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Examining Personality among Gaming Individuals

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Abstract: ***This quantitative, cross-sectional study examined associations between DiSC personality scores and preferences across 13 genre/subgenre preference scales among Indian gamers. Of 105 initial participants, six who selected "I don't know" for gamer type were excluded, leaving an analytic sample of 99 participants aged 18–35 with at least one year of gaming experience. Data came from a DiSC personality questionnaire and an adapted version of Veronica Zammitto's Gaming Preferences Questionnaire, which used a four-point response scale. Pearson correlations tested associations between the four DiSC dimension scores and each preference scale (52 correlations); independent-samples t-tests compared six pairs of the four DiSC profile groups across the 13 scales (78 tests). Seven of 52 correlations were nominally significant ($p < .05$): Dominance with Shooting ($r = .314$), Influence with Online games ($r = -.213$), Steadiness with Shooting, No Shooting, Realtime, and Puzzle preferences ($r = -.204$ to $-.330$), and Compliance with Construction games ($r = .229$). Five of 78 pairwise t-tests were nominally significant, involving Shooting, No Shooting, Fighting, and Sport preferences. No multiple-comparison adjustment is documented, so these exploratory findings require cautious interpretation. They suggest selective associations between DiSC scores and game-preference scales rather than a uniform pattern across all scales.***

Keywords: DiSC; personality; video-game genre preference; gaming preferences; Indian gamers

1. Introduction

1.1 Background of the Study

1.1.1 Origin of Video Games

Video-game history includes early computer games such as Tennis for Two (1958) and Spacewar! (1962), followed by the arcade release of Pong in 1972. These milestones are documented in the Computer History Museum's history of graphics and games. Later developments expanded gaming across arcade, home-console, personal-computer, and mobile platforms [1].

1.1.2 Relationship between Personality and Video Games

Research has examined associations between personality and gaming, but findings depend on the personality framework and gaming outcome measured. Braun et al. [2] reported associations between Big Five dimensions and preferences for some game genres, while López-Fernández et al. [3] found small associations in adolescents. Park et al. [4] did not find personality traits to predict genre preference, and Ferro [5] did not find personality type to predict preferences for game elements and mechanics. Zeigler-Hill and Monica [6] studied personality in relation to gaming orientations rather than conventional genres. These studies support investigating possible associations, but they do not establish that personality causes preferences or that results from one model apply to DiSC.

1.1.3 Indian Perspective on Video Games

Indian research on gaming has addressed different questions. Banerjee and Das [7] examined smartphone gaming among Generation Y; Ajith et al. [8] studied personality, gaming motives, family relationships, and problematic gaming among Indian youth; and Shreenath and Varghese [9] reviewed research on Internet Gaming Disorder in India. These sources provide relevant national context, but they do not directly test whether DiSC scores are associated with genre preferences among adult gamers in India.

1.1.4 Indian Mobile Game Market Context

Market data provide context for the range of games available in India, but app downloads are not the same as individual players' stated preferences. Sensor Tower's estimates for App Store and Google Play in India during FY 2024–25 identified Simulation, Arcade, Puzzle, and Tabletop among leading genres by downloads, while Shooter and Strategy contributed strongly to in-app purchase revenue. These figures describe estimated mobile-market activity and should not be generalized to all Indian gamers or interpreted as direct evidence of personal preference [10].

This study focuses on whether DiSC dimension scores and profile groups are associated with 13 genre/subgenre preference scales among adult gamers in India. The Indian studies reviewed above address smartphone gaming, gaming motives, personality, or problematic gaming, while international studies have used other personality frameworks and outcomes [2, 4, 5, 6]. This study examines participants' reported preference scores and does not assume that market downloads represent individual preferences [10, 11].

1.2 Theoretical Framework: DiSC

The DiSC framework organizes behavioural styles around four labels represented in this study as Dominance, Influence, Steadiness, and Compliance. DiSC materials describe DiSC as a model of behavioural styles and emphasize that individuals may show a blend of styles rather than fitting completely into one category. The same materials use "Conscientiousness" for C, whereas this study's analysis uses "Compliance." Because labels and scoring may vary between DiSC instruments, the exact questionnaire version and scoring key should be identified in the methodology; interpretations here follow the categories recorded in the study data [12].

