1. **Campbell et al. (2004)** investigated the study on “Self-Esteem and Clarity of the Self-Concept”. The purpose of the study was to associate between evaluative and knowledge components of the self. Four studies tested the hypothesis that the self-concepts of low-self esteem (LSE) people are characterized by less clarity or certainty than those of high self esteem (HSE) people. LSE Ss exhibited less extremity and self reported confidence when rating themselves on bipolar trait adjectives, (Study 1), less temporal stability in their trait ratings over a 2 month interval (Study 2), less congruence between their self concepts and their subsequent perceptions of situation specific behaviour and memory for prior behaviour (Study 3), and less internal consistency, lower self-rated confidence and longer reaction times when making me/not me responses to pairs of opposite traits (Study 4). Alternative accounts of the results and the implications of self-concept clarity for understanding the perceive impact of self-esteem on behaviour are discussed.

2. **Farsani et al. (2013)**, stated that spiritual intelligence is a set of adaptive mental capacities based on non-material and transcendent aspects of reality. Thus, the spiritual intelligence is the consequence of the highest level of individual growth in the fields of cognition, meaning attainment, transcendental and moral communication. The purpose was to examine the study of relationship between spiritual intelligence with personality traits among physical education managers in Isfahan province. Total 121 physical education managers (age 34-47 years) were selected in Isfahan province. The collected data was analyzed and results shows that there is a positive meaningful correlation between spiritual intelligence sub-scales with Openness to Experience, conscientiousness, Agreeableness and Extraversion (P<0.05). Also, results showed that the negative and significant correlation between Neuroticism and spiritual intelligence sub-scales (P<0.05). Based on these results, they concluded that the spiritual intelligence and personality traits are two important components for physical education managers and there were meaningful role in organization.

3. **Ucan et al. (2012)**, investigated to determine whether there is any difference between self esteem scores of individuals who engaged in individual & team sports and non-athletes. Furthermore, self-esteem scores associated with age group, gender and years of playing experience variables were examined to determine the differences. Focus group consists of 304 athletes & non-athletes of 13–20 years old individuals living in Ankara, Istanbul and
Sakarya. Rosenberg's self-esteem scale was used to measure the self-esteem scores of individuals. After analysis the results of the study reveals that there was no significant difference between self-esteem scores of athletes and non-athletes. The same result was obtained for individual & team sport athletes and non-athletes, too. In addition, no statistically significant difference was found according to gender variable. The correlation of self-esteem scores of individuals between 13–16 and 17–20 years old was found to be statistically significant (p=0.000, p<0.05). Furthermore, the years of playing experience variable showed significant difference between group-1 (1-5 years of playing experience; X =19.23) and group-3 (10-14 years of playing experience; X=21.73) in favor of group-3; as well as between group-2 (6-9 years of playing experience; X=19.15) and group-3 (10-14 years of playing experience; X=21.73), also in favor of group-3.

4. Reddy (2012) investigated on Emotional intelligence among 120 Degree College Students selected in Nalgonda town in Warangal District of Andhra Pradesh. Emotional intelligence Scale developed by Nuthan Kumar Thingujam and Usha Ram (1999) was administered to the sample. It was hypothesized that gender, nature of course and management would significantly influence the emotional intelligence of degree college students. Results revealed that gender has no significant impact on emotional intelligence among degree college students. Nature of course has no significant impact with regard to emotional intelligence among degree college students. Type of management has significant impact on emotional intelligence among degree college students and there is no significant interaction effect among gender, nature of course and type of management with regard to emotional intelligence.

5. Anmol (2015) stated that there have been numerous studies to study the personality of successful sports person. But the impact of indulging in sports activities on overall development have been done sparingly. However with our aim to make India a sports super power and to attract the right talent towards the field, its impact needs to be analyzed thoroughly. Most of the studies conducted in the field of physical education and sports have tried to link personality of sports persons to fit on various team and non-team sports and also different disciplines within these categories. However, there has been little or less research on how participating in sports activities helps building the character and improving personality. As sports activities are a part of learning process and they do influence the personality of people who takes part in these physical activities and they tried to access the impact of sports activity on personality and character.

