



Presenter: Eden Plantinga

Session & Time: Poster_V / 4:00 to 4:50pm

Room: Guzman Lecture Hall

Discipline: Psychology

Faculty Mentor: Ian Madfes

Digital Portfolio URL:

Title: Relationship Between Sports Participation, Viewership, and Extraversion

Abstract:

Sports are exciting, competitive, and social. The enjoyment of this excitement and competitiveness extends back to the ancient world and persists among nations with both participation and observance. It is also an experience, made more enjoyable when shared. Sports bars are an illustration of the group appeal of sports competition.

The characteristics associated with playing recreational sports are consistent with the traits of extraversion; excitement seeking, assertiveness, sociableness, and more. Considering extraversion is also linked to sports fandom in adulthood, it is reasonable to conclude that extraverts, who get enjoyment from external sources, are more likely to be general sports viewers.

Playing sports through young adulthood increases the likelihood of placing personal

identity in sports. These individuals' lives become rooted in sports, including their social group and self-esteem, increasing their likelihood of watching the sports they played in adulthood. The joy of watching their identified sport leads to more general sports viewing. This personal identification with a particular sport is much less likely to be true for people that do quit playing a specific sport before high school. This may have occurred because of a lack of interest, lack of skill, or financial disparities. Consequently, this may place a negative connotation over the specific sport and lower the likelihood of watching and enjoying that sport in adulthood.

Therefore, it is hypothesized that sports viewers will be more extraverted than non sports viewers. Those who played sports through high school and/or college are more likely to watch those sports as adults. Finally, those who quit playing a sport(s) before high school will be less likely to watch that specific sport(s) as adults.