2. Literature Survey

2.1 Review of Previous Studies

Research on personality and video-game preferences has used several personality frameworks and has produced both positive and null findings. The studies reviewed below differ in age group, cultural setting, measures, and whether they examine game genres, broader gaming preferences, or problematic gaming. This context is important when comparing their results with the present study, which examines DiSC profile scores and preferences across 13 genre/subgenre preference scales.

Ajith et al. [8] examined online gaming motives, personality, family relationships, and problematic gaming among 179 Indian youth aged 18–25 years. Participants completed an online survey that included the MINI International Personality Item Pool and measures of gaming use, gaming motives, gaming disorder, loneliness, disability, and family relationships. Regression results indicated that escape and competition motives, lower family cohesion, lower conscientiousness, and lower intellect/imagination contributed to problematic gaming. The study provides relevant evidence about personality and gaming in India, but its central outcome was problematic gaming; it did not directly test whether personality scores were associated with preferences for specific game genres, and it did not use DiSC [8].

Rathakrishnan et al. [13] studied 420 school students aged 12–17 years in Sabah, Malaysia. Using the Big Five Inventory and a Gaming Preferences Questionnaire, they reported significant relationships between personality traits and preferences for role-playing, combat, online, and music game genres. The study directly examined personality and genre preference, but it used the Big Five framework and a Malaysian school-age sample rather than DiSC profiles or an adult Indian gamer sample [13].

López-Fernández et al. [3] examined personality, gaming behavior, and genre preference among 776 Spanish high-school students (mean age = 14.29 years; 50.64% girls). Participants completed Five-Factor Model measures and reported gaming frequency, disordered gaming, and games they mostly played. The authors found small but significant associations between all five personality domains and genre preferences. They also reported gender differences in preferred genres: boys more often preferred competitive genres such as action-shooters, sports, fighting, and strategy games, whereas girls more often preferred social simulation, brain, and skill games. These findings suggest that demographic context may matter when interpreting personality–genre associations [3].

Ferro [5] investigated whether personality type could predict preferences for game elements and mechanics, a broader construct than game genre. Across three surveys (n = 279, 231, and 162; total N = 672), the study assessed personality using the Australian Personality Inventory and participants' preferences for game elements and mechanics. The analyses did not support using personality type to predict those preferences. Although the outcome differs from genre preference, this null finding cautions against assuming that personality categories will consistently map onto gaming preferences [5].

Braun et al. [2] compared regular gamers, non-gamers, and people with gaming problems in an online sample of 2,891 participants and also examined differences across game genres. Their findings included an association between action-game preference, higher extraversion, and lower neuroticism. The large sample is useful, although the study also focused on gaming status and problematic use, and its personality assessment was based on the Five-Factor Model rather than DiSC [2].

Zeigler-Hill and Monica [6] examined associations between HEXACO personality dimensions and gaming preferences among 359 active gamers recruited through online gaming forums in the United States. Rather than conventional game genres, the preference measures represented gaming orientations such as daredevil, socializer, and achiever. Extraversion was positively associated with daredevil and socializer preferences, conscientiousness with achiever preference, and emotionality negatively with daredevil preference. The study supports links between personality and aspects of gaming preference while illustrating that preference categories vary across instruments [6].

Borders [14], in a master's thesis, examined personality traits measured by the NEO Five-Factor Inventory and California Psychological Inventory in relation to video-game preferences assessed with a modified version of Zammitto's Gaming Preferences Questionnaire. A principal-components analysis identified three groupings of games, which were related to sex and a limited set of personality traits. This work is methodologically relevant to the present research because it used a version of the same preference questionnaire, though its personality instruments and sample context differed. As a thesis, it should be considered alongside, rather than as equivalent in publication status to, peer-reviewed journal studies [14].

Park et al. [4] investigated personality, motivations for online gaming, playing time, and genre preference. Their analyses found that extraversion and agreeableness predicted some gaming motivations, but personality traits did not predict playing time or game-genre preference. This result differs from studies reporting personality–genre associations and indicates that such relationships may depend on the measures, samples, and outcomes used [4].

