

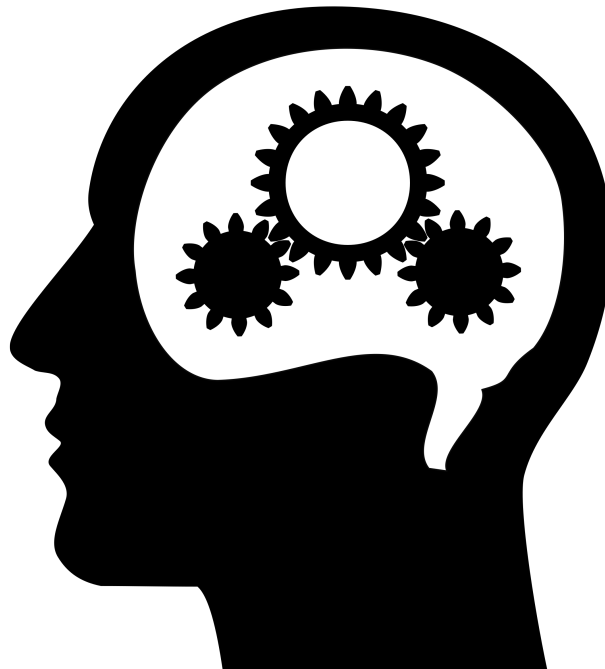
# Unterschiede zwischen Sportlern und der Normalbevölkerung

## *Sport you chose in the survey: Squash+ Racquetball*

In our survey we asked you to describe the personality of a typical female and male athlete of Squash+ Racquetball. Now, we evaluated this data and compared it to the average values in the general public.

As taxonomy for personality traits, we used the Big Five Taxonomy. For each characteristic, the value can be rather low, rather high or in between.

1. **Extraversion** refers to how much you like being with other people and how easy it is for you to get in contact with other people.
2. **Agreeableness** refers to one's typical behavior in social situations and describes whether one looks for a harmonious atmosphere in interaction with others or also sometimes gets their own way, opposing other people.
3. **Conscientiousness** refers primarily to the degree of self-control, meticulousness and determination.
4. **Negative Emotionality** refers to individual differences in experiencing negative emotions and is often also called emotional stability.
5. **Open-Mindedness** refers to the receptiveness to and interest in new experiences and impressions.

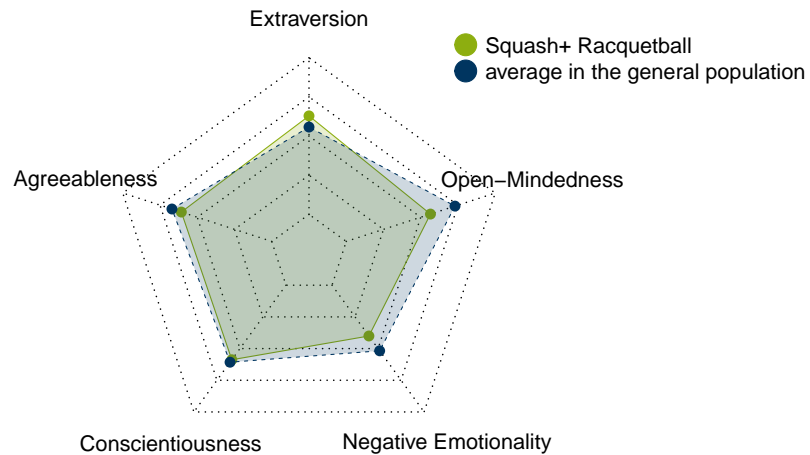


## *Comparison of Squash+ Racquetball-athletes with the general public*

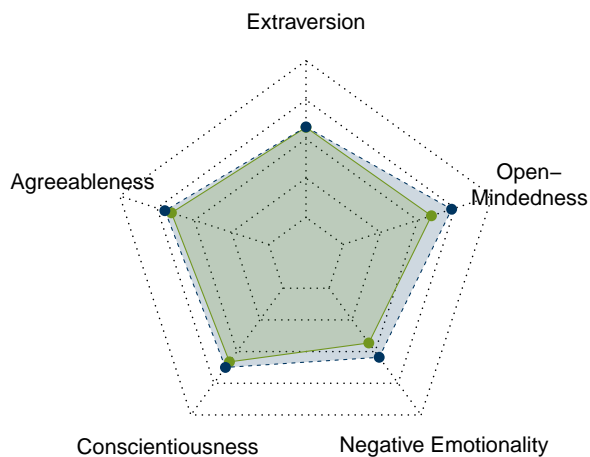
The first image shows potential differences between the typical personality one meets at your sport and a normal, “average” person. The other two images describe the differences, separated for male and female gender.

The center of the plots represents lowest possible value, the dotted outer line represents the highest possible value.

