at 0.80 and 0.88 respectively.

The BFI is a 44-item questionnaire used to measure the personality traits of extraversion, neuroticism, agreeableness, conscientiousness and openness to experience. Given that this study is only concerned with the first three traits listed above, the questionnaire administered as part of this study was reduced to a 25-item questionnaire as it only included the items relevant to the traits being measured. 9 of the items measure agreeableness, 8 measure extraversion and 8 measure neuroticism. Participants were presented with the statement “I am someone who...” and asked to respond with the extent to which they agreed with each of the following 25 statements that were presented. For example one of the items related to extraversion is “is talkative” so the participant responds with the extent to which they agree that they are someone who is talkative. The participants answered using a 5 point scale ranging from Disagree Strongly to Agree Strongly. As with the TEOSQ questionnaire, a score of 1 is given when the participant disagrees strongly with a statement and a score of 5 when the participant agrees strongly, with scores of 2, 3 and 4 for the intermediate responses.

Reverse-scoring is required on some of the items before an overall score for each trait is computed. For the items related to extraversion, items 4, 13 and 19 are reverse-scored. For items related to agreeableness, items 2, 8, 17 and 23 are reverse-scored and for items related to neuroticism, items 6, 15 and 21 are reverse-scored. Once the reverse-scoring was complete the average of the scores for each of the traits was computed to give a score for each participant for extraversion, neuroticism and agreeableness. The higher the score for a trait the greater the extent to which the participant possesses that trait.

The reliability and validity of the BFI as a measure of personality traits have been well-established and widely reported in the literature (e.g. Gosling, Rentfrow & Swann, 2003; John, Naumann & Soto, 2008). The reliabilities in the current study of extraversion,

neuroticism and agreeableness, measured using Cronbach's alpha, were satisfactory at 0.79, 0.79 and 0.72 respectively.

#### 2.4 Procedure

The survey for this study, which consisted of 3 demographic questions and the two standardised measures outlined above (TEOSQ and BFI), was distributed using the online survey tool, SurveyMonkey, and in paper format. 268 participants engaged with the online version of the survey and 44 with the paper version. A link to the survey was sent via mobile messaging applications (e.g. WhatsApp), Facebook and email to personal contacts of the researcher who either played Gaelic Football or were involved with Gaelic Football teams. The link was then further distributed to team members and friends of the contacts that were also Gaelic Footballers. The paper versions were filled out by members of three different Gaelic Football teams (from Louth and Cork). The paper version of the survey, including the Information Sheet is included in the Appendix.

An information page presented to the participants at the beginning of the survey informed participants about the purpose of the survey, the fact that their responses were anonymous and their right to choose not to participate or to not complete the survey at any point. On the online version participants were not forced to answer all questions in order to complete the survey. Before completing the TEOSQ and the BFI, participants answered demographic information relating to their age, their county and the most common position in which they played during their Gaelic Football career.

When the survey was closed the data was first downloaded to excel and then uploaded to SPSS where the data from the paper versions of the survey was added and the full data set was analysed.

### 3. Results

#### 3.1 *Introduction*

This section will provide a statistical summary of the data collected as part of this study. Following this the findings for each of the hypotheses will be discussed. Specifically, one-way ANOVAs (or non-parametric equivalents where relevant) were conducted to investigate if there were significant differences between participants based on their playing position with respect to extraversion, neuroticism, agreeableness, ego orientation and task orientation. A Multinomial Logistic Regression was conducted to investigate if levels of extraversion, neuroticism and agreeableness were predictive of playing position.

#### 3.2 *Descriptive Statistics - Demographics*

Figure 1 displays the frequencies of playing position among the sample based on the options presented to participants in the survey. 311 participants provided their playing position. These were Goalkeeper (N=19), Full Back or Corner Back (N=68), Half Back (N=69), Midfield (N=49), Half Forward (N=56), Full Forward or Corner Forward (N=50). Playing positions were grouped further for the purposes of further analysis. These larger groupings were Backs (N=156), Midfield (N=49) and Forwards (N=106). Goalkeepers were included with Backs. Figure 2 displays the frequencies for this Position Grouping.

