



# Examination of the Differences in Licensed Athletes' Personal Beliefs in Relation to Some Socio-demographic Characteristics

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## Abstract

*Objective:* This study was carried out to examine the personality beliefs of licensed athletes according to sports branch, type of sport and gender. In addition, it is aimed to make some contributions to the literature since personality beliefs in athletes have not been studied before.

*Methods:* This study was conducted by using the survey model. The study group consisted of 154 licensed athletes aged 15 and over. A Personal Information Form and the Personality Belief Scale Short Form were used to collect data in the study. SPSS 22.0 package program was used in the analysis of the data.

*Results and Suggestions:* When the personality beliefs of licensed athletes were examined according to the sports branch variable, no significant difference was found in the sub-dimensions of schizoid, paranoid and antisocial personality beliefs. Narcissistic, histrionic, and borderline sub-dimensions scores were found to vary significantly. When examined according to the variables of doing team sports or individual sports, no significant difference was found between these two groups in all the personality belief sub-dimensions. When examined according to the gender variable, only the obsessive/compulsive subscale scores were found to vary significantly depending on gender in favour of the male athletes. Comparing personality beliefs with those who do not do sports can be useful in determining whether doing sports is effective in personality beliefs. Examining the personality beliefs of athletes according to their success can contribute to the field of sports and exercise psychology.

**Keywords:** Personality, Sport, Personality Beliefs, Athlete

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## Öz

**Amaç:** Bu çalışma, lisanslı sporcuların kişilik inançlarının sporun branşı, sporun türü ve sporcunun cinsiyeti değişkenlerine göre incelenmesi amacıyla yapılmıştır. Ayrıca yapılan literatür taramasında sporcularda kişilik inançlarını araştıran bir çalışmaya rastlanmadığından bu çalışmanın literatüre bir yenilik sunması amaçlanmaktadır.

**Yöntem:** Bu araştırma tarama modeli ile gerçekleştirilmiştir. Araştırma grubunu 15 yaş ve üzeri 154 lisanslı sporcu oluşturmuştur. Araştırmada Kişisel Bilgi Formu ve Kişilik İnanç Ölçeği Kısa Formu kullanılmıştır. Araştırmanın veri analizinde SPSS 22.0 paket programı kullanılmıştır.

**Sonuç ve Öneriler:** Araştırma sonucunda lisanslı sporcuların kişilik inançları spor branşı değişkenine göre incelendiğinde şizoid, paranoid ve antisosyal kişilik inançlarının alt boyutlarında anlamlı bir farklılık bulunmamıştır. Narsisistik, histrionik ve borderline alt boyut puanları anlamlı olarak farklılık göstermiştir. Takım sporu ya da bireysel spor değişkenine göre incelendiğinde bu iki grup arasında tüm kişilik inanç alt boyutlarında anlamlı bir fark bulunmamıştır. Cinsiyet değişkenine göre incelendiğinde erkek sporcuların obsesif/kompulsif alt ölçek puanları kadın sporculara göre istatistiksel olarak anlamlı derecede yüksek bulunmuştur. Kişilik inançlarının spor yapmayanlarla karşılaştırılması, spor yapmanın kişilik inançlarında etkili olup olmadığını belirlemede faydalı olabilir. Sporcuların başarılarına göre kişilik inançlarının incelenmesi spor ve egzersiz psikolojisi alanına katkı sağlayabilir.

**Anahtar Kelimeler:** Kişilik, Spor, Kişilik İnançları, Sporcu

## Introduction

Since the beginning of the history of mankind, human behavior has attracted great attention and the underlying causes of different behaviors have been the subject of research. Many definitions have been made regarding the concept of personality. Alport defines personality as “a dynamic organization consisting of a psychophysiological construct that determines the adaptation of the individual to his/her unique environment” (Gerring & Zimbardo, 2014). According to Eysenck, the three basic dimensions of personality are extraversion, neuroticism and psychoticism (Francis & Jackson, 2004). In other words, personality is defined as the characteristics and tendencies that determine the similarities and differences in the psychological reactions (emotions, thoughts, behaviors) of individuals and that are continuous in a way that cannot be explained only by the biological situation or the social environment (Berens, 1999). When all these definitions are investigated, it is thought that personality can be divided into several dimensions and they have different characteristics and these characteristics can be measured.

