

**Personality as correlates of self-as-entertainment capacity of cadets of Nigeria Police Academy Wudil- Kano**

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**Abstract**

*The study was conducted to determine the influence of personality on self-as-entertainment capacity of cadets of Nigerian Police Academy, Kano. The descriptive survey method was adopted for this study and research participants consisted of 160 cadets of the Nigeria police academy. The simple random sampling technique was used to select the research participants. The instruments for data collection were the Eysenck Personality Inventory (EPI) and Self-As-Entertainment Capacity Scale (SAECS). Four hypotheses were stated and tested using the independent t-test and Pearson Product Moment Correlation (PPMC). The study revealed that there was no significant difference in the mean scores of self-as-entertainment capacity between participants with high and low neuroticism and there was no significant mean difference in the scores of self-as-entertainment between participants with low and high psychoticism. The study concluded that the personality dimensions of the cadet of the Nigeria police academy do not affect their self-as-entertainment capacity.*

**Keyword:** Personality, Cadets, Self-as-entertainment capacity, Neuroticism, Psychoticism.

## **INTRODUCTION**

Studies on personality traits and their correlation to important personal, social and economic constructs are as vibrant and influential as ever (Funder, 2001). Personality is concerned with the question of why some people tend to be aggressive, intelligent, achieving, depressed, psychotic, neurotic, lying, and extroverted or introverted (Eysenck, 1985). Nehra (2014) opines that personality depends to a large extent on self-concept and whatever views a person holds about himself. It is about why some of us make friends easily, while others are lonely, why two people went away from a gathering with different perception of what has happened there, why people sometimes act in a very uncharacteristic way, and why some children grow up to be leaders in the field. It is seen as an individual relatively constructive and consistent ways of thinking, feeling, and acting (Myers, 2002).

Personality has been variously conceived, the varying conceptualizations have influenced the methodological approaches to the problem, the nature of the problem, the theory and assessment involved in its interpretation. Guilford (2000) viewed personality as a person's unique pattern of traits. Traits are propensities of an individual to behave in a consistent and constructive manner. This claim was also supported by Hilgard (2000) who described traits as Neuropsychic structure having the capacity to order stimuli into meaningful

consistent form of adaptive and expressive behaviour. Personality traits do not exist independently or act in isolation; they are interrelated, interacting in an organized manner. Hasset (2004) viewed personality as an individual characteristics pattern of thoughts behaviour that people have tendencies to act, think in certain ways regardless of the situation. For instance, it is possible to think of an acquaintance who seldom get angry no matter the provocation and another who flies off the handle at the slightest irritation. Personality is also seen as a more or less stable and enduring organization of a person's character, temperament, intellect and physique, which determines his unique adjustment to the environment (Eysenck, 1999). For the purpose of knowing human personality Eysenck identified four personality dimensions namely; Extroversion / introversion, Psychoticism, Neuroticism and Lie. Each dimension has its own sociable and unsociable ways which determines individual thoughts and feelings which affect others. For instance, an extrovert is sociable, considerate and cares for others. On the other hand an individual high on the neuroticism scale is unsociable and is characterized boring, moody, anxious, restless and having no consideration for others. An individual high on the psychoticism scale is also unsociable and inconsiderate and more so acts without thinking of the consequences. Eysenck's definition of personality which focuses on neuroticism and psychoticism will be

adopted for this study.

The cadets of the Nigeria Police Academy Wudil-Kano live in a regimented environment and as a consequence of their circumstances, they encounter such problems as filling their leisure time with activities that are cognitively, socially and physically satisfying, in an otherwise boring environment. Manell (1984) defined self-as-entertainment capacity as the or ability of people to fill their free or discretionary time with activity (i.e. mental, physical or social) that is personally satisfying and perceived as appropriate. According to Manell (1984), individuals high on this characteristic perceive a match between the time they have available and their capacity to use it. People participate in leisure activities for experiences that are enjoyable and personally satisfying (Kobanoff, 1997). The ability to entertain one-self will lead to the individual perception of time as not a burden on their neck. That is they do not see time as “hanging heavily on their hands” and are less likely to regard leisure as boring nor are they likely to feel that they are wasting time in their leisure. Individuals low on this trait on the other hand, perceive that they have too much free time and that there is frequently “nothing to do”. Mannell (1984) identified three modes of self-as-entertainment capacity as; Self-mode, Environmental mode and Mind-play mode.