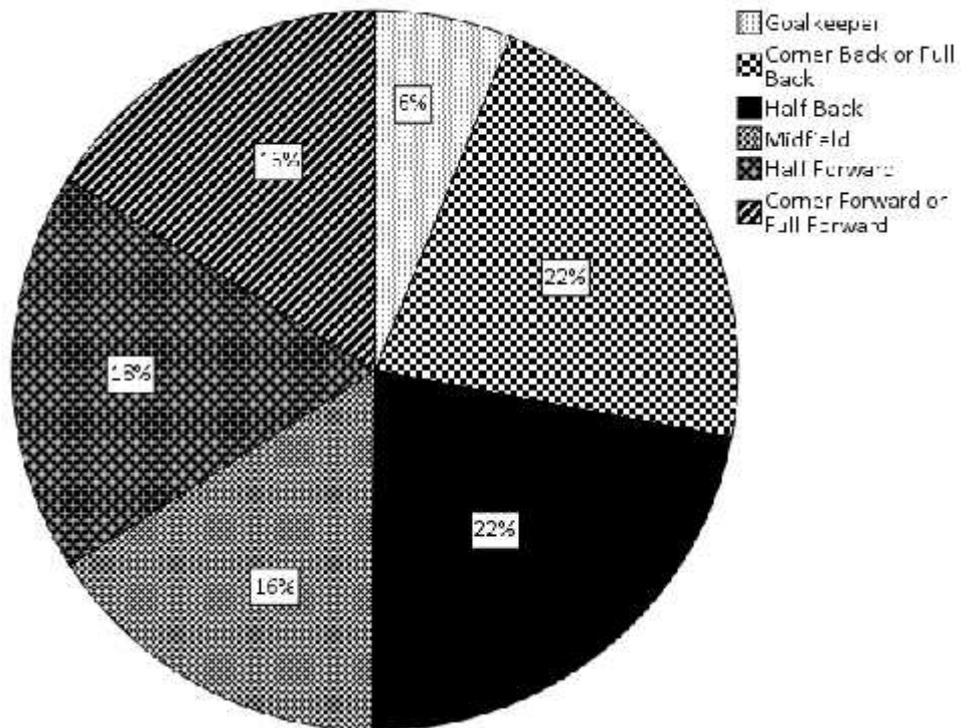


Figure 1: *Frequencies of reported Playing Position*

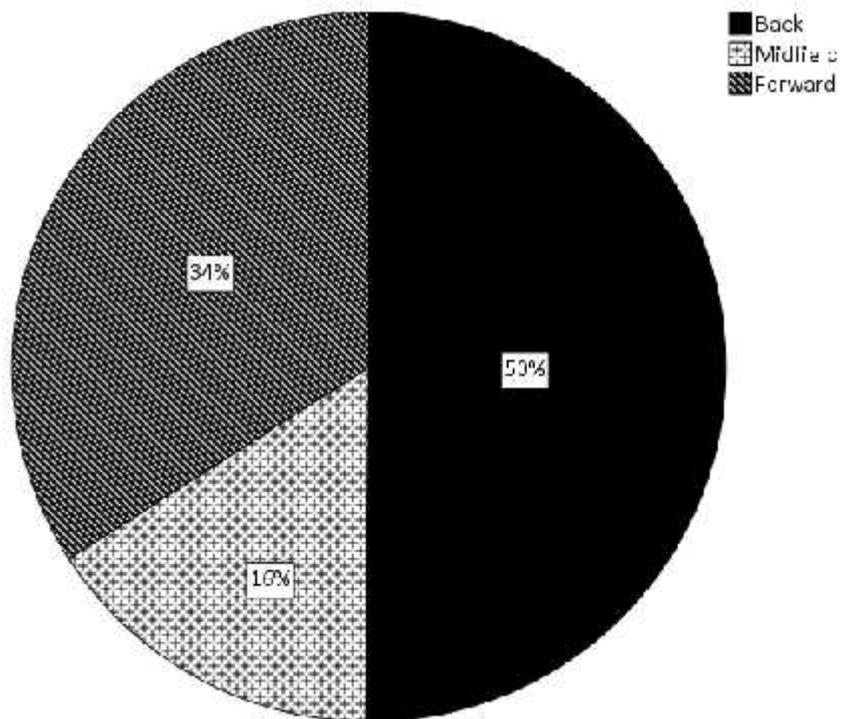


Figure 2: *Frequencies of Position Grouping*

### 3.3 Descriptive Statistics – Psychological Measures

Descriptive Statistics were run to compute the mean scores and standard deviations by Position Grouping for each of the variables of interest; extraversion (N=249), neuroticism (N=256), agreeableness (N=255), task orientation (N=268) and ego orientation (N=271). (Participants that completed the survey did not always answer each item on the questionnaires giving a different number of results for each variable). Figure 3 displays the means of each of the personality traits and Figure 4 displays the task and ego orientation means for each of the position groupings. Table 2 provides a summary of the statistics.

Figure 3 shows that the Midfield group are the most extraverted ( $\bar{x} = 3.80$ ,  $SD = 0.64$ ), most agreeable ( $\bar{x} = 3.91$ ,  $SD = 0.52$ ) and least neurotic ( $\bar{x} = 2.32$ ,  $SD = 0.55$ ) of the three groups. Extraversion scores for Backs ( $\bar{x} = 3.59$ ,  $SD = 0.71$ ) and Forwards ( $\bar{x} = 3.60$ ,  $SD = 0.64$ ) are very similar. The Forwards group are the least agreeable ( $\bar{x} = 3.83$ ,  $SD = 0.53$ ), while the Backs are not unlike the Midfield in group in terms of agreeableness ( $\bar{x} = 3.89$ ,  $SD = 0.53$ ). Backs are more neurotic than Midfield players ( $\bar{x} = 2.39$ ,  $SD = 0.67$ ) but the Forwards group are most neurotic ( $\bar{x} = 2.54$ ,  $SD = 0.74$ ) of the three groups.