Although the cognitive-behavioral approach is newer than other theories, it has emerged with the development and change of old theories. According to George Kelly (1905-1967), one of the early cognitive theorists, expectations and predictions form the basis of the human mind. He stated that each individual observes human relations and as a result of these observations develops theories and

models like a scientist (Türkçapar, 2018; Türkçapar, & Sargin 2012; Özdel, 2015). According to Kelly, the categories that people create to make sense of the world are called constructs. While Kelly only uses conscious constructs, contemporary cognitive theorists deal with both conscious and unconscious cognitive constructs (Topcu-Uzer & Tanrıkulu 2017). Consequently, cognitive theorists state that personality can be understood by examining the processes of people's interpretation and evaluation of events.

The cognitive theory basically gives significance to the way events are perceived and interpreted rather than the events themselves. Cognitive theory explains the information processing on the basis of sense, perception and cognition. How the person sees herself/himself has a central role in determining and forming the behavior and the personal world (Türkçapar, 2018; Benjamin et al., 2011).

Personality beliefs, the dependent variable of this study, refer to both the individual's beliefs about herself/himself and her/his basic beliefs about emotion, behavior and the other world (Leahy et al., 2005). Personality beliefs, which are related to individual differences, affect a person's behavior and relationship with others. In particular, general beliefs about how the world works and what it is like guide our social behavior and significantly shape our expectations about the consequences of our actions (Chen et al., 2006).

The cognitive theory emphasizes that a person's dysfunctional beliefs play a significant role in personality disorders. Beck et al. (2003) in their study investigating the schemas and basic beliefs of people diagnosed with personality disorders associated each personality disorder with individual dysfunctional beliefs. Dysfunctional beliefs lead to misinterpretation of reality (Pretzer & Beck, 2006). Beck et al. (2001) stated that personality disorders are based on dysfunctional beliefs specific to the individual. Personality beliefs refer to both one's beliefs about oneself and one's basic beliefs about feelings, behaviors and the other world (Leahy et al., 2005). According to this approach, people's feelings and behaviors are related to how they make sense of the event, how they interpret it, and how they evaluate it.

According to the cognitive model, personality disorders occur as a result of a person's dysfunctional beliefs (Beck et al., 2003). According to cognitive theory, it is believed that dysfunctional beliefs and schemes underlying the patient's behaviors and emotions play an important role in personality disorders (Beck et al., 1990). This view assumes that each of the personality disorders is characterized by a certain set of beliefs. This suggests that each personality disorder consists of unique beliefs, assumptions and strategies for dealing with perceived vulnerable situations (Strack, 2005).

According to DSM-V, personality disorders are an ongoing pattern of internal life and behavior that deviates significantly from the characteristics expected from the culture in which the person lives (American Psychiatric Association, 2013). This pattern manifests itself in at least two of the four areas (interpersonal functionality, cognition, impulse control, and affection).

DSM-V (American Psychiatric Association, 2013) describes 10 personality disorders in three clusters: Persons in Cluster A (paranoid, schizoid, and schizotypal) have an odd or eccentric-unusual

appearance. People in Cluster B (narcissistic, histrionic, borderline, and antisocial) are individuals who experience varying, superficial, emotional, dramatic and attention-seeking interpersonal conflicts. Persons in Cluster C (avoidant, dependent, and obsessive-compulsive) are generally high in anxiety and nervousness.

Studies on personality have revealed that personality is also shaped by life experiences. Psychologists have studied the personality traits of successful athletes. When the first sports and exercise psychology laboratories were developed at the beginning of the twentieth century, personality was defined as an important factor affecting development and success in sports (Allen et al., 2013).

The three main subjects of studies conducted by personality psychologists are individual differences, motivation and integrity. These three issues were generally associated with sports and exercise psychology, with a focus on individual interest and motivation (Coulter et al., 2016). One of the most researched subjects in sports and exercise psychology is the developmental characteristics of individuals. The role of sports and physical activity in the development of children and adolescents is thought to be effective throughout adulthood and beyond. In addition, sports and exercise psychology can help clarify the stability of personality and its change in adulthood (Doğan et al., 1994).

A lot of research has been done about sports, which is in almost every area of our lives. Sport is not only a phenomenon that develops physical characteristics, but its interaction with psychology aroused curiosity. There are two views on this matter. First, sport preferences vary according to personality differences. Second, personality is shaped according to the sport. Considering that personality traits advance from childhood and sports are started at a young age, it is thought that the behavior of doing sports can shape personality traits.

