

# The Personality Influence on GPA: A Case Study of Sports Psychology

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**Abstract**—Personality is the whole way an individual reacts and interacts with other individuals, in other words personality is described in terms of measurable properties indicated by a person. The purpose of this research is to see if there is influence of student personality with GPA. This study was conducted for sports coaching students, with a sample size of 74 students and has taken 5 semesters. The results obtained are, there is no influence of personality on the GPA. However, many other reasons may affect student's GPA. Among other things, support, desire or seriousness, diligent and hard work.

**Keyword:** *Personality, GPA and Psychology*

## I. INTRODUCTION (HEADING 1)

The term personality is now used by experts to denote an attribute about the individual, or to describe what, why and how human behavior [6]. Personality consists of a number of traits which have been defined as “broad, enduring, relatively stable characteristics used to assess and explain behavior [4].

Personality is part of the soul, understood in its entirety from the context of behavior, thoughts, feelings and individual activities [1]. So it can be said that the personality is comprehensive because it refers to all aspects of the individual, namely mental life, emotional experience, and social behavior [3]. However, personality is also an individual manifestation in behaving specifically with and in dealing with its environment [5].

Eysenk argues that the personality is composed of emerging and organized behaviors based on their significance and importance, it is sequenced from the highest and to cover to the lowest, that is 1) type; 2) trait; 3) habitual and; 4) Specific response. The specific response referred to here is where the individual responds or acts about a situation or an event, while the habitual is an action or the responses are done repeatedly in the face of similar events, and trait is a habitual that tends to exist in certain individuals, the last is the type which means the organization that exists in the individual in general [17].

defines personality as a dynamic organization within the individual as a psychophysical system that determines the typical way of adapting to the environment [6]. While Krech and Crutchfield in [6] define personality as the integration of all individual characteristics into a unique unity that determines and modifies its efforts in adapting to a changing environment. Eysenck [1] gives the definition of personality as the whole pattern of actual or potential behavior of the organism, as determined by heredity and environment.

### A. Typology of Personality

Based on MBTI, the type of human personality can be classified into 16 personality types in which they are a combination of the four dimensions of the above tendencies. Such as ENTP is the personality Extrovert-Intuition-Thinking-Perceiving (Intuitive that extrovert assisted by thinking). The naming of the personality type is taken from each of the first letters in the personality dimension. Here's an explanation of each personality dimension according to [9]:

### B. Extrovert vs Introvert (EI)

Dimension EI sees one's source of energy coming from outside or within (itself). They love to hang out, social interaction, engaging with others, and focusing on the outside world. Instead, introverted dimensions love the inner world (self). Introvert likes to be alone, reflecting, read and do not really like hanging out with many people, able to work alone, full of concentration and focus. Extroverts tend to appear much more social because they are eager for the stimulation that comes from meeting new people [15]. Extroverts talk a lot. Meanwhile, Introverts prefer to reflect something rather than engage. Introverts think of something deeply before acting. Introverts prefer to hear rather than talk. Introverts are more excited when alone. Introverted people respond significantly slower than extroverted people, but the number of errors is lower [19].

### C. Sensing vs Intuition (SN)

The Sensing/Intuitive plane concerns information gathering with sensing types preferring „hard facts“ and

Intuitive types preferring more abstract concepts. Sensing-type persons collect information through what is happening and by focusing on observable facts, data, and phenomena. Conversely, intuitive-type learners assess information by its possibilities, focusing on the big picture and searching for connections, patterns, relationships, and insightful meaning. Individuals who have a tendency to understand the world through an Intuitive process prefer to live in a world of possibilities and options, often looking toward the future [7].

#### *D. Thinking vs Feeling (TF)*

Thinking are those who always use logic and analytical power to make decisions [13]. They tend to be task-oriented and objective, impressed stiff and stubborn. Types of thinking apply principles consistently. Thinking decides something on the basis of logic. Causal law is the main foundation for decision making. Thinking emphasizes the purpose of being together in a group. Thinking is critical of something and firm in its opinion. While, Feeling decides something based on the unpleasant feelings of the people involved. Feeling accepts other people's opinions easily.