6. Ungur et al. (2013), investigated to retrieve the relationship between emotional intelligence,
social physique anxiety and life satisfaction among physical education students whom engaged to all kinds of sport activities and a physically active population. 141 students, 89 male (%63.1) and 52 female (%36.9), average age=21.6 participated to the study and completed Schutte Emotional Intelligence Scale, Social Physique Anxiety Scale (SPAS) and The Satisfaction with Life Scale. Students with high appraisal of emotions score have lower life satisfaction. Students with high social physique anxiety (SPA) have high positive emotional intelligence (EI) total score and appraisal of emotions score but negative correlation found with life satisfaction score and SPA. Results show that gender doesn’t have a direct effect on SPA, a Univariate ANOVA conducted to reveal the difference between gender group, EI group and SPA. According to results, gender & EI has an important effect on SPA. Female students with high EI level have a higher SPA than lower EI group of both males and females.

7. Yang et al. (2006), conducted a study on “Adult Age Differences in Personality Traits in the United States and the People’s Republic of China”. The purpose of study was to find out difference in personality traits of adults. Life experiences for corresponding age cohorts in the United States (US) and the People’s Republic of China (PRC) have been dramatically different. The present study examined scores on scales rim the California Psychological Inventory in US (N=348) and PRC (N=2093) samples. Very similar patterns of age correlations were seen. Results are consistent with the hypothesis that there are universal intrinsic maturational changes in personality.

8. O’Sullivan, et al. (2006), studied the personality characteristics of male and female participants in team sports. Male members of two college teams, baseball and football and female members of two teams field hockey and lacrosse and equestrians were used as sample and were compared on the five scales of the Zuckerman Kuhlman personality Questionnaire (ZKPQ). Lacrosse’s and field hockey athletes were higher on activity than equestrians and baseball players were higher than football players on this scale. Contrary to predictions, football players scored lower than the general university male population on Impulsive Sensation Seeking and the lacrosse and field hockey players did not differ from the general college females on Impulsive sensation seeking. The baseball players also scored lower on this scale. The hypothesis that body contact sports attract high sensation seeking and aggressive participants was not supported.

9. Adnan (2007) conducted a study on “Personality Traits as Self evaluated and as judged by others” The purpose of the study was to compare the personality traits as self evaluated and judged by other. Differences in personality traits as self perceived and as judged by others
were examined. A target sample of 80 students were photographed on slide pictures and asked to take the calm anxious and introvert extrovert lists. Another sample of 193 students served as judges by watching the target slide pictures and judged them on how calm anxious and introvert extrovert they appeared. Results showed that target subjects perceived themselves to be calmer and more extrovert than judgments made by others who watched the target slide pictures and judged them. This indicates that individuals see their personality traits in a more favorable way than others see them in terms of anxiety and introversion judgments.

10. Peter (2008) conducted a study on “Age Changes and Differences in personality Traits and States of the old and very old”. The purpose of this study was to examine stability and change in personality traits and states for 3 age groups: centenarians octogenarians and sexagenarians. One hundred seventy nine older adults participated in the 2 wave study. Results concerning age group differences indicated that centenarians scored higher in suspiciousness but lower in Intelligence and stress when compared with the other 2 age groups. Octogenarians were lower in the personality traits intelligence dominance and conscientiousness, personality state arousal when compared with sexagenarians, but higher on regression. Results from the longitudinal analyses indicated lower scores for sensitivity but higher scores for radicalism as well as high scores of fatigue and depression at follow up. For the younger 2 age groups, age changes included higher scores for sensitivity and suspiciousness. Stability scores for traits and states were considerably lower for centenarians when compared with the younger age groups.

11. Hair (2009) conducted a study “Self-Concept, Personality and Achievement in High school.” A Prospective Longitudinal study in Texas” The purpose of the study was to find out the self esteem, Personality and Achievement in High school: A prospective longitudinal study in Texas. This research explored four empirical questions: (a) is self esteem a better predictor of academic success and adjustment than other aspects of personality. (b) How is self esteem related to Big Five dimensions of personality during the transition from middle school to high school? (c) Do dispositions like Agreeableness or Openness relate to an adolescent’s adaptation and affect reactions to the self and (d) Do sources of information about adolescent). Researcher also explored the general hypothesis that personality, self esteem and teacher’s ratings of adjustment during the middle school years predict later life outcomes during high school. Overall, results indicate Big Five personality characteristics were more stable than self esteem across this transition period.

12. Fassino et al. (2009), conducted a study on “Personality Profile of HIV Outpatients:
Preliminary Results and Remarks on Clinical Management”. The purpose was to find out the result and remarks on Clinical Management. The present study assessed the personality traits of a heterogeneous group of seropositive subjects compared with healthy controls to determine specific temperament and character traits of this population. Results show that Drug dependent displayed higher scores in novelty seeking and harm avoidance and lower scores in self directedness compared with healthy controls. Non-drug dependent HIV positive subjects scored significantly higher in self transcendence. Non drug dependent subjects express higher self transcendence resources possibly to overcome their difficulties. Both the temperament and character features may influence compliance with treatment and require specific interventions considering these subgroups.

