

# Welcome to Our Channel

## Sports & Physical Education



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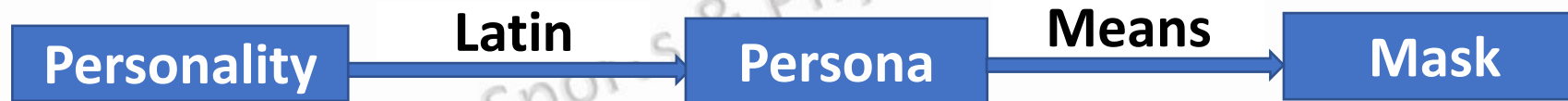
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# Personality

**Meaning of Personality:** The word “personality” has many definitions. Essentially, personality is referred to as the **combination of values, views, set responses, patterns of thought and characteristics** which are relatively stable aspects of an individual.





# Definition Of Personality

**Allport G.W.** “Personality is the dynamic organization with in the individual of those psychological system that determine his unique adjustment to his environment.”

**Watson** “Personality is the sum total of habits and habit-systems observed over a long period of time to give reliable information.”

**Morton Prince** “Personality is the sum total of biological innate disposition tendencies, appetites and instincts of the individual and the disposition and tendencies acquired by experience.”



# Definition Of Personality

**H.J. Eysenck** “Personality is the relatively stable organization of a person’s motivational disposition arising from the interaction between biological drives and social physical environment.”

**Munn, NL** “Personality may be defined as the most characteristics integration of an individual structures modes of behavioris, interest, attitudes, capacities abilities and aptitudes.”

**Valentine** “Personality is the sum total of innate and acquired disposition.”



# Definition Of Personality

**Boring** “Personality is an individual’s consistent adjustment with environment.”

**Guthrie** “Personality is defines as those habits and habits system of social importance that are stable and resistant to change.”

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# Classifications of Personality

## Hippocrate's Classification

Hippocrate's theorized that personality traits and human behaviors are based on **four separate** temperaments associated with fluids.

1. **Choleric** (Yellow bile from liver) – Physically Strong but Emotionally Weak
2. **Melanohlic**(Black bile from kidney) – Both Physically and Emotionally Weak
3. **Phlegmatic**(White phlegm from lungs) – Physically weak but Emotionally strong
4. **Sanguinic** (Red blood from the heart) – Both Physically and Emotionally strong



**Physically Strong  
Emotionally Weak  
Nature: Jittery, Irritable**

**Choleric**

**Physically Strong  
Emotionally Strong  
Nature: Diligent,  
Enthusiastic,  
Cheerful,  
Optimistic**

**Sanguinic**

**Hippocrate's  
Classification**

**Melancho-  
-lic**

**Physically Weak  
Emotionally Weak  
Nature: Sad and  
Disappointed**

**Phlegmatic**

**Physically : Weak  
Emotionally: Strong  
Nature: Sluggish yet joyful**



# Classifications of Personality

## Krestchmer's Classification

Krestchmer classified four types of personality on the basis of the **physical constitution** and **temperament**.

1. **Pyknic** – Short height with heavily built body types
2. **Athletic** – Muscular types having well-built muscles
3. **Aesthenic** – Tall and Thin with underdeveloped muscles
4. **Dysplastic** – Who do not exhibit any of the characteristics mentioned above but are mix of all three types





# Krestchmer's Classification of Personality

| S.No | Types      | Physical Constitution                      | Temperaments                                      |
|------|------------|--|---|
| 1    | Pyknic     | Short height with heavily built body types | Outgoing, Extroverts etc.                         |
| 2    | Athletic   | Muscular types having well-built muscles   | Energetic, Aggressive Determined Adventurous etc. |
| 3    | Aesthenic  | Tall and Thin with underdeveloped muscles  | Quiet , Reclusive Intellectual etc.               |
| 4    | Dysplastic | mix of all three types                     | ~   |



# Classifications of Personality

## Sheldon's Classification

Sheldon classified people according to three body type and temperaments called as **somatotypes**:

1. **Endomorphic / Viscerotunia:7-1-1** – Rounded and Soft
2. **Mesomorphic / Somatotoniatic: 1-7-1** – Square and Muscular
3. **Ectomorphic / Cerebrotonic 1-1-7** – Thin and Fine boned



# Sheldon's Classification of Personality

| S. No | Types       | Physical Constitution | Temperaments        | Character  |
|-------|-------------|-----------------------|---------------------|--|
| 1     | Endomorph   | Short and Round       | <b>Viscerotunia</b> | Barrel of Fun<br>Sociable, Fun-loving<br>Tolerant  |
| 2     | Mesomorphic | Square and Muscular   | <b>Somatotonic</b>  | Adventurous<br>Courageous<br>Competitive           |
| 3     | Ectomorphic | Thin and Fine boned   | <b>Cerebrotonic</b> | Self Conscious<br>Private<br>Introvert<br>Artistic |



# Classifications of Personality

## Jung's Classification

Jung classified personality in two types :

1. **Introvert** – A person who focuses his attention on his own feelings and ideas.
2. **Extrovert** – A person who focuses his attention on the outside world.