#### *E. Judging vs Perceiving (JP)*

Judging here is not judgemental. Judging is defined as the type of person who always rely on a systematic plan, and always think and act regularly (not jumping up and down) [13]. They do not like things suddenly and out of planning. The type of judging wants to plan the work and follow the plan. People with good judging dimensions in scheduling, stipulation of structure and planning step by step. The judging-perceiving dichotomy identifies an individual's attitude or orientation toward dealing with the outside world. A person who prefers the judging process typically uses either thinking or feeling (the judging functions) when dealing with the external world; a person who prefers the perceiving process typically uses either sensing or intuition (the perceiving functions) when dealing with the external world [14].

The characteristics of MBTI typology on an individual are [10]: (1) ISTJ is a serious person, quiet, successful with concentration, they are practical, very organized, factual, logical, realistic, and dependent. (2) ISTP is a person full of enthusiasm and loyalty, but rarely frank until everything becomes clear, always learning, enjoying ideas, language, personal projects that are free, very friendly, and a little bit concerned about the circumstances surrounding. (3) ESTP is a good person in solving problems, not worried about anxiety, happy with what it is, happy with things related to the machine and sports, easy to adapt, tolerant, generally tend to be conservative on the value of life, not happy with information that is too long. (4) ESTJ is practical, realistic, centered on facts, has business and mechanical talent, is happy to organize and be active. (5) ISFJ is a quiet person, friendly, responsible, cautious, working hard to fulfill their obligations. (6)

ISFP are shy, somewhat gregarious, sensitive, kind, humble to their abilities, avoid rejection, do not impose their opinions on others. (7) ESFP is a person who likes to go outdoors, wherever he likes, friendly, easy to receive, happy things and make funny things for others. (8) ESFJ is a warm, popular, talkative, passionate, organizational, meticulous, active in organization, very good at creating a harmonious situation. (9) INFJ is a successful person because of the diligence, expertise and great desire to do what is needed or desired. (10) INTP is a person whose personality is reserved and very careful although they have no difficulty in speaking many things. (11) ENFP is a reliable person, enthusiastic, passionate, honest, imaginative. (12) ENFJ is a very responsible person, generally able to feel what other people think and want, easy to be a leader of discussion, social, popular, sympathetic, receive praise and criticism. (13) INTJ is a person who has genuine thoughts and great power for their personal thoughts and plans. (14) INTP is a person whose personality is reserved and very careful although they have no difficulty in speaking many things. Both in pure knowledge, research and mathematics. (15) ENTP is an honest person, quick to act, good in many ways, strongly supportive of being together, alert and frank. (16) ENTJ is a stubborn person, frankly, the leader in the activity, character cool, quiet, careful, observer, analyzing life with a curious attitude, interested in the logic of cause and effect.

#### *F. Grade Point Average (GPA)*

According to [12] the Cumulative Act Index (IPK) is a number used to measure student achievement obtained from the number of quality scores divided by the number of Semester Credit Units (SKS). Normally this index number ranges from zero to four. So the Grade Point Average (GPA) is the average value obtained by students from each semester that has been taken.

Grading in education is the process of applying standardized measurements of varying levels of achievement in a course. In some countries, all grades from all current classes are averaged to create a grade point average (GPA) for the marking period (Grading education) [20].

The cumulative grade point average (CGPA) is a measure of a student's academic achievement that can be earned in a required ISLLC-based educational leadership program of studies. It is calculated by dividing the total number of grade points received by the number of credits attempted [18]. [2] state that, "GPA often correlates highly with variables of interest to educational researchers and thus offers the potential to greatly increase the statistical power of their research studies". [8] noted predictive values of high grades in coursework and high CGPA increases over time for success in program completion and attaining a degree.

## II. METHOD

Type of research used in this research is qualitative research, which was implemented from March 2018. This study uses the application of MBTI Test (Personality Test) to obtain the desired data. The subjects for this study were selected for several reasons (Purposive Sampling). "This sampling technique is based on the researchers' own considerations" [16]. In order to gather information that creates a reater understanding of how student experience having a sport psychology consultant, data was collected from individuals who directly experienced the phenomena of interest [11]. The number of samples in this study as many as 74 students. Sample determination criteria are students who have completed at least 5 semesters. The data have been obtained will be analyzed qualitatively and described in the form of descriptive [11]. Data analysis is "the process of arranging the order of data, organizing into a pattern, category and basic description".

## III. RESULT AND DISSCUSION

Based on the research that has been conducted, then obtained the GPA and personality data presented as follows.