13. Cantor et al. (2004), conducted the study on “From Thought to Behaviour: “Having” and “Doing” in the study of Personality and Cognition”. A cognitive perspective on personality can complement this description, providing a view of what G.W. Allport called the doing side of personality, by focusing on how these dispositions are cognitively expressed and maintained in social interaction. This perspective shows how individuals interpret life tasks of work, play, intimacy, power and health in light of their most accessible schemas, envisaging alternative future selves and devising cognitive strategies to guide behaviour. Strategic problem solving has its benefits and its costs because an effective solution to one life problem often creates other new problems. A structural approach to personality can reveal much about basic stabilities and an emphasis on the doing side can contribute knowledge of the mutability of personality.

14. Grove et al. (2004), conducted a study on “Problems in the Classification of Personality Disorders”. The purpose of the study was to find out different Problems in the classification of Personality Disorders. The authors summarize that change in research strategy and procedure: (a) The emphasis should be research on basic questions more than studies on applied questions. (b) They urge incorporation of findings from normal personality research. They recommend a corresponding loosening of ties to official PD nomenclatures, the development of instruments embodying concepts shaped through interaction of ideas with data, and quasi-parallel self and other report versions to allow study of agreement and discrepancies among different sources of information.

15. Fan et al. (2005), conducted a study on “Comparison of personality traits of only and sibling school children in Beijing”. The purpose of the study was to compare personality traits of only and sibling school children in Beijing. In this study the behavioural traits of Chinese, urban only children were investigated. The participants were 444 children with siblings and
473 only children from Grades 1, 3 and 5 in Beijing primary schools. An inventory consisting of 27 items covering three behavioural traits was developed. Factor analysis revealed three main factors: achievement motivation, interpersonal skills, and attitude toward manual labour, the only children exceeded the sibling children on achievement motivation. No differences were found between only children and sibling children on interpersonal skills and attitude. Gender differences were evident; girls consistently received higher ratings on achievement motivation and interpersonal skills.

16. Egloff et al. (2005), examined personality as related to endurance sports. Compared to a group of non-exercisers (N=73) with similar scores on demographic variables, 86 tri-athletes and long distance runners were more extraverted and reported less physical complaints. Groups did not differ concerning Neuroticism and Lie scores. Outstanding athletes were more extraverted than average sportsmen (less than 4 hr). The results were discussed in terms of psychological processes related to the benefits of endurance sports and with respect to factors that might influence successful performance.

17. Cloninger et al. (2005), conducted a study on “Special Feature: Etiologist of Personality Disorders: A Commentary on Dr. Parker’s Tripartite Model”. The purpose of the study was to find out special features of personality Disorders. Personality development is considered as a complex adaptive system that is hierarchically self organizing. This involves three interactive phases, beginning with interactions among emotion based dimensions of temperament in infancy, next socially molded by the emergence of character or concepts about self-object relationships, and finally vulnerability to psychopathology as result of modulation of experience by both emotion based temperament and concept based character.

18. Neve et al. (2006), conducted a study on “The Happy Personality: A Meta-Analysis of 137 Personality Traits and Subjective Well-Being”. The purpose was to find out personality traits among 137 subjects. This meta analysis used 9 literature search strategies to examine 137 distinct personality constructs as correlates of subjective well being (SWB). Personality was found to be equally predictive of life satisfaction, happiness and positive effect, but significantly less predictive of negative effect. The traits most closely associated with SWB were repressive defensiveness, trust, emotional stability, locus of control change desire for control hardness positive affectivity private collective self esteem and tension. When personality traits were grouped according to the Big Five factors, Neuroticism was the strongest predictor of life satisfaction, happiness and negative effect. Positive affect was predicted equally well by Extraversion and Agreeableness.

19. Ansari (2006) conducted a study on “Adult Age Differences in Personality Traits in the
United States and the People’s Republic of China”. The purpose was to find out difference in personality traits of adults. The present study examined scores on scales from the California Psychological Inventory in US (N=348) and PRC (N=2093) samples. Very similar patterns of age correlations were seen. To compare results to other cross-cultural studies, CPI scales were interpreted in terms of the Five Factor Model of personality; and FFM Age relatedness Index based on American data accurately predicted CPI age correlations not only in the US but also in the PRC sample. Results are consistent with the hypothesis that there are universal intrinsic maturational changes in personality.