**Ambivert** :- A person whose personality has a balance of extrovert and introvert features.

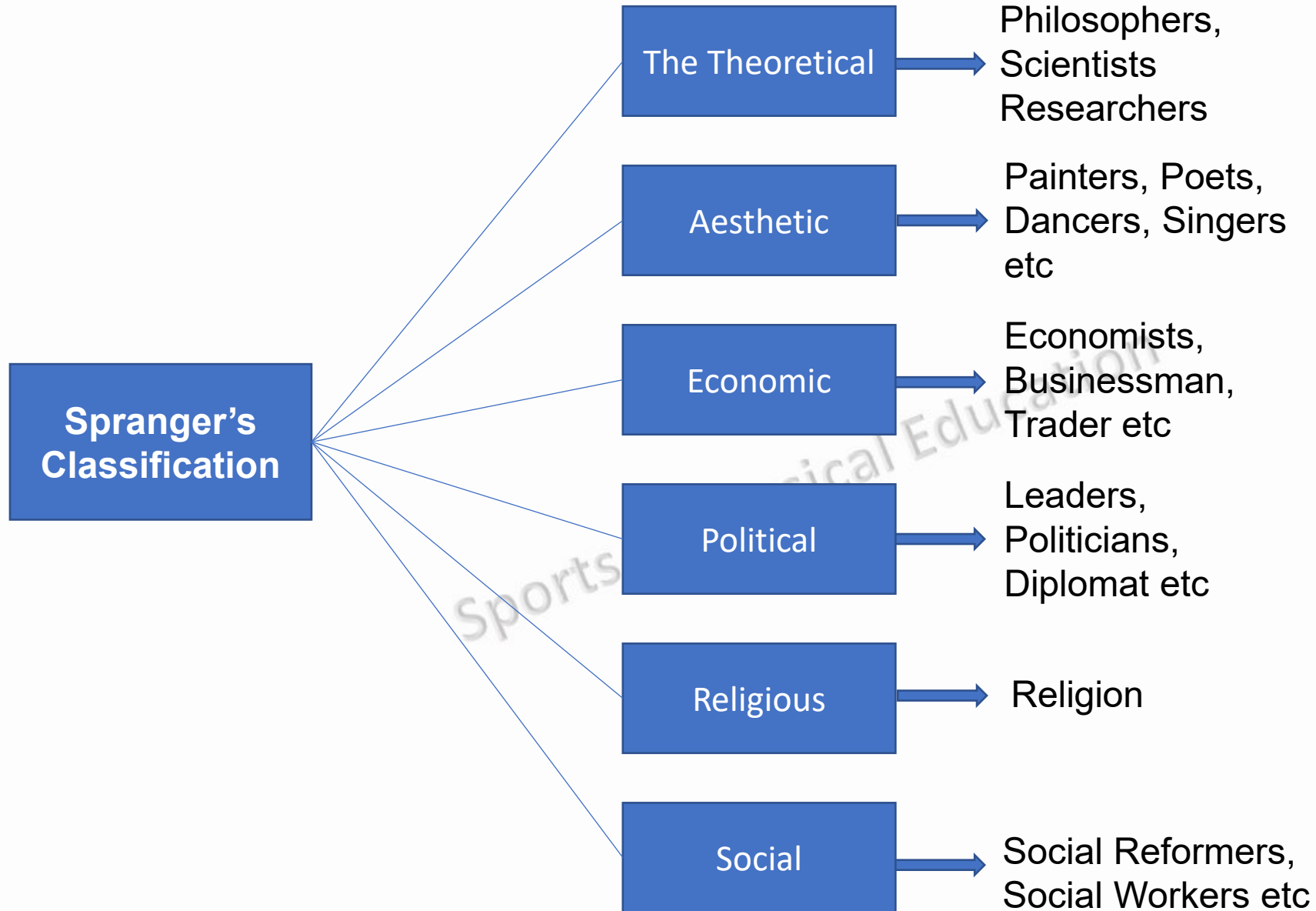


# Classifications of Personality

## Spranger's Classification

Spranger evaluated personalities in terms of six ideals or value orientation; “types” or personality traits.

1. **Theoretical** – Interested in **discovery of truth**
2. **Aesthetic** – whose highest value is **form and harmony**
3. **Economic** – Interested in **what is useful**
4. **Political** – whose interest is primarily in **power**
5. **Religious** – whose highest value is **unity**
6. **Social** – whose highest value is **love of people**





# Thank You for Watching



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