TABLE I. GPA ACHIEVE 3.00-3.09 WITH PERSONALITY TEST RESULTS

No	Personality Types	Count	Persentase
1	Commander	1	1.35%
2	Logical	2	2.7%
3	Consul	1	1.35%
		4	5.41%

Description: Subjects with GPA 3.00-3.09 have Commander, Logical and Consul personality types, with 5.41% of the total subject.

TABLE II. GPA ACHIEVE 3.10-3.19 WITH PERSONALITY TEST RESULTS

No	Personality Types	Count	Persentase
1	Consul	4	5.41%
		4	5.41%

Description: Subjects with GPA 3.10-3.19 are only possessed by Consul personality type, with a total distribution of 5.41% of the total subject.

TABLE III. GPA ACHIEVE 3.20-3.29 WITH PERSONALITY TEST RESULT

No	Personality Types	Count	Persentase
1	Consul	4	5.41%
2	Entertainer	1	1.35%
3	Protagonist	2	2.7%
4	Logistician	1	1.35%
5	Virtuoso	1	1.35%
6	Executive	5	6.76%
		14	18.92%

Description: Subjects with GPA 3.20-3.29 have personality types Consul, Entertainer, Protagonist, Logistician, Virtuoso and Executive with 18.92% of the total subject.

TABLE IV. ACHIEVE GPA 3.30-3.39 WITH PERSONALITY TEST RESULTS

No	Personality Types	Count	Persentase
1	Commander	1	1.35%
2	Consul	6	8.11%
3	Protagonist	4	5.41%
4	Executive	4	5.41%
5	Entrepreneur	1	1.35%
6	Mediator	1	1.35%
7	Debater	1	1.35%
8	Defender	1	1.35%
		19	25.68%

Description: Subjects who have GPA 3.30-3.39 have quite a large range of personalities. There are 8 personality types in GPA 3.30-3.39 among others, Commander, Consul, Protagonist, Executive, Entrepreneur, Mediator, Debater and Defender, with a total percentage of 25.68% of the total subject.

TABLE V. ACHIEVE GPA 3.40-3.49 WITH PERSONALITY TEST RESULTS

No	Personality Types	Count	Persentase
1	Logical	1	1.35%
2	Consul	4	5.41%
3	Entertainer	1	1.35%
4	Protagonist	1	1.35%
5	Executive	4	5.41%
		11	14.86%

Description: Subjects with GPA 3.40-3.49 have Logical, Consul, Entertainer Protagonist and Executive personality types, with a total distribution of 14.86% of the total subject.

TABLE VI. ACHIEVE GPA 3.50-3.59 WITH PERSONALITY TEST RESULT

No	Personality Types	Count	Persentase
1	Commander	3	4.05%
2	Consul	7	9.46%
3	Protagonist	1	1.35%
4	Executive	1	1.35%
5	Adventurer	1	1.35%
6	Advocate	1	1.35%
		14	18.92

Description: Subjects with GPA 3.50-3.59 have personality type Commander, Consul, Protagonist, Executive, Adventurer and Advocate, with 18.92% of the total subject.

TABLE VII. ACHIEVE GPA 3.60-3.69 WITH PERSONALITY TEST RESULT

No	Personality Types	Count	Persentase
1	Consul	4	5.41%
2	Protagonist	2	2.70%
3	Executive	1	1.35%

No	Personality Types	Count	Persentase
4	Campaigner	1	1.35%
		8	10.81%

Description: Subjects with GPA 3.60-3.69 have Consul, Protagonist, Executive and Campaigner personality types, with a total distribution of 10.81% of the total subject.

**TABLE VIII. CORRELATIONS BETWEEN GPA WITH PERSONALITY TEST RESULTS**

		GPA	PERSONALITY_TEST_RESULTS
GPA	Pearson Correlation	1	-.081
	Sig. (2-tailed)		.494
	N	74	74
PERSONALITY_TEST_RESULTS	Pearson Correlation	-.081	1
	Sig. (2-tailed)	.494	
	N	74	74

Conclusion: Known significant value is 0.494 means  $0.494 > 0.05$  ( $H_0$  accepted) then GPA is not related to personality test results.