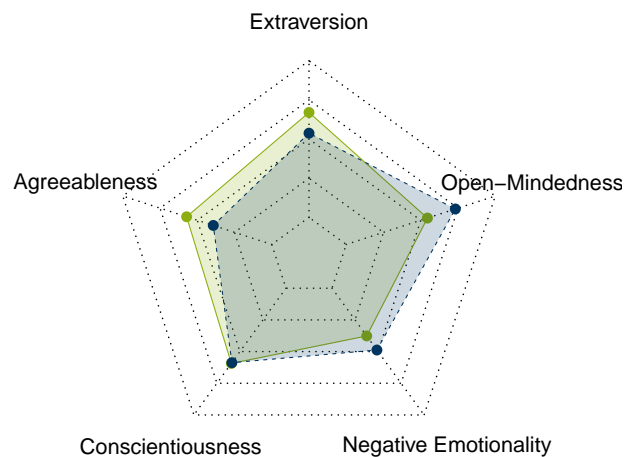
### Complete Sample



### Women

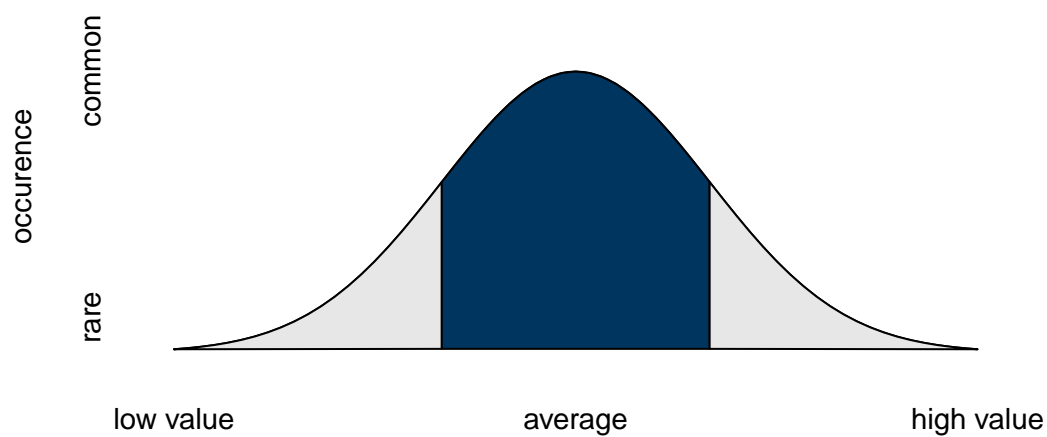


### Men



## *Extraversion*

Extraversion refers to how much you like being with other people and how easy it is for you to make a move towards other people.

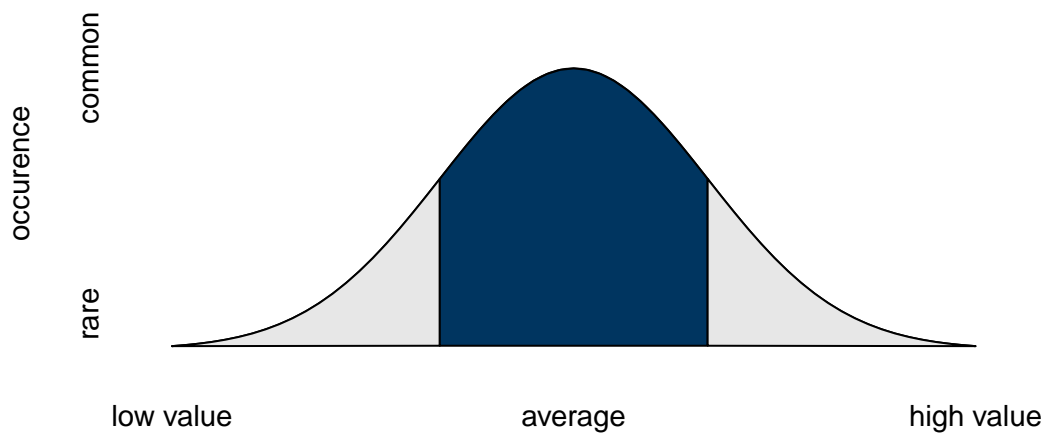


Athletes of your sport reached an average score for this personality trait.

Like most people, they like to be in company  
but every now and then they need time for themselves.

## *Agreeableness*

Agreeableness refers to one's typical behavior in social situations and describes whether one looks for a harmonious atmosphere in interaction with others or also sometimes gets their own way, opposing other people.



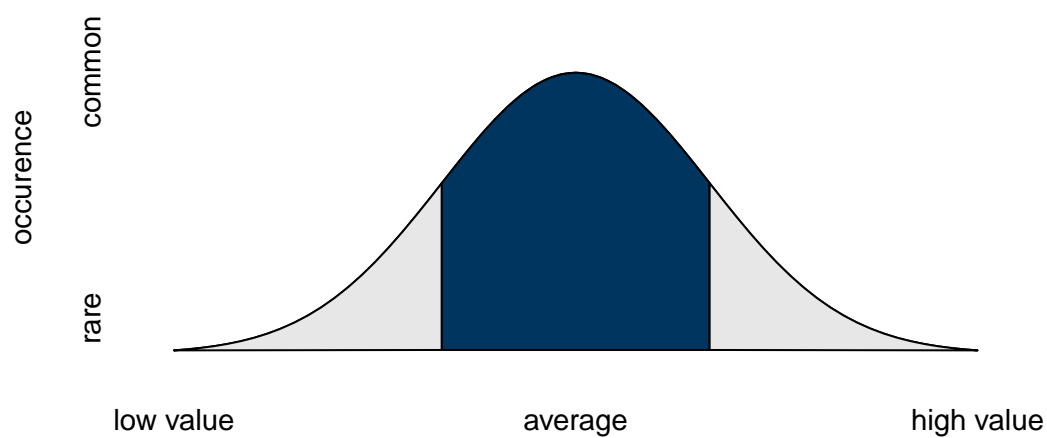
Athletes of your sport reached an average score on this personality trait.