The extent to which people perceived they

can successfully structure their own free time is referred to as “self-mode”. The “environmental-mode” reflects the extent to which people fill their free time by “going places” or by “seeking out other people”. Finally, the “mind-play mode” refers to the extent to which people are able to use fantasy and imagination to fill their time. The inability of people to fill their leisure time with activities that are socially, mentally and physically appropriate has been a major problem which social psychologists are yet to address. It appears that a large portion of cadet's free time is embedded within the everyday activities that make up their lives.

Leisure problems often take the form of barriers or constraints that prevent people from engaging or experiencing and satisfying leisure (Iso-Ahola, 1997). The inability of some cadets to make use of their free time in a manner that will be personally satisfying had resulted in some negative outcomes like truancy and larceny.

### **Personality Types and Self-as-entertainment Capacity**

Many empirical studies have demonstrated the strong influence of personality types on self-as-entertainment capacity (Schill, Beyler, & Sharp, 1993). These studies have collectively supported the notion that ability to entertain oneself can be viewed as a reflection of the individual's personality type.

For instance research shows that neuroticism was not related to self-as-entertainment capacity (Furnham, 1981; Kircaldy, 1990). However, findings from studies revealed that both extraversion and neuroticism were predictive of the choice of leisure activities. Though, extraversion exerted more significant influence (Furnham, 1981).

*Introversion/extraversion:* This personality type has been the most frequently investigated with leisure. Hayes & Joseph (2003) reported that extroverts are generally happier and have the ability to become more absorbed in a leisure experience. Studies have consistently shown that extroverted students were more likely to choose activities that are socially appropriate to enjoy compared to introverts (Kircaldy, 1990).

*Psychoticism:* This is conceptualized as a continuum of liability to psychosis (principally schizophrenia and bipolar affective disorder) with “psychopathy” (i.e., antisocial behavior) defined as “halfway stage towards psychosis” (Eysenck, Eysenck, & Barrett, 1985). High scorers on the psychoticism scale are regarded as “cold, impersonal, lacking in sympathy, unfriendly, untrustful, lacking in insight, strange, with paranoid ideas that people were against him” (Eysenck, 1985).

Psychotic also exhibit antisocial behaviors to show their inability to entertain

themselves with socially appropriate activities (Manell, 1984).

### **Purpose of the Study**

The general purpose of this study is therefore to determine the personality correlates of self-as-entertainment capacity of cadets of the Nigeria Police Academy. This study is also designed.

- i. To find out if there is any difference in self as entertainment capacity on neuroticism
- ii. To find out if there is any difference in the levels of self-as-entertainment capacity on psychoticism

### **Hypotheses**

The following hypotheses were formulated and tested at 0.05 level of significance

- i. There will be significant difference in self-as-entertainment capacity between cadets with high and low neurotic personality.
- ii. There will be significant difference in self-as-entertainment capacity between cadets with high and low psychotic personality

## **METHOD**

### **Design**

The research design adopted for this study was descriptive survey design. This design require that data are collected from a sample at a particular time for the purpose of describing the population represented by the sample at that particular time

(Awotunde, Ugodulunwa & Ozoji 2002). Surveys allow the collection of a large amount of data in a relatively short period of time.

### **Population of Study**

The population of this study is regular course one cadets of Nigerian Police Academy, Kano. These are regular cadets in the degree programme of the academy with an estimated number of 651. They were selected because they were the first and only set available in the academy.

### **Sample and Sampling Technique**

160 cadets were selected for this study. The simple random sampling technique was used for the selection of these research participants. The simple random sampling technique gives every participant equal chance or opportunity of being selected for the study (Awotunde, Ugodulunwa & Ozoji 2002).

### **Instruments**

The instruments used in this study were the Eysenck Personality Inventory (EPI) and the Self-as-entertainment scale (SAECS). The EPI is a standardized instrument developed by Eysenck (1985) and adapted by Omoluabi (2001). It consists of 90 items in total in which information in the four personality dimensions of psychoticism, extroversion, neuroticism and lie were revealed. It also requires a "YES" or "NO" response.

The self-as-entertainment scale as developed by Mannell (1984). The instrument has 28 items and it is also a 5-point scale from "Doesn't Sound Like Me" to the "Sounds a Lot Like Me" continuum. The EPI is psychometrically attributed to the validity and reliability of test-retest reliability. The reliability coefficient was established for each sub-scales ranging from 0.78 for Psychoticism, 0.89 for Extroversion, 0.88 for Neuroticism to 0.58 for lie. (Omoluabi, 2001). The SAES was developed by Mannell (1984) and several studies have been reported to support the validity and reliability of this instrument. However the instrument was validated by experts in psychology and the reliability of the instrument was established by the researcher using test-retest method. The reliability coefficient of the instrument is 0.77.