There are some studies on personality differences between athletes and non-athletes (Carter and Shannon, 1940), descriptive personality traits of female athletes (Fleming, 1934), personality differences among athletes competing in different sports (Booth, 1958), the relationship between sports and exercise participation and personality traits (Fauquier, 1940) and the effect of personality on performance outcomes and performance quality (La Place, 1954; Allen et al., 2013). It is estimated that more than 1,000 studies on personality in sports were published in the 1960s and 1970s alone (Fisher, 1984). Interestingly, very little work has been done in recent years to investigate personality in sports. Besides, some of the fundamental questions raised in the early twentieth century still have not been fully answered (Allen et al., 2013). Conversely, Vanden-Auweele et al. (2001) suggested that researchers should shift their interests to more specific areas such as trait anxiety, optimism, toughness, and mental toughness. When the literature is examined, no research has been found in which sports and personality beliefs are examined together in the relevant literature.

In this study, it was aimed to examine the personality beliefs of licensed athletes. For this purpose, answers to the following questions were sought.

1. Is there a significant difference between the personality belief sub-dimensions of licensed athletes depending on the sports branch they do?

2. Is there a significant difference between personality belief sub-dimensions depending on the type of sport (team sport, individual sport) that licensed athletes do?
3. Is there a significant difference between the personality belief sub-dimensions of licensed athletes depending on the gender variable?

Although personality beliefs predict personality disorders according to cognitive behavioral theory, it is not a sufficient criterion for detecting personality disorders. Therefore, the aim of this study is not to detect personality disorders, but only to evaluate existing personality beliefs.

Although it is accepted from the beginning that biological factors are effective to a certain extent in the formation of personality, psychosocial factors have a role in shaping the personality at least as much as the biological factors (DSM-IV-TR 2008). One of the psychosocial factors is doing sports. Comparative examination of the personality beliefs of those who do sports will be useful in terms of looking at the relationship between personality beliefs and sports behavior.

Many researchers have examined the concept of personality in athletes. However, in the literature review, no study examining personality beliefs in sports was found. Thus, this study will make some contributions to the literature.

In this study, it was investigated whether the personality beliefs of licensed athletes changed depending on the sports branch, type of sport and gender.

## **Method**

### ***Model***

Descriptive studies describe a situation being investigated as completely and precisely as possible. Survey method is a method frequently used in studies carried out in the field of education in terms of summarizing the characteristics of individuals and groups, their abilities, preferences and behaviors (Büyükoztürk et al., 2017). The current study employed the survey model used to describe a past or present situation as it was/is.

### **Research Procedure**

First of all, ethics committee approval was obtained. Then, necessary permissions were obtained from the Isparta Provincial Directorate of Youth and Sports, where the study would be conducted. Necessary permissions were obtained from M. Hakan Türkçapar, who adapted the Personality Belief Scale Short Form to Turkish, in order to use the scale in the current study. Then, the collected data were analyzed with the SPSS 22.0 program package.

### **Participants**

The study group consists of licensed athletes aged 15 and over who are regularly interested in any sports branch in Isparta Provincial Directorate of Youth and Sports. In the analysis, 3 forms determined to include outliers were excluded from the study. Permission was obtained from the parents of the participants under the age of 18. Ethics committee approval was obtained for the study. Permission was obtained from the institution where the study would be conducted. The sociodemographic information of the 154 participants evaluated in the data analysis is given in Table 1.

**Table 1. Distribution of Sociodemographic Characteristics of the Individuals in the Sample Group**

		n	%
<b>Gender</b>	Woman	21	43.5
	Man	27	56.5
<b>Sport Branch</b>	Athletics	21	13.6
	Basketball	27	17.5
	Taekwondo	32	20.8
	Volleyball	20	13
	Goalball	10	6.5
	Other	44	28.6
<b>Type of Sport</b>	Team Sport	64	41.6
	Individual Sport	90	58.4

Table 1 shows the sociodemographic characteristics of the sample group.

### Data Analysis

Before the analysis of the data, outlier analysis was performed first and 3 forms determined to have outliers were excluded from the scope of analysis. In this study, SPSS 22.0 Program Package was used in the analysis of the data obtained by using the Personal Information Form and the Personality Belief Scale Short Form. The assumptions of parametric tests were examined to decide whether to use parametric or non-parametric analysis techniques. Normality assumption was checked by calculating the skewness coefficients. Since the skewness coefficient was observed to be between -1 and +1 in the analysis, the distribution was accepted to be normal. In the analysis, it was observed that the variances are homogeneous. In order to determine whether the scores taken from the sub-dimensions of the Personality Belief Scale Short Form of the licensed athletes participating in the study vary depending on the variables of gender, type of sport (team sport or individual sport) and whether doing or not doing any sports, an independent samples t-test was used. One-way analysis of variance (ANOVA) was used to determine whether the scores taken from the sub-dimensions of the scale by the licensed athletes participating in the study vary significantly depending on the branch of the sport. The source of the difference between the means was analyzed with Sidak and LSD (Least Significant Differences) tests. Sidak and LSD tests were used to determine the source of the difference between the means. The reason for choosing the Sidak test is that it imposes stricter limitations on the amount of error, takes into account the equality of variance, and does not require the number of groups to be equal (Kayri, 2009). The reason for using the LSD test is that LSD is a Post Hoc test sensitive to even the smallest differences (Lee and Lee, 2018).