**TABLE IX. NONPARAMETRIC CORRELATIONS BETWEEN GPA WITH PERSONALITY TEST RESULT**

			GPA	PERSONALITY_TEST_RESULTS
Kendall's tau_b	GPA	Correlation Coefficient	1.000	-.020
		Sig. (2-tailed)	.	.818
		N	74	74
	PERSONALITY_TEST_RESULTS	Correlation Coefficient	-.020	1.000
		Sig. (2-tailed)	.818	.
		N	74	74
Spearman's rho	GPA	Correlation Coefficient	1.000	-.029
		Sig. (2-tailed)	.	.806
		N	74	74
	PERSONALITY_TEST_RESULTS	Correlation Coefficient	-.029	1.000
		Sig. (2-tailed)	.806	.
		N	74	74

Conclusion: Known significant value based on the Kendalls's Correlation is 0.818 means  $0.818 > 0.05$  ( $H_0$  accepted) then GPA is not related to personality test results. And then based on the Spearman.s Correlation got the same value that GPA is not related to personality test result with significant value is  $0.806 > 0.05$  ( $H_0$  accepted).

The result of this research is first that there is no influence of personality type characteristic to learning result (GPA). This is indicated by 0.494 means  $0.494 > 0.05$  ( $H_0$  accepted) which means the GPA is not related to the personality test results. It can also be seen from the value of correlation coefficient ( $r$ ) that is greater

than t-table between the characteristics of personality type and learning outcomes (GPA) this means there is a negative effect of personality characteristics on learning outcomes (GPA). Based on the observations that researchers do, each personality type has characteristics different from each other, among others:

#### A. Analyzed

Architect (INTJ): Rules, limitations and traditions are anathema to the Architect personality type-everything should be open to questioning and reevaluation, and if they see a way, Architects will often act unilaterally to enact their technically superior, sometimes insensitive, and almost always unorthodox methods and ideas. Logicians (INTP): are known for their brilliant theories and unrelenting logic – in fact, they are considered the most logically precise of all the personality types.

Commander (ENTJ): Armed with a powerful intellect and strategic thinking, Commanders can overcome or outmaneuver obstacles that seem unbeatable to most. At the same time, their many quirks, such as often unconstrained rationalism, lead to many misunderstandings. Debaters (ENTP): An odd juxtaposition arises with Debaters, as they are uncompromisingly honest, but will argue tirelessly for something they don't actually believe in, stepping into another's shoes to argue a truth from another perspective.

#### B. Diplomats

Advocates (INFJ) tend to see helping others as their purpose in life, but while people with this personality type can be found engaging rescue efforts and doing charity work, their real passion is to get to the heart of the issue so that people need not be rescued at all. Mediators (INFP) have a talent for self-expression, revealing their beauty and their secrets through metaphors and fictional characters.

Protagonists (ENFJ) are genuine, caring people who talk the talk and walk the walk, and nothing makes them happier than leading the charge, uniting and motivating their team with infectious enthusiasm. Campaigners (ENFP) are fiercely independent, and much more than stability and security, they crave creativity and freedom.

#### C. Sentinels

The Logistician (ISTJ) personality type is thought to be the most abundant, making up around 13% of the population. Their defining characteristics of integrity, practical logic and tireless dedication to duty make Logisticians a vital core to many families, as well as organizations that uphold traditions, rules and standards, such as law offices, regulatory bodies and military. Defenders (ISFJ) are true altruists, meeting kindness with kindness-in-excess and engaging the work and people they believe in with enthusiasm and generosity.

Executives (ESTJ) are classic images of the model citizen: they help their neighbors, uphold the law, and

try to make sure that everyone participates in the communities and organizations they hold so dear. **Error! Bookmark not defined.** Consul (ESFJ) personalities are social creatures, and thrive on staying up to date with what their friends are doing.

#### D. Explorers

Virtuosos (ISTP): Rather than some sort of vision quest though, Virtuosos are merely exploring the viability of a new interest when they make these seismic shifts. Adventurers (ISFP) always know just the compliment to soften a heart that's getting ready to call their risks irresponsible or reckless.

Entrepreneur (ESTP): Sometimes Entrepreneurs' instantaneous observation and action is just what's required, as in some corporate environments, and especially in emergencies. Entertainers (ESFP): There's nothing that makes Entertainers feel quite as unhappy as realizing that they are boxed in by circumstance, unable to join their friends.

### IV. CONCLUSION

In this study there are several personality types that are not owned by the subject of research, as for the personality type include: "Architect (INTJ)". the most common type of personality type in the subject of this study is the type of consul. where the number of subjects who have the consul personality of 30 subjects. From the results of research on the relationship between personality types with GPA students, it can be concluded that there is no significant relationship between personality type and achievement learn.

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