Like most people, they want to get along well with others but they also know that disagreements are a normal part of life.

Possibly, this quality enables them to behave trusting and compassionate on the one side but also critical and distrustful, depending on the situation.

## *Conscientiousness*

Conscientiousness refers primarily to the degree of self-control, meticulousness and determination.



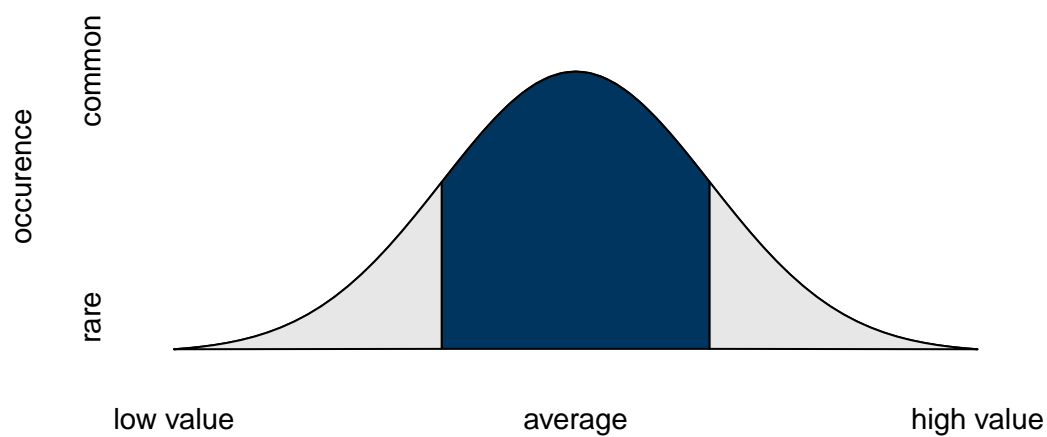
Athletes of your sport reached an average score for this personality trait.

Like most people, they try to complete tasks and goals as good as possible, though they sometimes get distracted by other things.

Possibly, this enables them to find a healthy balance between obligations and enjoyment in their lives.

## *Negative Emotionality*

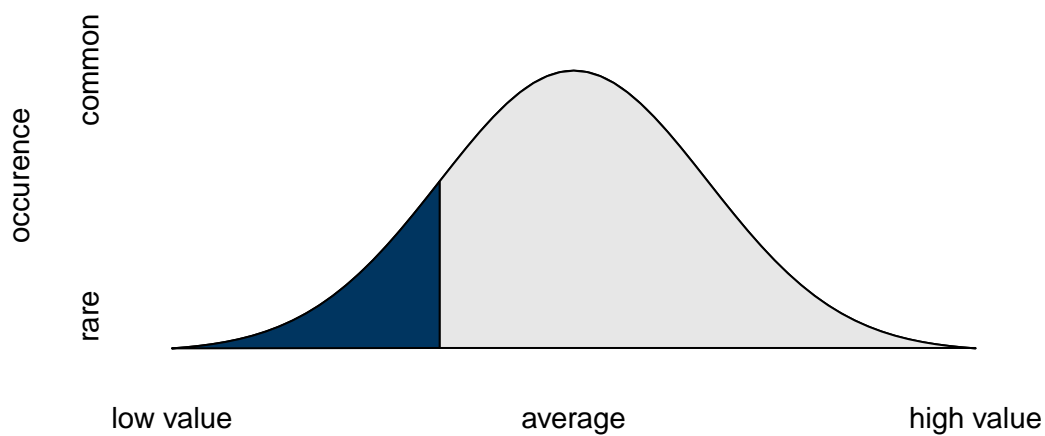
Negative Emotionality refers to individual differences in experiencing negative emotions and is often also called emotional stability.



Athletes of your sport reached an average score on this personality trait.  
Like most people, they sometimes experience negative emotions like fear, uncertainty or nervousness but in a way that they can still handle a stressful situation.

## *Open-Mindedness*

Open-Mindedness means the receptiveness to and interest in new experiences and impressions.



Athletes of your sport scored rather low on this personality trait.  
They could therefore be called conventional people.

Individuals who have low values for open-mindedness have rather conservative attitudes and are skeptical and careful when making new experiences and learning new things. Someone scoring low on this trait prefers familiarity to new things.