Figure 4 shows that all groups are more Task Orientated than Ego Orientated. Forwards are less Task Orientated ( $\bar{x} = 3.83$ ,  $SD = 0.67$ ) than both Backs ( $\bar{x} = 3.94$ ,  $SD = 0.72$ ) and Midfield ( $\bar{x} = 3.93$ ,  $SD = 0.78$ ). Forwards are more Ego Orientated ( $\bar{x} = 2.74$ ,  $SD = 0.87$ ) than both Backs ( $\bar{x} = 2.62$ ,  $SD = 0.80$ ) and Midfield ( $\bar{x} = 2.71$ ,  $SD = 0.92$ ). Further analysis was conducted in order to examine if there were statistically significant differences. This analysis is outline in section 3.4.

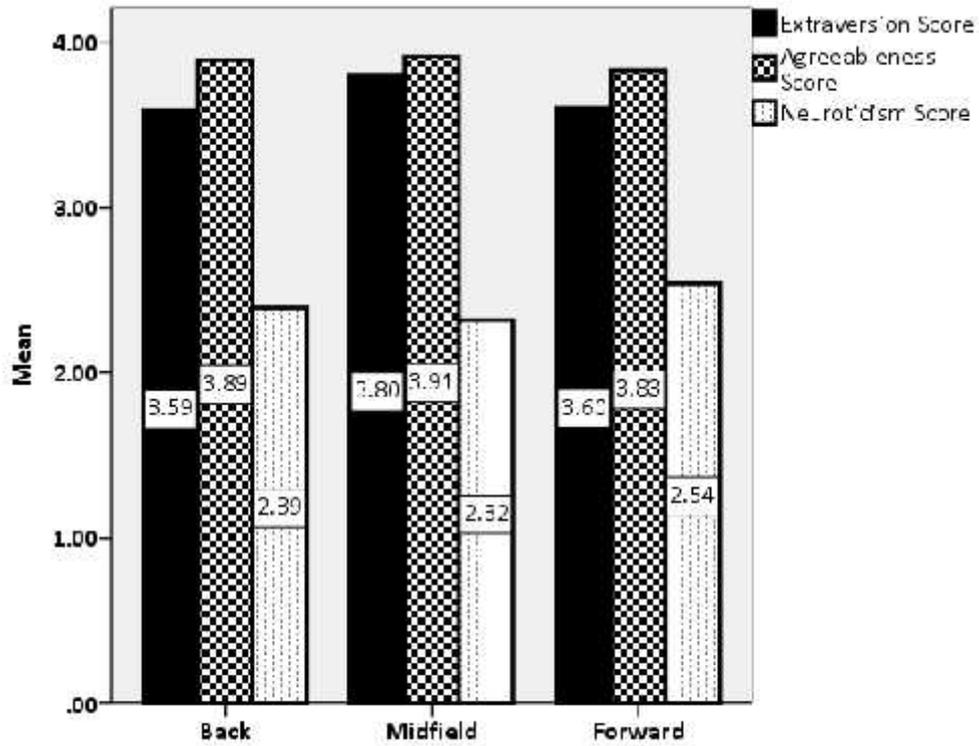


Figure 3: Comparison of means for Extraversion, Agreeableness and Neuroticism by Position Grouping