### Data Collection Tools

In accordance with the purpose of the study, the Personality Belief Scale Short Form and Personal Information Form were used as data collection tools.

### Personality Belief Scale Short Form

The original form of the Personality Belief Scale used in the current study is the Personality Belief Questionnaire (PBS) developed by Beck and Beck (1991) based on the cognitive behavioral model to explain personality and personality disorders. Trull et al. (1993) applied the PBQ to university students and found that the internal consistency value varies between 0.77 and 0.93. PBQ consists of 126 items in its first form. Butler et al. (2007) created the Personality Belief Questionnaire Short Form (PBQ-SF) with 65 items with high discrimination. Taymur et al. (2011) conducted the validity and reliability studies of the Turkish Personality Belief Scale-Short Form (PBS-SF). As a result of the internal consistency and reliability analyses, the Cronbach's Alpha value was found to be 0.92 (Taymur et al., 2011). In this study, the Cronbach's Alpha value was found to be 0.85.

### Personal Information Form

The Personal Information Form is a 17-item form created to determine the socio-demographic characteristics of the participants (such as gender, age, sports status, education level).

### Limitations

The study is limited to licensed athletes in Isparta Provincial Directorate of Youth and Sports. In addition, it is limited to the sports branches that exist within the directorate. The data of this study are limited to the qualities that the measurement tool measures.

### Findings

The findings obtained as a result of the analyses are explained below in relation to the variables of the study.

### Sports Branch Variable

Personality beliefs of licensed athletes were examined according to the sports branch variable. In order to evaluate whether the participants' scores taken from the sub-dimensions of PBS-SF vary significantly depending on the sports branch variable, the mean scores and standard deviations of the sub-dimensions were examined. Differences were determined according to the analysis and one-way analysis of variance (ANOVA) was performed to determine whether these differences were significant. The results of the one-way analysis of variance are given in Table 2.

**Table 2. Results of the ANOVA Conducted to Determine Whether the Scores Taken from the Sub-dimensions of PBS-SF Vary Significantly Depending on the Sports Branch Variable**

Personality Belief	Source of Variance	Sum of Squares	sd	Mean Square	f	p	Significant Difference
Schizoid	Between Groups	305.66	5	61.13	2.25	.053	-
	Within Groups	4002.55	147	27.23			
	Total	4308.21	152				

<b>Paranoid</b>	Between Groups	301.41	5	60.28	2.07	.071	-
	Within Groups	4280.51	147	29.12			
	Total	4581.92	152				
<b>Antisocial</b>	Between Groups	232.43	5	46.49	1.207	.31	-
	Within Groups	5663.23	147	38.53			
	Total	5895.67	152				
<b>Narcissistic</b>	Between Groups	349.89	5	69.98	2.361	.04	1>3,1>6. 3>6
	Within Groups	4356.23	147	29.63			
	Total	4706.12	152				
<b>Histrionic</b>	Between Groups	459.60	5	91.92	3.982	.00	1>3, 1>4
	Within Groups	3392.99	147	23.08			
	Total	3852.59	152				
<b>Borderline</b>	Between Groups	278.48	5	55.70	3.741	.00	1>2, 2>5
	Within Groups	2188.43	147	14.89			
	Total	2466.92	152				
<b>Avoidant</b>	Between Groups	75.44	5	15.09	.774	.57	-
	Within Groups	2864.09	147	19.48			
	Total	2939.53	152				
<b>Dependent</b>	Between Groups	330.00	5	66.01	3.16	.01	1>4
	Within Groups	3073.74	147	20.91			
	Total	3403.74	152				
<b>Passive / Aggressive</b>	Between Groups	173.99	5	34.80	1.44	.21	-
	Within Groups	3544.27	147	24.11			
	Total	3718.26	152				
<b>Obsessive / Compulsive</b>	Between Groups	371.79	5	74.36	2.49	.03	1>4,4>5
	Within Groups	4398.11	147	29.92			
	Total	4769.91	152				

The results of the variance analysis of the mean scores taken from the sub-dimensions of PBS-SF are given in Table 2. As a result of the one-way analysis of variance, the scores of the athletes in the schizoid, paranoid, antisocial, avoidant, and passive-aggressive sub-dimensions were found to not vary significantly depending on the sports branch variable. However, it was observed that the scores they got in the sub-dimension of narcissistic, histrionic, borderline, dependent, and obsessive/compulsive personality varied significantly depending on the sports branch variable.