Taken together, the reviewed studies show that personality–gaming relationships are not uniform. Some studies report associations with particular genres or gaming orientations, while others find no direct association or address adjacent outcomes such as motives, gaming time, or problematic use. Most of the direct genre-preference studies identified here used the Big Five or HEXACO frameworks, and the samples were drawn from Spain, Malaysia, or the United States. The Indian study identified in this review examined personality in relation to problematic gaming and related factors, rather than directly testing personality against genre-preference scores. No study was identified in the literature reviewed that directly examined DiSC personality profiles in

relation to video-game genre preferences. The present study therefore addresses a distinct question by examining DiSC scores alongside preferences across 13 genre/subgenre preference scales among Indian gamers; this gap statement is limited to the literature located and reviewed for this dissertation.

2.2 Literature on the Study Variables

2.2.1 DiSC Personality Framework

The DiSC framework describes four broad behavioral styles: Dominance (D), Influence (i), Steadiness (S), and Compliance (C). In the general model, these styles describe tendencies in how people approach situations and interact with others; they are best understood as a framework for describing behavioral preferences rather than as diagnoses or complete accounts of personality. DiSC materials also recognize that people may show blends of styles, and the model can be interpreted along a continuum rather than as four wholly separate kinds of people [12].

The C label is not worded identically across all DiSC instruments. Some contemporary materials call it Conscientiousness, while the questionnaire used in the present study labels it Compliance. This review therefore retains the study instrument's label, Compliance, and uses the recorded groups Dominance, Influential, Steadiness, and Compliance when referring to its categorical profiles. These labels describe the study's scoring and grouping procedure; they should not be read as fixed or exhaustive personality identities. [12]

In this study, DiSC was examined in two related forms: scores on the four dimensions and the four profile groups recorded by the administered questionnaire. The dimension scores allow examination of whether higher or lower scores are associated with genre-preference scores. The profile groups allow comparisons of genre scores between participants assigned to different groups. These are two operational views of the same study construct, and conclusions should be tied to the questionnaire and scoring used here. Because DiSC questionnaires are not all identical, technical properties reported for a specific branded assessment should not automatically be attributed to the instrument administered in this study.

2.2.2 Video-Game Genre Preference

Video games are commonly organized into genres according to features of play, such as the actions players perform, the goals they pursue, and the forms of challenge or interaction emphasized. Genre labels are useful for describing broad similarities between games, although a particular game may combine features associated with more than one genre. Zammitto [11] developed a questionnaire approach for collecting quantitative information about gaming preferences across genres, with the aim of identifying which game aspects are preferred by respondents.

Genre preference is distinct from how often a person plays, how long they play, their skill level, or whether their gaming is problematic. In this study, preference refers to participants' responses to items associated with 13 genre/subgenre preference scales in the adapted Gaming Preferences Questionnaire. Each scale score summarizes expressed liking on the questionnaire's four-point response scale. These scores represent reported preferences within this instrument, not direct observation of actual play, gaming frequency, or disorder [11].

2.2.3 Conceptual Relationship Between DiSC and Genre Preference

A possible relationship between personality-related tendencies and game preferences can be considered through the experiences that different games offer. Genres may vary in the prominence of competition, pace, social interaction, exploration, structured problem-solving, or other play features. Individuals may differ in which experiences they find appealing, so genre-preference scores provide one way to examine individual differences in gaming interests. This is a conceptual rationale for testing an association; it does not imply that a DiSC style determines which games a person will enjoy.

The present study examines this relationship using both continuous DiSC dimension scores and the questionnaire's recorded profile groups, alongside scores for 13 genre/subgenre preference scales. The existing literature reviewed in Section 2.1 reports mixed findings across personality frameworks, samples, and preference measures. The focus here is therefore on whether the measured DiSC scores or profile groupings are associated with reported genre preferences in this sample. Since the study is cross-sectional and based on questionnaire responses, any observed relationship is associational and does not establish that personality causes a particular gaming preference.