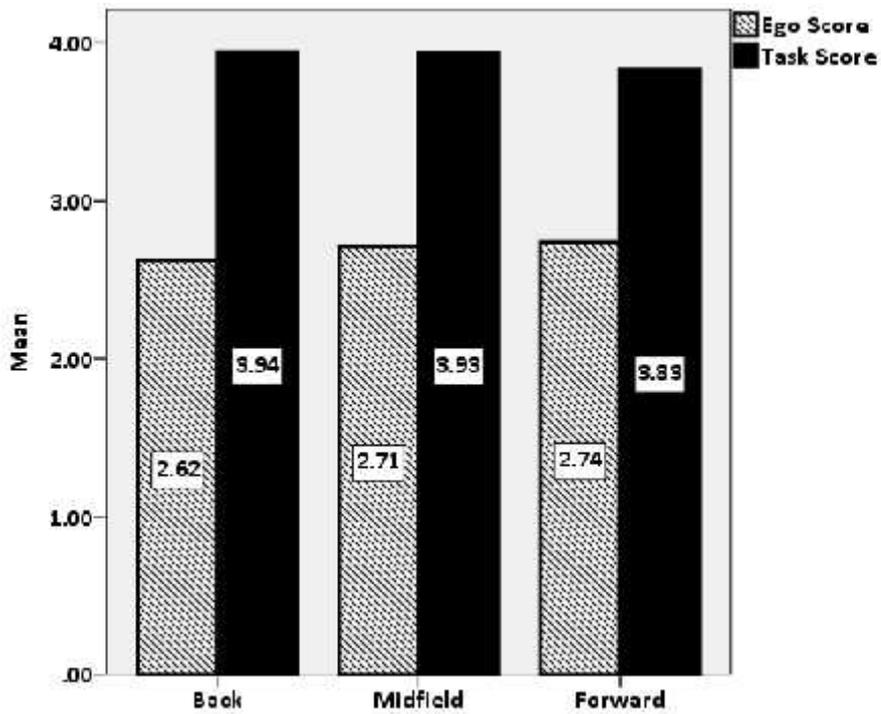


Figure 4: Comparison of means for Ego Orientation score and Task Orientation score by Position Grouping

**Table 2:** *Descriptive Statistics for Extraversion, Agreeableness, Neuroticism, Ego Orientation and Task Orientation*

<b>Variable</b>	<b>Position Grouping</b>	<b>Number of participants</b>	<b><math>\bar{x}</math></b>	<b>SD</b>
<b>Extraversion</b>	Back	121	3.59	0.71
	Midfield	42	3.80	0.64
	Forward	86	3.60	0.64
	<b>Total</b>	<b>249</b>	<b>3.63</b>	<b>0.68</b>
<b>Agreeableness</b>	Back	123	3.89	0.53
	Midfield	44	3.91	0.52
	Forward	89	3.83	0.53
	<b>Total</b>	<b>256</b>	<b>3.87</b>	<b>0.53</b>
<b>Neuroticism</b>	Back	123	2.39	0.67
	Midfield	44	2.32	0.55
	Forward	88	2.54	0.74
	<b>Total</b>	<b>255</b>	<b>2.43</b>	<b>0.68</b>
<b>Ego Orientation</b>	Back	133	2.62	0.80
	Midfield	48	2.71	0.92
	Forward	90	2.74	0.87
	<b>Total</b>	<b>271</b>	<b>2.68</b>	<b>0.84</b>
<b>Task Orientation</b>	Back	132	3.94	0.72
	Midfield	46	3.93	0.78
	Forward	90	3.83	0.67
	<b>Total</b>	<b>268</b>	<b>3.90</b>	<b>0.71</b>

$\bar{x}$  = mean, SD = Standard Deviation

### 3.4 *Testing of Hypotheses*

**Hypothesis 1** predicted that there would be a significant difference in extraversion scores between the three Position Groupings of Backs, Midfield and Forwards. A One Way Analysis of Variance yielded no significant differences between the groups with regard to levels of extraversion ( $F(2, 246) = 1.66, p = 0.19, ns$ ). Therefore the null hypothesis, that there is no significant difference between players of different position with regard to extraversion, was accepted.

**Hypothesis 2** predicted that there would be a significant difference in agreeableness scores between the three Position Groupings of Backs, Midfield and Forwards. A One Way Analysis of Variance yielded no significant differences between the groups with regard to levels of agreeableness ( $F(2, 253) = 0.53, p = 0.59, ns$ ). Therefore the null hypothesis, that there is no significant difference between players of different position with regard to agreeableness, was accepted.

**Hypothesis 3** predicted that there would be a significant difference in neuroticism scores between the three Position Groupings of Backs, Midfield and Forwards. A One Way Analysis of Variance yielded no significant differences between the groups with regard to levels of neuroticism ( $F(2, 252) = 1.98, p = 0.14, ns$ ). Therefore the null hypothesis, that there is no significant difference between players of different position with regard to neuroticism, was accepted.

**Hypothesis 4** predicted that there would be a significant difference in ego orientation scores between the three Position Groupings of Backs, Midfield and Forwards.

A One Way Analysis of Variance yielded no significant differences between the groups with regard to levels of ego orientation ( $F(2, 268) = 0.528, p = 0.59, ns$ ). Therefore the null hypothesis, that there is no significant difference between players of different position with regard to ego orientation, was accepted.

**Hypothesis 5** predicted that there would be a significant difference in task orientation scores between the three Position Groupings of Backs, Midfield and Forwards. The distribution of the task orientation Scores for each of the Position Groupings was found to be not normal. Therefore a Kruskal-Wallis test was performed. A Kruskal- Wallis One Way ANOVA yielded no significant differences between the groups with regard to levels of task orientation ( $\chi^2 (2) = 3.13, p = 0.21, ns$ ). Therefore the null hypothesis, that there is no significant difference between players of different position with regard to task orientation, was accepted.