Sidak test was used to determine the source of the significant difference obtained in the sub-dimensions of histrionic, borderline, dependent and obsessive/compulsive. Since the difference between the groups

in the narcissistic personality sub-dimension scores could not be determined in the Sidak test, the LSD post hoc test, which showed the smallest differences, was applied.

According to the results of the LSD test, it was observed that there was a significant difference between the scores of the participants who did sports classified as athletics and taekwondo and other categories (wrestling, weightlifting, mountaineering, etc.) in the narcissistic personality belief sub-dimension. The scores of the participants in the narcissistic personality belief sub-dimension who do sports in the athletics branch are significantly higher than the scores of the participants doing sports in the taekwondo and other categories.

In the analysis made according to the results of the Sidak test, it was observed that there was a significant difference in the scores of the histrionic personality sub-dimension between the scores of those who do sports in the athletics branch and those who do sports in the taekwondo and volleyball branches. According to these findings, the scores of the participants who do sports in the athletics branch are significantly higher than the scores of the participants who do sports in the taekwondo and volleyball branches in the histrionic personality sub-dimension.

In the borderline personality sub-dimension, according to the results of the Sidak test, it is observed that there is a significant difference between the participants in the basketball branch and the participants in the athletics and goalball branches. The scores of the participants who play sports in goalball and athletics branches are significantly higher than the scores of the participants who play basketball in the borderline personality belief sub-dimension.

According to the results of the sidak test performed for the addicted personality belief sub-dimension, it was observed that there is a significant difference between the participants who do sports in athletics and volleyball branches. The scores of the participants who do sports in the athletics branch are significantly higher than the scores of the participants who play volleyball in the dependent personality sub-dimension.

As a result of the Sidak test, it was observed that there is a significant difference in the obsessive-compulsive personality belief sub-dimension between the scores of those who do sports in volleyball and those who do sports in athletics and other branches. According to these results, the scores of the participants who do sports in the volleyball branch are significantly lower than the scores of the participants who do sports in athletics and other categories (wrestling, weightlifting, mountaineering, etc.) in the obsessive-compulsive personality sub-dimension

### **Type of Sport Variable**

Personality belief sub-dimensions of licensed athletes were inspected according to the type of sport they played (team sport or individual sport). The t-test was used to determine whether there is a difference between the mean scores taken from the sub-dimensions of personality beliefs of the licensed athletes depending on the type of sport they do. The acquired results are presented in Table 3.

**Table 3. Results of the T-test Conducted to Determine Whether the Scores Taken from the Sub-dimensions Vary Significantly Depending on the Sport Type Variable**

Personality Belief	Type of Sport	n	$\bar{x}$	ss	Sd	t	p
<b>Schizoid</b>	Team	64	12.99	5.32	152	.98	.33
	Individual	90	13.85	5.33			
<b>Paranoid</b>	Team	64	13.12	5.91	152	.82	.42
	Individual	90	12.38	5.18			
<b>Antisocial</b>	Team	64	11.73	5.91	152	.16	.87
	Individual	90	11.57	6.47			
<b>Narcissistic</b>	Team	64	11.40	5.87	152	1.06	.29
	Individual	90	10.44	5.31		1.04	
<b>Histrionic</b>	Team	64	7.27	5.20	152	.35	.73
	Individual	90	6.99	4.93			
<b>Borderline</b>	Team	64	8.17	3.92	152	-1.34	.18
	Individual	90	9.06	4.09			
<b>Avoidant</b>	Team	64	13.41	4.42	152	-.95	.35
	Individual	90	14.09	4.38			
<b>Dependent</b>	Team	64	6.72	4.14	152	-1.64	.10
	Individual	90	7.98	5.05			
<b>Passive / Aggressive</b>	Team	64	13.66	4.76	152	1.38	.17
	Individual	90	12.55	5.03			
<b>Obsessive / Compulsive</b>	Team	64	13.40	5.82	152	-1.47	.14
	Individual	90	14.74	5.42			

\* p &lt;0,5

The results of the t-test results conducted to determine whether the scores taken from the sub-dimensions of the scale vary significantly depending on the type of sport they perform are presented in Table 3. In the analysis, no significant difference was observed between the personality belief sub-dimension mean scores of the athletes according to the type of sport variable.