2.3 Critical Review

The studies reviewed in Sections 2.1 and 2.2 establish that personality and gaming preferences are related research topics, but they do not show a consistent one-to-one correspondence between a personality category and a game genre. Some studies report associations between particular personality dimensions and specific genres or gaming orientations [2, 3, 6, 13]. Other findings are more limited: Park et al. [4] found that personality traits predicted some motivations for online play but not genre preference, while Ferro [5] did not find personality type to be a useful predictor of preferences for game elements and mechanics. Ferro's outcome is not genre preference, so it is best treated as related evidence rather than a direct contradiction. Overall, the literature supports investigating possible associations while cautioning against assuming that they will be strong, uniform, or predictive.

A major reason findings are difficult to compare is that studies operationalize both personality and gaming preference in different ways. The literature includes Big Five measures, HEXACO, the Australian Personality Inventory, and other personality instruments. Gaming outcomes range from conventional genre preferences to player orientations, preferences for game mechanics, gaming motives, play time, and problematic gaming. These are related but not interchangeable constructs. Studies using a similar genre-preference questionnaire, including Borders [14] and Rathakrishnan et al. [13], are especially relevant to

the present study, but the instruments, participant ages, cultural contexts, and analysis choices still differ. Consequently, a result about personality and gaming motives cannot be treated as direct evidence about personality and genre scores.

The evidence also has population and design limitations. Several direct studies focused on adolescents or school students in Spain and Malaysia [3, 13], while Zeigler-Hill and Monica [6] recruited active gamers through United States online gaming forums. Braun et al. [2] contributed a substantially larger sample, but examined gaming status and problematic use alongside genre preferences. These studies broaden the evidence base, yet their samples and outcomes do not necessarily represent adult gamers in India. Ajith et al. [8] provides Indian evidence on personality and online gaming, but its focus on problematic gaming, motives, and family relationships does not answer the direct genre-preference question. Across this body of research, reliance on questionnaire responses and context-specific samples also means findings should be interpreted as associations within the studied groups, not as universal patterns.

The present study responds to two specific limitations in the literature reviewed: the limited evidence from Indian gamers on personality and genre preference, and the absence of a directly comparable DiSC-based study identified in this review. It examines four DiSC dimension scores alongside preference scores for 13 genre/subgenre preference scales and also considers the questionnaire's four profile groups. Its use of an adapted Zammitto questionnaire makes it comparable in broad purpose to earlier genre-preference research, while its DiSC measure adds a different personality framework. The study also has constraints relevant to interpretation: the analytic sample is 99 participants and is heavily male (93 men and 6 women), so it cannot support balanced gender comparisons and may not represent all Indian gamers. Although participants came from different parts of India, region-specific patterns cannot be assessed because region was not recorded in the available dataset. The cross-sectional, self-report design further limits conclusions to reported associations; it cannot establish that a DiSC dimension causes a genre preference.

2.4 Research Gap

The research gap in this study is specific to the personality framework, outcome, and population examined; it is not an absence of gaming research in India. Indian studies have addressed smartphone gaming and its motivations among Generation Y [7], as well as personality, family relationships, motives, and problematic online gaming among Indian youth [8]. A 2026 scoping review of 71 empirical studies on gaming and Internet Gaming Disorder in India further reported that most of the included studies focused on gaming disorder [9]. This evidence establishes an Indian research base, while also showing that much of it addresses problematic use and related factors rather than the particular question asked in the present study.

International work has examined personality alongside game genres using different frameworks and methods. For example, Li et al. [15] analyzed Steam review text for 40 games across four genres and used a trained classifier to summarize collective Big Five profiles. This data-driven approach is relevant to the broader topic, but it estimates group-level profiles from user reviews; it does not measure individual DiSC scores or directly compare those scores with responses to a genre-preference questionnaire. The studies reviewed in Sections 2.1–2.3 therefore provide related evidence, but their constructs and measures do not answer the present study's specific question.

Within the literature located and reviewed for this dissertation, no study was identified that directly tested whether the four DiSC dimension scores or the questionnaire's recorded DiSC profile groups are associated with preference scores across the 13 genre/subgenre preference scales examined here among adult gamers in India. The gap is thus a focused one: limited direct evidence combining DiSC, genre-specific preference scores, and an Indian adult gamer sample. This statement describes the scope of the search and review conducted for this dissertation and should not be taken as proof that no such study exists anywhere.