**Hypothesis 6** predicted that extraversion, agreeableness and neuroticism scores would predict Position Grouping of the participants. Multinomial Logistic Regression was performed to establish if the personality traits can distinguish between the three playing positions examined. None of the predictor variables were shown to distinguish the different playing positions. A Pseudo R-square test (using the Nagelkerke value) revealed that only 4.2% of the variance was explained. Based on the predictor variables Backs were correctly identified as such in 88.7% of cases. However, Midfield players tended to be misclassified as Backs very often, as did Forwards. Of the predictors which distinguished Backs from the Midfield players and Forwards, the only result of significance was neuroticism ( $b = -.51$ ).

This means that Backs are partly distinguished from Midfield player and Forwards by having lower neuroticism scores, lending partial support to the hypothesis.

## 4. Discussion

### 4.1 Overview

This study aimed to investigate if there were differences in certain personality traits between players of different positions on Gaelic Football teams. In addition it aimed to investigate if there were differences in goal orientations between players of different positions on Gaelic Football teams. It attempted to explore these differences through the distribution of questionnaires enabling scores to be attributed to participants for the variables of extraversion, agreeableness, neuroticism, ego orientation and task orientation.

The most accepted model of personality among trait theorists is the Big Five model (Pervin et al., 2005, p. 292). This model argues that five major dimensions of personality exist. These dimensions are Neuroticism, Extraversion, Agreeableness, Conscientiousness and Openness (Maltby et al., 2007, p. 176). Only the traits of Extraversion, Agreeableness and Neuroticism were explored as part of this study. With regard to the exploration of personality trait differences between players of different position there is only a limited number of studies exploring these differences. In their review of Personality in Sport, Allen et al. (2013) commented that it is not unreasonable to expect differences in personality traits between players of different playing position given that different positions often require different behaviours which may be more or less suited to players with different personality traits. In addition it was commented that the evidence base is currently not sufficient to draw reasonable conclusions. Of the studies that were located, the sports that have been explored to date in this respect are American Football (Schaubhut et al., 2006; Nation & LeUnes, 1983; Schurr et al., 1984), Basketball (Sindik, 2011) and Ice Hockey

(Cameron et al., 2012). Exploration of the personality traits of players of different positions in Gaelic Football has not been carried out to date.

With regard to motivation in sport, Achievement Goal Theory (Nicholls, 1984) has emerged as the most popular motivation theory (Roberts et al., 2007). Despite this, a search for studies examining goal orientation differences between players of different positions yielded no results. However, some studies have explored differences in the motivation dimension between players of different positions using other measures of motivation. Studies have found differences in the motivation dimensions of players of different positions in rugby teams (Andrew et al., 2007), netball teams (Grobbelaar & Eloff, 2011) and basketball teams (Erčulj & Vičič as cited in Grobbelaar & Eloff, 2011). Exploration of motivation differences between players of different positions in Gaelic Football teams has not been carried out to date.

The following sections include a summary of the main findings of this study with respect to the stated objectives, an examination of the significance of these findings using previous research to evaluate their contribution, concluding with an examination of the strengths and weaknesses of the study and some recommendations for further research.

#### *4.2 Summary of Results*

The first three hypotheses of this study stated that there would be significant differences in extraversion, agreeableness and neuroticism scores between Forwards, Backs and Midfield players in the sample. All three research hypotheses were rejected. Examination of the means of the personality trait scores for each of the position groupings found that Midfield players were the most extraverted and agreeable and the least neurotic.

Forwards were most neurotic and least agreeable. The extraversion scores of the Forwards and Backs were very similar. Although differences were present for each of the variables between the position groupings, one-way ANOVAs carried out for each of the variables revealed that these differences were not significant.

In addition, the current study hypothesised that the three personality traits measured would together be predictive of playing position. The largest scale and most recent of the studies in the literature that found personality differences between players of different positions was that by Schaubhut et al. (2006). The sample in this study included 812 professional American Football players. It examined Personality Profiles using the CPI 260 measure and as well as exploring if there were differences between players of different position on each of the 29 subscales within the measure it also examined if the personality profile of players predicted their playing position. Using Binomial Logistic Regression it found that the personality profile accurately distinguished defensive players from offensive players. Influenced by that particular study, a Multinomial Logistic Regression was carried out in the current study also. The research hypothesis was rejected as the multinomial logistic regression did not reveal that the personality traits of extraversion, agreeableness and neuroticism were significant predictors of position grouping. However, there was partial support for the hypothesis with the results showing that backs were correctly classified as such in a large proportion of cases and that backs were distinguishable in part from forwards and midfield players by their neuroticism scores.