### **Procedure for Data Collection**

The questionnaires were administered to the cadets in their classrooms during their lecture free period. The research participants were briefed about the purpose of the study and in order to elicit their true responses, a rapport was established between the participants and the research team. Interpersonal method was also used to seek for cadet's cooperation in order to fill the questionnaire properly and they were assured of the confidentiality of their response. The research assistants who were lecturers in the academy were on hand to also ensure that the cadets properly fill the

questionnaires.

**Data analysis**

The data obtained from this study were analyzed with inferential statistical method. The inferential statistics used in this study is independent-sample t-test. The independent-samples t-test was used to test hypotheses one (1) and two (2) to find if

there were significant differences in self-as-entertainment capacity between cadets with high and low neurotic and psychotic personality.

**RESULTS**

The results of the study were presented as follows

**Table 1:** t-test Analysis showing difference in the mean scores on self-as-entertainment capacity among participants high and low on Neuroticism.

Variables	No. of cases	X	SD	df	t cal	tc rit	Level of sig.
SAES				158	1.30	1.96	P 0.05
Low Neuroticism	60	102.97	1.92				
High Neuroticism	100	102.53	2.13				

The result shows that the calculated t-value (1.30) was less than t-crit of 1.96 at .05 level of significance. This shows that there is no significant difference between mean scores on self-as-entertainment capacity between participants with high and low neuroticism ( $t(158) = 1.30, P > .05$ ). Thus, the

hypothesis was rejected.

**Table 2:** t-test Analysis showing difference in the mean scores on self-as-entertainment capacity among participants high and low on psychoticism

Variables	No. of cases	X	SD	df	t-cal	t-crit	Level of sig.
SAES				158	0.96	1.96	P 0.05
Low psychoticism	27	102.93	2.43				
High psychoticism	133	102.65	1.98				

The result shows that the calculated t-value (0.960) was less than the t-crit of (1.96) at .05 level of significance ( $t(158) = 0.96, P > .05$ ). This shows that there is no significant difference between mean scores on self-as-entertainment capacity among participants

high and low on psychoticism.

**DISCUSSION**

The cadets of the Nigeria Police academy are known to face a wide range of challenges compared to their colleagues in

the conventional universities. Some of these challenges stem from fact that they all live in a regimented environment. Bandura (1986) reported that individual's personality reflects the content interplay between environmental demands and the way the individual process information about the self and the world. Eysenck (1985) viewed neurotic as emotionally unstable individuals, some of whom have unreasonable fears of certain objects including places, persons, animals, open space and height. The finding of this study revealed that there is no significant difference in the mean score of self-as-entertainment capacity between cadets with high and low neurotic personality has been linked to the findings of Furnham (1981) that personality type may influence individual ability to fill their discretionary time with activities that is appropriate. The data indicated that individuals who are low on neuroticism will be high in self-as-entertainment capacity and individual who are high on neuroticism will be low on self-as-entertainment capacity.

The second hypothesis stated that there will be significant difference in the mean score of self-as-entertainment capacity between cadets high and low psychotic personality scale of the EPI was also supported. Individuals who are low on psychoticism will be high in their level of self-as-entertainment capacity and individual who are to high on psychoticism will be low on self-as-entertainment capacity

(Mannell,1984). Psychotic personality is different from neurotics. Psychotic are individuals who are altogether insensitive to others, hostile, cruel and inhuman with a strong need to make fool of people and to upset them (Eysenck, 1985).

### **Conclusion**

Conclusions drawn from this study indicated that significant relationship does not exist in cadets personality dimensions and their self-as-entertainment capacity.

Ability to entertain oneself with activities that are mentally, socially and physically satisfying depends much on the individual personality dispositions. It is believed that these personality dispositions that are useful in explaining a wide range of human behaviour have also been found to have a great influence on how people spend their free time. Perhaps this could be that some personality traits influence people's capacity to entertain themselves. It is important to note that all the cadets of the academy are living inside the academy and are not allowed to go out of the school except on pass. Many of them are experiencing this type of environmental setting for the first time and as such they find it difficult to adjust.

### **Recommendation**

Based on the findings of this study the following recommendations were proffered.

Cadets should fill their free time with activities that is physically, mentally and socially satisfying. The management of the institution should also make provisions for sporting and recreational facilities in the academy. This is important because these cadets are living a regimented environment. The availability of these facilities will help them fill their free time with activities that suits their personality. It was also recommended that there should be further studies on the relationship between extraversion and lie scale on the EPI and self-as-entertain capacity. Moreover, the relationship between the Big Five personality traits and the self-as-entertainment capacity can also be viewed.

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