The present study addresses this gap by analyzing responses from 99 eligible participants in India, aged 18–35, using the administered DiSC questionnaire and an adapted version of Zammitto's Gaming Preferences Questionnaire. It examines both the four DiSC dimension scores and the four recorded profile groups in relation to the 13 genre/subgenre preference scores. The study adds a context-specific data point to the literature; given its cross-sectional self-report design and sample composition, its findings should be interpreted as associations in this sample rather than causal or nationally representative conclusions.

2.5 Rationale and Significance

The literature reviewed in this chapter points to a focused need for research examining personality in relation to preferences for particular video game genres. Studies have considered gaming preferences, personality, and problematic gaming in different contexts, including India; however, the reviewed literature did not identify a study directly examining how the four DiSC dimensions and profile groups relate to preferences across 13 genre/subgenre preference scales among adult gamers in India. Existing work has used other personality frameworks or addressed broader gaming outcomes, leaving this specific combination of personality framework, genre-level preference, and Indian context insufficiently examined [8, 9, 15].

The present study responds to this gap by examining the association between participants' DiSC dimension scores and their scores for 13 genre/subgenre preference scales, and by comparing genre-preference patterns across the Dominance, Influential, Steadiness, and Compliance profile groups. Using the genre-based preference measure adapted from Zammitto [11] allows the study to consider preferences at a more specific level than a general measure of gaming involvement. Its contribution is exploratory and context-specific: it provides evidence that may inform further research on individual differences and gaming preferences and offers a starting point for larger and more diverse

studies in India. The findings should be interpreted within the limits of the study's cross-sectional, self-report design and its sample of 99 participants, which was predominantly male; they do not establish that personality causes genre preferences or support generalisation to all Indian gamers.

3. Problem Definition

Research on personality and video-game genre preferences has produced mixed findings. In an online sample of 2,891 participants, Braun et al. [2] reported that action-game preference was associated with higher extraversion and lower neuroticism. Park et al. [4], however, found that personality traits did not predict game-genre preference in their study of online gaming. A study of 420 school students also reported relationships between Big Five traits and preferences for several genres, including role-playing, combat, online, and music games [13]. These findings suggest that observed associations may vary across samples, personality measures, and genre classifications. They do not establish whether the four DiSC profiles—Dominance, Influential, Steadiness, and Compliance—are associated with preferences across the 13 genre/subgenre preference scales examined among adult gamers in India. The research problem addressed in the present study is therefore whether, and in what ways, DiSC personality scores and profiles are associated with video-game genre preferences in this population. The study examines these associations using both continuous DiSC dimension scores and comparisons among the four DiSC groups.

4. Methodology / Approach

4.1 Research Design

A quantitative, non-experimental, cross-sectional questionnaire design was used. The study combined correlational analysis of continuous DiSC dimension and genre-preference scores with between-group comparisons of genre scores across the four DiSC profile groups.

4.2 Participants and Eligibility

A total of 105 participants completed the study questionnaire. Participants were adults aged 18–35, based in India, with at least one year of video-game experience. The project had initially proposed a target of 100–150.

Participants were eligible for inclusion if they met all of the following criteria:

- Were between 18 and 35 years of age.
- Were based in India.
- Had at least one year of video-game experience and identified as either a casual gamer or a hardcore gamer.

4.3 Exclusion Criteria

Six participants who selected "I don't know" for gamer type were excluded before analysis, leaving a final analytic sample of 99.

4.4 Measures

Data came from a DiSC personality questionnaire and an adapted version of Veronica Zammitto's Gaming Preferences Questionnaire, which used a four-point response scale.

The genre-preferences questionnaire's matrix contains 13 separate genre/subgenre preference scales: Shooting, No Shooting, Fighting, TurnBased, Realtime, RPG, Sport, Vehicle, Construction, Artificial Intelligence (AI), Adventure, Puzzle, and Online. The three action subgenre scores (Shooting, No Shooting, and Fighting) were retained separately in the analysis [11].