Previous studies investigating personality differences between players of different playing positions are limited in number and have provided conflicting results. The results of this particular study are in line with results found in studies of ice hockey (Cameron et al., 2012) and basketball (Sindik, 2011) but out of line with studies in American Football

(Schaubhut et al., 2006; Nation & LeUnes, 1983; Schurr et al., 1984) and the study by Kirkcaldy, as cited in Cameron et al. (2012), where the particular sport is not specified but rather generalised as University Team Sports.

Each of these studies, including the current study, used different measures when examining the personality profile of participants. The measures used in the studies with which the results of this study are consistent are, the International Personality Item Pool 50 (IPIP50) (Sindik, 2011) and the Ten Item Personality Inventory (TIPI) (Cameron et al., 2012), which both measure the Big Five personality traits and report validity and correlation with more standard measures of the Big Five personality traits. The measures used in the other studies do not specifically measure the Big Five personality traits. Kirkcaldy, as cited in Cameron et al. (2012) compared participants scores on the Eysenck Personality Questionnaire (EPQ) and the other measures used were the Profile of Mood States (Nation & LeUnes, 1983), the Myers Briggs Type Indicator (Schurr et al., 1984) and as previously stated the CPI 260 (Schaubhut at al., 2006). The difference in the measures used is potentially a reason for the inconsistencies observed between the different studies. Another potential reason is the idiosyncrasies of each of the sports that have been examined. It may be for example, that in American Football, the differences in skills, behaviours and requirements between offensive and defensive players are far more pronounced than in the sports that have not yielded differences in personality traits across positions (including Gaelic Football).

American Football, where differences in personality profiles have been found, is quite different to Gaelic Football in many respects. Offensive and Defensive players have very specific roles in the team and are not even on the playing field at the same time. It is very rare in American Football for a player to play both an offensive and defensive role. In

Gaelic Football however the difference is less pronounced, especially in the half-back, midfield and half-forward positions, with players often taking on more defensive or offensive roles, depending on for example, the player's individual strengths, the opposition or the game in question (friendly versus championship). This may lead to groups of players in specific types of positions in American Football being more homogenous in terms of their personality profile than their counterparts in Gaelic Football.

The hypotheses relating to goal orientation stated that there would be significant differences between Backs, Forwards and Midfield players with regard to ego orientation and task orientation. Following analysis of the results both research hypotheses were rejected. Examination of the means found that all three groups were more task orientated than ego orientated. Further examination revealed that Forwards were less task orientated and more ego orientated than Backs and Midfield players, with Backs being the least ego orientated and most task orientated of the three groups. However, One Way ANOVA (and non-parametric equivalent in respect of task orientation) found that the differences were not significant.

As stated, there were no studies found as part of the literature review for this study which examined specifically the differences between players of different positions with regard to goal orientation as a measure of motivation. Studies looking at motivation dimension differences between players of different position using other measures of motivation have yielded significant results. Studies involving rugby teams (Andrew et al., 2007), netball teams (Grobbelaar & Eloff, 2011) and basketball teams (Erčulj & Vičič as cited in Grobbelaar & Eloff, 2011) all found that the players in different positions measured significantly differently with regard to motivation. However, these studies used measures of Achievement Motivation as sub scales of larger Psychological Skills questionnaires.

Achievement Motivation is based on the McClelland-Atkinson Need Achievement Theory (NAT) (Kremer et al., 2012, p. 71), where those with higher Achievement Motivation scores are said to have a need to achieve which is greater than their fear of failure. This is in contrast to Achievement Goal Theory, the theory on which the measure of motivation used in this study is based. This theory is concerned with how individuals perceive and define successful achievement. The task orientated athlete's focus is on effort and improvement (Omar-Fauzee et al., 2008). With ego orientation the focus is on comparison to others. For an ego-orientated athlete success is outperforming an opponent irrespective of the effort expended (Cox, 2007, p. 153). These two orientations are orthogonal, so athletes can be high or low on either goal orientation or on both at the same time.

The inconsistency between the results of this study and the results of the previous studies that did find differences in motivation dimensions between athletes of different positions may be merely down to the fact that different constructs, albeit within the family of concepts of motivation, are being measured. Alternatively, it may be that the differences found in other sports do not extend to Gaelic Football.

#### *4.3 Significance of Findings*

The aim of this study was to investigate if there are significant differences in personality traits and achievement goals between players in different positions in Gaelic Football teams. In terms of personality differences between players of different positions existing research in this area has been sparse and the findings inconsistent. Inconsistency can only be addressed through further research. The findings of this study, that there are

no significant differences between Forwards, Backs and Midfield players in Gaelic Football teams adds a new sport to the existing body of research. It also adds a new study to the selection of studies that have found that there are no significant differences.

In terms of its practical significance, there is a distinct lack of research material in the field of Sports Psychology in one of Ireland's indigenous and most popular sports. Studies such as the current study can provide information to coaching staff. The fact that significant differences have not been found between players of different position would suggest for example, that decisions about suitability of players for different playing positions may not necessarily need to take personality traits into account where other factors such as differences in physical abilities (e.g. strength and speed) may be more important in the decision making process. Although it must be emphasised that the extension of the findings in this particular study to the wider Gaelic Football playing population must be taken with caution as the results apply to a single sample only.