#### Gender Variable

Personality beliefs of the licensed athletes were examined according to the gender variable. The t-test was used to determine whether there was a difference between the personality belief mean scores of the licensed athletes depending on the gender variable. The obtained results are presented in Table 4.

**Table 4. Results of the T-test Conducted to Determine Whether the Scores Taken from the Sub-dimensions Vary Significantly Depending on the Gender Variable**

Personality Belief	Gender	n	$\bar{x}$	ss	Sd	t	p
<b>Schizoid</b>	Female	67	13.51	5.54	152	.05	.96
	Male	87	13.47	5.19			
<b>Paranoid</b>	Female	67	11.99	4.74	152	-1.38	.17
	Male	87	13.22	5.98			
<b>Antisocial</b>	Female	67	10.78	5.77	152	-1.51	.13
	Male	87	12.30	6.51			
<b>Narcissistic</b>	Female	67	10.21	5.28	152	-1.25	.21
	Male	87	11.33	5.74			
<b>Histrionic</b>	Female	67	6.38	4.58	152	-1.57	.119
	Male	87	7.66	5.31			
<b>Borderline</b>	Female	67	9.03	3.70	152	.92	.358
	Male	152	8.91	4.34			
<b>Avoidant</b>	Female	67	14.33	3.97	152	1.30	.20
	Male	87	13.40	4.68			
<b>Dependent</b>	Female	67	7.29	4.04	152	-.38	.70
	Male	87	7.59	5.20			
<b>Passive / Aggressive</b>	Female	67	12.39	4.85	152	-1.37	.17
	Male	87	13.49	4.97			
<b>Obsessive / Compulsive</b>	Female	67	12.74	5.29	152	-2.87	.01
	Male	87	15.29	5.63			

\* p <0,5

As seen in Table 4, there is no gender-based significant difference between the mean scores taken from the sub-dimensions of schizoid, paranoid, antisocial, narcissistic, histrionic, borderline, avoidant, dependent and passive/aggressive. However, a significant difference was found between the mean scores taken from the obsessive/compulsive sub-dimension in favour of the male athletes.

## Discussion

Personality belief sub-dimension scores of the licensed athletes were examined according to sports branch, type of sport and gender.

## Sports Branch

In the analysis, it was found that the scores of the licensed athletes in the schizoid and paranoid sub-dimensions did not vary significantly ( $p>0.05$ ) depending on the sports branch variable. The

dysfunctional beliefs and thoughts of paranoid personality disorder are that people are possible enemies. However, the dysfunctional belief and thought of Schizoid personality disorder is that "I must have a world" (Akbulut, 2017).

The distinctive features of the antisocial personality are violent, criminal, and aggressive behavior. The dysfunctional beliefs and thoughts of antisocial personality disorders are "there are people who can be fooled" (Akbulut, 2017). In the analyses made, no significant difference was found in the scores taken from the antisocial sub-dimension of the licensed athletes from different branches, but it was observed that the scores they got from the narcissistic, histrionic, and borderline personality sub-dimensions varied significantly depending on the sports branch variable.

The scores of the participants doing sports in the athletics branch in the narcissistic personality dimension were found to be significantly higher than the scores of the participants in the taekwondo and other categories. As a result, it can be said that those who do sports in the athletics branch are more prone to the narcissistic personality than those who do sports in taekwondo and other categories. Fisher et al. (2003) found that narcissism is higher in non-contact sports (such as golf, tennis) than in contact sports. Athletics is a non-contact sport. Therefore, this finding supports Fisher's finding.

The mean scores of the athletes in the athletics branch were found to be significantly higher than the mean scores of the athletes in the taekwondo and volleyball branches in the sub-dimension of histrionic personality. According to this finding, it can be said that athletes in the athletic branches are more prone to histrionic personality disorder than athletes in volleyball and taekwondo branches. Cooper (1969) found that athletes in athletic branches have a higher desire to be a leader and like to be ahead. In addition, Fisher et al. (2003) found that individuals doing non-contact sports (such as golf, tennis) had a higher histrionic scale score than individuals doing contact sports.

The scores of the participants who do sports in goalball and athletics branches in the borderline sub-dimension were found to be significantly higher than the scores of the participants who play basketball. Goalball is a sport played by visually impaired athletes with a bell ball (Kimyon, 2018). The finding of the current study indicating a significant difference between the athletes in athletics branch and those who play basketball in the borderline personality sub-dimension is different from the finding of Cooper (1969).