4.5 Procedure

The questionnaires were administered online through PaceDigital – Psychometric Platform or Microsoft Forms. Participants completed the Gaming Preferences Questionnaire, the DiSC personality questionnaire, and demographic questions in one session. The demographic item offered three responses: Casual gamer, Hardcore gamer, and "I don't know." Of the 105 initial participants, the six who selected "I don't know" were removed before analysis, leaving 99 cases. Gaming-preference items used a four-point response scale from Strongly Agree to Strongly Disagree.

4.6 Statistical Analysis

The data were analyzed using SPSS. For Approach 1, two-tailed Pearson product-moment correlations were calculated between each of the four DiSC dimension scores and each of the 13 genre/subgenre preference scores (52 correlations); pairwise-valid cases were used. For Approach 2, independent-samples t-tests compared the four DiSC profile groups in all six possible pairs for each preference scale (78 tests). Levene's test assessed equality of variances, and the corresponding equal-variance or unequal-variance t-test result was used.

5. Results and Discussion

5.1 Results

The final analytic sample comprised 99 participants: 57 identified as casual gamers (57.6%) and 42 as hardcore gamers (42.4%). The source dataset recorded 93 men (93.9%) and 6 women (6.1%). The age field contained values outside the stated eligibility range, so age summary statistics are not reported from this file.

Pearson product-moment correlations were examined between the four continuous DiSC dimension scores and the 13 genre/subgenre preference scores. Seven of the 52 reported correlations had unadjusted two-tailed p values below .05. Dominance was positively associated with Shooting preference, $r = .314$, $p = .002$. Influence was negatively associated with Online preference, $r = -.213$, $p = .034$. Steadiness was negatively associated with Shooting, $r = -.330$, $p < .001$; No Shooting, $r = -.204$, $p = .043$; Realtime, $r = -.216$, $p = .031$; and Puzzle, $r = -.209$, $p =$

.038. Compliance was positively associated with Construction preference, r = .229, p = .022. The remaining 45 correlations were not statistically significant at the .05 level. These p values are unadjusted for the 52 comparisons.

5.2 Discussion

The findings provide limited, scale-specific evidence of associations between DiSC dimension scores and selected genre preferences in this sample. Higher Dominance scores were associated with higher Shooting preference scores, whereas higher Steadiness scores were associated with lower Shooting, No Shooting, Realtime, and Puzzle preference scores. Compliance showed a positive association with Construction preference, and Influence showed a negative association with Online preference. The coefficients were small to moderate in magnitude, and most tested pairings did not show statistically significant associations.

This mixed pattern is broadly consistent with the literature reviewed in this article, where results vary across personality frameworks, samples, and definitions of gaming preference. Braun et al. [2] reported links between Big Five traits and action-game preference, while Park et al. [4] found that personality traits did not predict game-genre preference in their sample. The present results add an exploratory DiSC-based observation from adult gamers in India, but the constructs and instruments differ from those studies, so the results should not be treated as direct replications or contradictions.

The findings should be interpreted cautiously. The 52 correlations were tested at an unadjusted .05 level, increasing the chance of nominally significant results when many associations are examined. The observed associations are correlational and do not show that personality causes a genre preference. The sample was heavily male, and the available age field included invalid values; demographic generalization is therefore limited.

6. Conclusion

In this sample of 99 adult gamers in India, selected DiSC dimension scores showed associations with preference scores for a small number of game genres and subgenres. Because the 52 correlations were exploratory and their p values were not adjusted for multiple comparisons, these findings should be interpreted cautiously; they do not establish that personality causes gaming preferences or that the pattern applies to Indian gamers generally. The study offers preliminary DiSC-based evidence for further research using more representative samples and complete reporting of group-comparison analyses.

7. Future Scope

Future research could build on this exploratory study in several ways:

- Recruit a larger, gender-balanced sample across multiple Indian regions and report complete, verified participant characteristics.
- Test the reliability and validity of the DiSC and adapted gaming-preference measures, and clearly define how primary and blended DiSC profiles are classified.
- Pre-register focused hypotheses, address multiple testing, and replicate findings independently. Report profile-group comparisons with assumptions, effect sizes, and confidence intervals.

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