In terms of the motivation element of this study it adds to the small body of studies investigating if there are differences in motivation between players of different playing positions. The results of this study do conflict with the previous studies which did find that there were differences between players of different positions. However, as stated above the measure of motivation in this study, being based on Achievement Goal theory, was different to that used in studies which showed the opposite results. This may mean that differences can exist between players of different positions in terms of their motivation but it is dependent on how the researcher construes "motivation". Alternatively, it may be that Gaelic Football as a sport, and the way that it is coached and played from childhood, encourages a particular type of mind-set where it is the "love of the game", the mastery of

the skills of one of Ireland's national sports and enjoyment of its uniqueness that are of greater importance. If this is the case then differences between players in different playing positions may be less pronounced. These possibilities can only be addressed through further research, ideas for which are discussed in section 4.5.

#### 4.4 *Strengths and Weaknesses*

The main strength in this study could be described as its uniqueness. While it is not the first study to investigate differences in personality profile and in motivation of players of different playing positions it is the first to do so using a sample from the Gaelic Football playing population and the first to do so using Goal Orientation as the measure of Motivation.

The online survey used was straightforward and its distribution through mobile messaging apps and social media allowed for a wide sample to be reached and reasonable sample size to take part in the study. The internal reliability of the standardised measures used strengthens the validity and academic merits of the current study.

There are however some weaknesses and limitations identified in the current study. While the questionnaire was straightforward and its distribution via mobile messaging was a strength it may also be the source of a potential weakness. The survey was accessed via a SurveyMonkey link on mobile phones by some of the participants. One participant queried why the first set of questions (the TEOSQ) only allowed 4 options in the Likert scale whereas the second set of questions (the BFI) allowed 5. It transpired that the participant needed to scroll to the right on his particular mobile phone in order to see the "Strongly Agree" option for each of the statements in the TEOSQ but this was not clear to the participant while he

was answering the survey. There is potential that this was experienced by other participants as the options appear slightly differently on different types of mobile phone. If this was the case then it would mean that the results of the survey are potentially skewed, with the Strongly Agree option being selected less often than it would have been otherwise.

A second potential limitation with the current study is that the level of participation of the participants was not obtained as part of the survey. Previous research investigating personality and sport found that there are differences in personality traits between athletes competing at different levels (Allen, Greenlees & Jones, 2011; Egloff & Gruhn, 1996). There is potential that the sample included in this survey comprises of players ranging from those playing at a more recreational level, those that are substitutes more often than starters, those that play at club level only with various degrees of competitiveness and those that may be county players, the highest level at which players can play Gaelic Football. Having a potentially vast array of levels of participation included in the sample may mean that personality differences by position are more difficult to find. Further research may potentially address this limitation and is discussed in the next section.

A third potential limitation identified is the TEOSQ questionnaire that was used as part of this study. Other studies using this questionnaire have commented that the researchers amended the statements in the questionnaire to make it more specific to the sport which was under investigation (e.g. Dunn & Dunn, 1999). Changing the wording very slightly to make the statements more applicable to Gaelic Football may have yielded even small differences in results.

A limitation that requires noting is that the normality of the distribution of the variables of extraversion and agreeableness for the Backs grouping and neuroticism for the

Forwards grouping is in question and requires further investigation if future research in this area is to be conducted.

#### 4.5 *Future Research*

Given that this is the first known study investigating differences in personality profile and motivation between players of different positions in Gaelic Football it opens the door to many ideas for future associated research. As identified in the sections above, future research could be directed at more homogenous groups of Gaelic Football players, for example focussing on county-level players, eliminating the possibility of results being affected by having participants who play Gaelic Football with differing levels of participation.

Research involving a different measure of motivation may prove useful also. As outlined above previous studies that identified differences in motivation between players of different positions were based on Need Achievement Theory rather than Achievement Goal Theory. It would be useful to investigate if the findings of previous studies extend to Gaelic Football when based on the same theory of motivation rather than the theory on which the motivation element of the current study was based. This type of research could help identify if Gaelic Football is different in terms of how players are motivated or if it is consistent with other sports.

Future research could also be directed at the other most common of the G.A.A. sports to investigate if personality profiles and motivation of hurling players differ by playing position or if the results are consistent with the current study.