As a result of the one-way analysis of variance, when the personality beliefs of the athletes were examined according to the sports branch variable, the scores they got in the avoidant and passive-aggressive sub-dimensions did not indicate a significant difference. However, it was observed that dependent and obsessive-compulsive personality belief sub-dimension scores varied significantly depending on the sports branch.

The scores taken from the dependent personality sub-dimension by the participants who do sports in the athletics branch are significantly higher than the scores of the participants who play volleyball. Feltz and Chase (1998) stated that the self-efficacy of individual athletes decreased. In dependent personalities, their view of themselves is needy, powerless and weak (Strack, 2005). The fact that the dependent personality belief sub-dimension score is higher in track and field athletes than in volleyball athletes supports the study of Feltz and Chase.

The scores on the obsessive-compulsive personality dimension of the participants who do sports in the volleyball branch are lower than the scores of the athletes in athletics and other categories.

### **Type of Sport**

Personality beliefs of the licensed athletes were examined according to the type of sport (team sport or individual sport). 64 team sports athletes and 90 individual sports athletes participated in the study. As a result of the analysis, no significant difference was observed between the schizoid and paranoid personality belief sub-dimension mean scores according to team sports or individual sports. Accordingly, it can be said that schizoid and paranoid personality beliefs are not formed according to team sports or individual sports. In other words, schizoid and paranoid personality beliefs are not effective in directing the individual to team sports or individual sports.

In the analysis, no significant difference was found between the mean scores taken from the borderline, antisocial, narcissistic, histrionic, avoidant, dependent, passive-aggressive, and obsessive-compulsive sub-dimensions depending on whether doing a team sport or an individual sport.

Dependent personality can be defined as a behavioral pattern that starts in early adulthood and goes with the need for attention and submissive behavior caused by fear of separation (American Psychiatric Association, 2013). The leading behavior of the dependent personality is attachment, her/his belief and thought is that "I am helpless" (Akbulut, 2017). In the analyses made, no significant difference was found between the scores taken from the dependent sub-dimension depending on the variable of whether the sport is a team sport or an individual sport. Güneş (2013) did not find a significant difference in the dependent and autonomous personality traits of those who do team sports and those who do individual sports. These two studies support each other. However, Çon (2011) found that the attachment score, which is a sub-dimension of the temperament dimension, of those who do team sports is significantly higher than the score of those who do individual sports.

### **Gender**

In the analysis, when the scores taken by the licensed athletes from the sub-dimensions of schizoid, paranoid, borderline, antisocial, narcissistic, histrionic, avoidant, dependent and were examined in relation to the gender variable, they were found to not vary significantly depending on gender.

A significant gender-based ( $p<0.05$ ) difference was found between the mean scores taken from the obsessive-compulsive sub-dimension. Accordingly, the obsessive-compulsive sub-dimension mean score of the male athletes was found to be significantly higher than the mean score of the female athletes. No gender-based significant difference was found in the other sub-dimensions.

There are studies stating that men have more personality disorders than women (Gökalp, 2002; Sprock, 2000; Coid et al., 2006). Previous studies have revealed that being unemployed (Grant et al., 2004; Nestadt et al., 1991) and being male (Gökalp, 2002; Sprock, 2000; Coid et al., 2006) are risks for personality disorder.

### **Results and Suggestions**

When the findings obtained from the study are examined and compared with the literature, the branches of the athletes change their personality traits. The sport played also changes the personality

beliefs that predict personality disorders. From another point of view, people with different personality beliefs tend towards different sports branches. Personality beliefs do not change according to whether the sport that people play is a team sport or an individual sport. From another point of view, different personality beliefs are not effective in their orientation towards team or individual sports. The obsessive-compulsive personality belief sub-dimension of male athletes is higher than that of women, as in the normal population.

Examining the personality beliefs of athletes according to their success can contribute to the field of sports and exercise psychology. Conducting similar studies with larger samples in different cultures provides healthier data. If the personality traits and performance of the athletes participating in the competitions are examined comparatively, it can contribute to the sports psychologists in order to increase the performance of the athletes. Comparing personality beliefs with those who do not do sports can be useful in determining whether doing sports is effective on personality beliefs.

This study will contribute to the field of sports psychology. In addition, in the literature review, no study was found that examined personality beliefs in athletes. With this aspect, it presents an original study to the literature.



