**The correlation relationship between body type and personality type in athletes**

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**Abstract**

**Background & Objectives:** This article find the correlation relationship between the body type and personality were the athletes. 50 male subjects with age above 20 years and student athletes who are physical education from the Imam Reza university in Mashhad were selected. We wanted to see whether there is a relationship between these? Our hypothesis was that athletes endomorph features are like to people visual, mesomorph are like to people auditory and also ectomorph are like to people touch. Actually we wanted on the physical characteristics of athletes, his personality type can predict, or vice versa.

**Methodology:** The survey research (field) methods and questionnaires were used. According to the score that each subject is through a questionnaire was his physical type and personality determined and finally observations compare together and the relationship between them was obtained.

**Results:** Research findings showed that only 8% individuals were consistent with our hypothesis and correlation coefficient obtained using Pearson's formula was brought -0.03. The aim of correlation relationship was inverse also its the amount and intensity was very small (P<0.05). In other words, our hypothesis is vice versa and can not be on the athletes body type predict them personality.

**Conclusion:** Therefore, considering the results and considering that the -0.03 number in table of Pearson's critical values for sample size 50 people is not significant, so we conclude and recommend that the relationship between body type and personality athletes no will be existence.

**Keywords:** Endomorph, Mesomorph, Ectomorph, Visual, Auditory, Touch

**Introduction**

The man is amazing and after the peak of physical and mental complexity is created, So far none of psychologists, sociologists, scientists in human and physical education, or even those of his mysterious character, they have failed to provide a precise definition of the human being, let alone an athlete who has a variety of features and characteristics. Therefore, this study has tried to take advantage of a small sample of the infinite (of the people), the relation between mental and physical qualities of athletes found. This research is centered around a basic question and that is whether the relation between the type of athlete and personality types are there? If so, how much and for how is it? And the relation found in a sample from the population we have chosen, it is significant or not? As mentioned, we want athletes to be better known and more familiar with their characteristics and qualities; In other words, you can see people on the physical, mental as they predicted? And vice versa. Our research has also grounds for future research and further research will be helpful. Physical scientists and others who are concerned with human anthropometric characteristics, using research doctor William. H. Sheldon (1940) for an overview of the three main body types endomorph (fat), mesomorph (muscular) and ectomorph (skinny) are classified. The doctor Sheldon told that there are people who have two or even three characteristic features of this type are physical. For example, it may be muscle or fat to lean muscle [3, 6]. In contrast, psychologists and personality theorists, the human personality can be classified into three groups. Means of visual, audible and tactile people. Also, those two or even all three of these categories fit. For example, a person may be both tactile and audio [1, 3, 4, 5, 7, 8, 9].

Our hypothesis is based on the fact that people like those visual features that are endomorph, mesomorph and audio belong to these groups as well as individuals ectomorph touch are similar to those. Kretschmer (German psychiatrist) classification based on observed cases established and people can be divided into three main categories. It was found that with a little care with the classification categories Kretschmer & Sheldon (endomorph - mesomorph - ectomorph) fully corresponds to (Ganji 2007) [3]. Picnic: The Body fat and fat are saying. Preparation of psychosomatic illnesses - are depressive. Athletics: the bones are very strong and very strong muscles. With epilepsy are being prepared. Asthenic or Leptosome: The forelimbs are long and narrow. The disease may be predisposed to schizophrenia. Sheldon (American psychologist) to see if he wanted to be on their appearance, their behavior be predicted? So the behavior was classified into three categories subclass. Sheldon high correlation between these three categories and won his first three groups [3]. Viscerotonia: Food fit people, good environment, seeking pleasure and happiness. Somatotonia: people active, dynamic, aggressive, competitive atmosphere and the people president. Cerebrotonia: people seeking isolation and thoughtful.

**Materials & Methods**

Here we survey methods (field) have been used since the survey research can be used to explore the relationship between different variables. So as we explore the relationship between body type and personality type, we use this method to implement their research (Delavare, 2009) [2]. One of the most common tools for collecting data in field research, the questionnaire is. This is thanks to this tool, the questionnaire has done its job. The subject should be the answer, the answer of your choice and get a score. Sample questionnaire is presented in the paper. The aim of this work is to explore the relation. It is because of the gap between the two types of measurements, we used the Pearson formula, because the distance scale and in field applications. It's also significance level critical values ​​in the table, obtain.

**Statistical Population and sample:** Since in this work we deal with the characteristics of humans, especially athletes and the human population of the world is very wide, population with some of the conditions that a number of students and students of Imam Reza university in Mashhad,Iran, was limited. Terms of population: Age: Over 20 years. Gender: Male. Education: High School Diploma. Study: Physical Education and Sports Science. Sport: does not matter. Marital Status: Does not matter. Total population: 988 people. Method for sampling from the population we have chosen, is simple random sampling without replacement. Each member of the population an equal chance of being selected once had. Number of members to 50 (of 988 people) was approximately 5% of the population.

**Test validity:** The questionnaire is divided into two parts. The first part of the question Brigade 1 to 11 to assess the reliability or validity of physical fitness education fitness of the science base (www.iribb.com) has approved under the relevant sports federations. Questions 12 to 22 which is the second part of the question Brigade personality measures and the validity or reliability of standardization by The doctor Hamid Reza Mohtashami (www.shr-mohtashami.com).

**Results** **& Research findings**

In this study, a comparative analysis has been used. As well as a descriptive analysis of the data collected, they will be compared with each other. The frequency distribution table, scores of people have been through the questionnaire, the subjects were given numbers from 1 to 50 and other figures should be calculated (eg Sigma each column) to obtain correlation coefficients were calculated to come. Data correlation coefficient formula (Pearson) and the result we obtained the number -0.03. Chart 1 gives the average scores of athletes in a variety of types. Similarly, the observed mean physical type 2.14, ie they are almost muscular mesomorph or moderate type of personality as well as individuals 2.08, which in this case are almost audible. Chart 2 shows the scores of athletes with physical type. Endomorph and mesomorph diagram between the minimum and maximum of them are almost mesomorph. Also, most people have a mesomorph body type. Chart 3 also shows the athlete's personality type scores. We are at least close to being intuitive and most of them close to the touch. Similarly, we will see that more people are hearing. According to Charts 2 and 3 we see that in both types of mode or looks like one. Body type is shown in Chart 4 percent of the athletes. Chart 5 the percentage of athletes in the type of personality has Sharper.



Chart 1: Average score athletes



Chart 2: Body scores of athletes



Chart 3: Personality scores of athletes



Chart 4: Percentage of athletes in body type



Chart 5: Percentage of athletes in personality type

**Discussion**

Due to the number of -0.03 the correlation coefficient is obtained from the formula, we can conclude that: Very little correlation between body type and personality type are athletes. The correlation is negative, contrary to our hypothesis is that. In other words, do not think ectomorph was a person, it is sure to touch. Table Pearson crisis, about -0.03 for N=50 is not significant. Not the physical shape of the athletes on their mental character predicted. Only 8% of people in terms of both physical and personality types were adapted quite disturbing. So our hypothesis is only 8%, or nearly covered. According to the studies of other researchers in this field, such as the doctor Sheldon and the doctor Kretschmer the high correlation between physical and mental characteristics of his subjects were obtained, unfortunately, in this study, the correlation coefficient was not interesting.

**Conclusion**

Because of very poor correlation was obtained and reverse its direction as well as the critical Pearson -0.03 the table for N=50 is not significant, It is proposed to express the relationship between body type and personality type does not exist. Recommended for such studies are done in humans, especially athletes, larger population sample is selected so that the results can be generalized to a wider and more.

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