#### 4.6 Conclusion

The present study aimed to investigate if there are differences in the personality profile and motivation of players of different positions in Gaelic Football teams. The personality traits of extraversion, agreeableness and neuroticism were measured using the relevant subscales of the Big Five Inventory (BFI: John & Srivastava, 1999). Motivation was measured using the Task and Ego Orientation in Sport Questionnaire (TEOSQ: Duda & Nicholls, 1992) whose underlying theory of motivation is Achievement Goal Theory. Previous research investigating the difference in personality traits of players of different playing positions yielded conflicting results. The current study did not find significant differences. Previous studies investigating differences in motivation of players in different playing positions has generally found that there are significant differences. However, the underlying theory of motivation is different to that which forms the basis of the measure of motivation in this study. The current study did not find significant differences in ego orientation and task orientation of players of different position. The body of research in the specific areas under investigation in the current study was limited. Adding a new study and introducing a new sport to these fields of investigation have proved beneficial, despite the rejection of all research hypotheses.

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## Appendix

### Information Sheet

#### **Personality Profile and achievement goals of Gaelic Football players in different playing positions**

My name is Niamh Nolan and I am conducting research that explores personality and achievement goals in male Gaelic Football Players. This research is being conducted as part of my studies in Psychology in Dublin Business School and will be submitted for examination.

You are invited to take part in this study and participation involves completing and returning the attached anonymous survey.

Participation is completely voluntary and so you are not obliged to take part.

Participation is anonymous and confidential. Thus responses cannot be attributed to any one participant. For this reason, it will not be possible to withdraw from participation after the questionnaire has been collected.

The questionnaires will be securely stored and data from the questionnaires will be transferred from the paper record to electronic format and stored on a password protected computer.

**It is important that you understand that by completing and submitting the questionnaire that you are consenting to participate in the study.**

Should you require any further information about the research, please contact me at [10169022@mydbs.ie](mailto:10169022@mydbs.ie)

Thank you for taking the time to complete this survey.

**Basic information:**

Age: \_\_\_\_\_

County: \_\_\_\_\_

**What has been your most common playing position during your Gaelic Football career (please tick one box):**

- Goalkeeper
- Corner Back/Full Back
- Half Back
- Midfield
- Half Forward
- Corner Forward/Full Forward

**Part 1: Success in sport**

Consider the statement "I feel most successful in sport when..." and read each of the following statements listed below and indicate how much **you personally agree or disagree** with each statement by entering an appropriate score beside each statement.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Disagree Strongly	Disagree	Neutral	Agree	Agree strongly

**I feel most successful in sport when...**

1. \_\_\_\_\_ I am the only one who can do the play or skill
2. \_\_\_\_\_ I learn a new skill and it makes me want to practise more
3. \_\_\_\_\_ I can do better than my friends
4. \_\_\_\_\_ The others cannot do as well as me
5. \_\_\_\_\_ I learn something that is fun to do
6. \_\_\_\_\_ Others mess up and I do not
7. \_\_\_\_\_ I learn a new skill by trying hard
8. \_\_\_\_\_ I work really hard
9. \_\_\_\_\_ I score the most points/goals/hits, etc.
10. \_\_\_\_\_ Something I learn makes me want to go practise more
11. \_\_\_\_\_ I am the best
12. \_\_\_\_\_ A skill I learn really feels right
13. \_\_\_\_\_ I do my very best.

## Part 2: How I am in general

Here are a number of characteristics that may or may not apply to you. For example, do you agree that you are someone who *likes to spend time with others*? Please write a number next to each statement to indicate the extent to which **you agree or disagree with that statement.**

1	2	3	4	5
Disagree Strongly	Disagree a little	Neither agree nor disagree	Agree a little	Agree Strongly

### I am someone who...

1. \_\_\_\_\_ Is talkative
2. \_\_\_\_\_ Tends to find fault with others
3. \_\_\_\_\_ Is depressed, blue
4. \_\_\_\_\_ Is reserved
5. \_\_\_\_\_ Is helpful and unselfish with others
6. \_\_\_\_\_ Is relaxed, handles stress well
7. \_\_\_\_\_ Is full of energy
8. \_\_\_\_\_ Starts quarrels with others
9. \_\_\_\_\_ Can be tense
10. \_\_\_\_\_ Generates a lot of enthusiasm
11. \_\_\_\_\_ Has a forgiving nature
12. \_\_\_\_\_ Worries a lot
13. \_\_\_\_\_ Tends to be quiet
14. \_\_\_\_\_ Is generally trusting
15. \_\_\_\_\_ Is emotionally stable, not easily upset
16. \_\_\_\_\_ Has an assertive personality
17. \_\_\_\_\_ Can be cold and aloof
18. \_\_\_\_\_ Can be moody
19. \_\_\_\_\_ Is sometimes shy, inhibited
20. \_\_\_\_\_ Is considerate and kind to almost everyone
21. \_\_\_\_\_ Remains calm in tense situations
22. \_\_\_\_\_ Is outgoing, sociable
23. \_\_\_\_\_ Is sometimes rude to others
24. \_\_\_\_\_ Gets nervous easily
25. \_\_\_\_\_ Likes to cooperate with others