20. Faucher et al. (2006), conducted a study on “Self-concept clarity: Measurement, personality correlates and cultural boundaries”. The purpose was to correlate self concept self concept clarity (SSC) references a structural aspect of the self concept: the extent to which self beliefs are clearly and confidently defined, internally consistent and stable. This article reports the SCC Scale and examines (a) its correlations with self esteem (SE), the Big Five dimensions and self focused attention (Study 1); (b) its criterion validity (Study 2); and (c) its cultural boundaries (Study 3). Low SCC was independently associates with high Neuroticism, low SE, low Conscientiousness, low Agreeableness, chronic self analysis, low internal state awareness and a ruminative form of self focused attention.

21. Crocker et al. (2007), conducted a study on “Contingencies of self worth”. Research on self esteem has focused almost exclusively on level of trait self esteem to the neglect of other potentially more important aspects such as the contingencies on which self esteem is based. Over a century ago, W. James argued that self esteem rises and falls around its typical level in response to successes and failures in domains on which one has staked self worth. They present a model of global self esteem that builds on insights and emphasizes contingencies of self worth. This perspective raises questions about how contingencies of self worth are acquired and how they change, whether they are primarily a resource or vulnerability and whether some people have non contingent self esteem.

22. Asendorpf et al. (2007), conducted a study on “Double dissociation between implicit and explicit personality self concept: The case of shy behaviour”. The purpose was to find out the Double dissociation between implicit and explicit personality self concept; the case of shy behaviour. Total of 139 participants were observed in a shyness inducing laboratory situation and they completed an Implicit Association Test and explicit self ratings of shyness. The IAT correlated moderately with the explicit self ratings and uniquely predicted spontaneous shy behavior, whereas the explicit ratings uniquely predicted controlled shy behavior.

23. Pukrop et al. (2007), conducted a study on “Dimensional personality Profiles of Borderline
Personality Disorder in Comparison with other personality disorders and healthy Controls:. The purpose of the study was to compare the profile of personality with other personality disorders and healthy control. The present study examined the sensitivity and clinical specificity of dimensional personality profiles associated with borderline personality disorder by comparing three groups of patients: (a) patients with borderline personality disorder according to DSM0IV criteria (N=31); (b) patients with other DSM0IV PD (N=31); and (c) general population controls (N=31). All three samples were matched for age and gender and the two patients were given the Six factor test measuring the five factor model of personality the Temperament and Character Inventory and the Dimensional Assessment of Personality Pathology. Nonparametric statistics were applied to analyze the data. Neuroticism, self directedness and Emotional Deregulation and identified as general markers of personality pathology which were significantly interrelated in all three samples. BPD patients also showed a specific profile compared with other PD patients with lower scores on Agreeableness higher scores on Novelty seeking and Self Transcendence and higher scores on the DAPP higher order dimensions of emotional deregulation, Dissocial Behaviour and Inhibitedness. Results support the assumption that BPD can be characterized by dimensional approaches with sufficient sensitivity in comparison with healthy controls and specificity in comparison with other PD patients.

24. Watson (2009), conducted a study on “Personality Traits as Self evaluated and as judged by others” The purpose of the study was to compare the personality traits as self evaluated and judged by other. Differences in personality traits as self perceived and as judged by others were examined. A target sample of 80 students were photographed on slide pictures and asked to take the calm anxious and introvert extrovert lists. Another sample of 193 students served as judges by watching the target slide pictures and judged them on how calm anxious and introvert extrovert they appeared. Results showed that target subjects perceived themselves to be calmer and more extrovert than judgments made by others who watched the target slide pictures and judged them.

25. Philippe (2008) conducted a study on “Personality Traits and Existential Concerns as Predictors of The Functions of Reminiscence in Older Adults”. The purpose was to find out the personality traits and existential concerns as predictors of the functions of Reminiscence in older adults. This study examines to what extent personality and existential constructs predict the frequency of reminiscence, in general and it’s various functions, in particular. 89 older adults completed the NEO-Five factor inventory the life attitude Profile Revised and the Reminiscence Functions Scale. Neuroticism predicted total reminiscence frequency as well as
reminiscence for self understanding and ruminating about a negative past. Extraversion predicted total reminiscence frequency as well as reminiscence for generating stimulation conversation and maintaining memories of departed loved ones. The discussion draws the implications of the finding that the combination of personality traits and existential concerns predicted the overall reminiscence frequency together with the intrapersonal functions of reminiscence.

26. **Cracker (2007)** conducted a study on “Dimensional personality Profiles of Borderline Personality Disorder in Comparison with other personality disorders and healthy Controls:. The purpose was to compare the profile of personality with other personality disorders and healthy control. The present study examined the sensitivity and clinical specificity of dimensional personality profiles associated with borderline personality disorder by comparing three groups of patients: (a) patients with borderline personality disorder according to DSM0IV criteria (N=31); (b) patients with other DSM0IV PD (N=31); and (c) general population controls (N=31). All three samples were matched for age and gender and the two patients were given the Six factor test measuring the five factor model of personality the Temperament and Character Inventory and the Dimensional Assessment of Personality Pathology. Nonparametric statistics were applied to analyze the data. Neuroticism, self directedness and Emotional Deregulation were identified as general markers of personality pathology which were significantly interrelated in all three samples. BPD patients also showed a specific profile compared with other PD patients with lower scores on Agreeableness higher scores on Novelty seeking and Self Transcendence and higher scores on the DAPP higher order dimensions of emotional deregulation, Dissocial Behaviour and Inhibitedness. Results support the assumption that BPD can be characterized by dimensional approaches with sufficient sensitivity in comparison with healthy controls and specificity in comparison with other PD patients.

27. **Thomas (2008)** conducted a study on “Typus Melancholicus personality type and the five factor model of personality”. The purpose of the study was to personality traits are significant factors in the development and course of depression. Apart from the classical five factor model of personality, other personality constellations such as Tellenbach’s typus melancholicus, have been described in association with depressive disorder. Several instruments have been developed to assess the typos melancholicus personality. A systematic comparison of these instruments has not been done to date. The goal of this study was the comparison of four questionnaires used in assessing TMP. Four TMP questionnaires were compared and their relationship to the five factor model of personality was examined among
264 psychiatric patients and normal controls. It was found that the TMP type represents a trait distinct from those of the five factor model. TMP inventories had only moderate concurrent validity. The single TMP scales focus on different aspects of the TMP despite their common core. Both the five factor personality traits and the TMP scales were able to differentiate a group of depressed patients from control groups. The results show that TMP is not one trait but a personality trait constellation. This leads to the conclusion that a number of dimensions must be taken into consideration in the construction of a TMP inventory. This multidimensionality contributes to the refinement of the TMP concept and differentiates its therapeutic implications.

28. Zheng (2008) conducted a study on “The structure of Traits delineating personality Disorder in A Chinese Sample”. The purpose of the study was to find out structure of traits delineating personality disorder in a Chinese sample. The present study examined the factorial structure of a Chinese language version of the self report dimensional assessment of personality pathology Questionnaire in 581 adults. Four factors were extracted deregulation dissocial inhibition and compulsivity that are similar to the factors extracted in the scales normative clinical and general population samples from north America (factor comparability coefficients range from .88 to .96), supporting the ideal that this trait structure is invariant across diverse populations. The internal consistency of the scales was satisfactory across age and gender groups with the exception of the intimacy problems scale.

29. Shafird (2007) conducted a study on “Personality Traits as Self evaluated and as judged by others” The purpose of the study was to compare the personality traits as self evaluated and judged by other. Differences in personality traits as self perceived and as judged by others were examined. A target sample of 80 students were photographed on slide pictures and asked to take the calm anxious and introvert extrovert lists. Another sample of 193 students served as judges by watching the target slide pictures and judged them on how calm anxious and introvert extrovert they appeared. Results showed that target subjects perceived themselves to be calmer and more extrovert than judgments made by others who watched the target slide pictures and judged them. We modify our view of personal traits as we continually have evaluative experiences and social interactions, as we gain more information about ourselves, as we do in fact change.

30. Jonson et al. (2007), conducted a study on “Double dissociation between implicit and explicit personality self concept: The case of shy behaviour”. The purpose of the study was to find out the Double dissociation between implicit and explicit personality self concept; the case of shy behaviour. Using the trait of shyness as an example, the authors showed that (a) it
is possible to reliably assess individual differences in the implicitly measured self concept of personality that (b) are not accessible through traditional explicit self ratings and (c) increase significantly the prediction of spontaneous behavior in realistic social situations. A total of 139 participants were observed in a shyness inducing laboratory situation and they completed an Implicit Association Test and explicit self ratings of shyness. The IAT correlated moderately with the explicit self ratings and uniquely predicted spontaneous shy behavior, whereas the explicit ratings uniquely predicted controlled shy behavior.