GENİŞLETİLMİŞ ÖZET

İNCELEME / ARAŞTIRMA

# Lisanslı Sporcuların Kişilik İnançlarının Sosyodemografik Özelliklere Göre Farklılaşmasının İncelenmesi

Yunus İçer\*

Binnaz Kıran\*\*

**Giriş:** Kişilik, bireyin çevreye uyumunu sağlayan, onu başkalarından ayıran, doğuştan getirdiği ve sonradan kazandığı özelliklerin bütünüdür. Kişilik insanlık tarihinden beri merak edilen ve araştırılan bir kavramdır. Bir çok düşünür ve bilim adamı kişiliği tanımlamıştır. Farklı tanımlarla beraber değişip gelişen kişilik kavramı alt boyutlara ayrılarak incelenmiştir. Kişilik inançları ise kişinin kendisi, diğerleri ve dünyanın işleyişi hakkındaki genel inançlarını ifade eder. Kişilik üzerine yapılan araştırmalarda kişiliğin yaşam deneyimleriyle de şekillendiği ortaya konulmuştur. Müsabakalara katılan lisanslı sporcular uzun yıllar spor yapan kişilerdir. Uzun yıllar tekrarlanan yaşam deneyimlerinin kişilik özelliklerini değiştirdiği öne sürülmüştür. Spor yapmanın kişilik üzerinde nasıl etki yarandığı da merak edilen, araştırılan bir konu olmuştur.

**Amaç:** Bu çalışma, lisanslı sporcuların kişilik inançlarının spor branşı, sporun türü ve cinsiyet değişkenlerine göre incelenmesi amacıyla yürütülmüştür. Ayrıca yapılan literatür taramasında sporcularda kişilik inançlarını inceleyen bir çalışma olmadığı için literatüre yenilik kazandırmak amaçlanmıştır.

**Yöntem:** Bu araştırma, geçmişte ya da halen var olan bir durumu olduğu şekliyle betimlemeyi amaçlayan, tarama modeli ile yapılmıştır. Betimsel bir çalışmadır. Araştırma için etik kurul onayı ve gerekli izinler alınmıştır. Araştırmaya 15 yaş ve üzeri 157 lisanslı sporcu katılmıştır. Yapılan uç değer analizi sonucunda üç veri analiz kapsamından çıkarılmış ve kalan 154 veri araştırma grubunu oluşturmuştur. Yapılan analizlerde çarpıklık katsayısını -1 ve + 1 aralığında olduğu gözleendiğinden dağılımın normal olduğu kabul edilmiştir. Analizde varyansların homojen olduğu gözlenmiştir. Çalışmaya katılan lisanslı sporcular, Isparta Gençlik ve Spor İl Müdürlüğü antrenörlerinin müsabakalara hazırladığı sporculardır. Çalışmada, Taymur ve ark. (2011) tarafından Türkçe geçerlilik güvenilirlik

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çalışması yapılan, Kişilik İnanç Ölçeği Kısa Form kullanılmıştır. Çalışmanın veri analizinde SPSS 22.0 paket programı kullanılmıştır. Lisanslı sporcuların kişilik inanç alt ölçek puanlarının yapılan sporun branşı değişkenine göre farklılaşıp farklılaşmadığının belirlenmesi için tek yönlü varyans analizi (ANOVA) kullanılmıştır. Ortalamalar arası farkın kaynağı ise Sidak ve LSD (Least Significant Differences - En küçük anlamlı farklar) testleri ile analiz edilmiştir.

**Temel Sonuçlar:** Yapılan çalışma sonucunda lisanslı sporcuların kişilik inançları: Spor branşı değişkenine göre incelendiğinde şizoid, paranoid, antisosyal, çekingen ve pasif-agresif kişilik inanç alt boyutlarında anlamlı farklılık çıkmamıştır. Narsistik, histriyonik, borderline, bağımlı, obsesif-kompulsif puanları arasında anlamlı olarak farklılaşmıştır. Yapılan LSD testi sonucuna göre yapılan analizde Atletizm branşında spor yapmakta olan katılımcıların narsistik kişilik boyutundaki puanları teakwondo ve diğer kategorisine giren katılımcıların puanlarından anlamlı düzeyde daha yüksektir. analizde atletizm sporcularının histriyonik kişilik inanç alt boyutunda aldıkları puanlar, teakwondo ve voleybol sporcularından anlamlı düzeyde daha yüksek bulunmuştur. Sidak testi sonucuna göre yapılan analizde goalball ve atletizm branşlarında spor yapan katılımcıların borderline boyutta aldıkları puan basketbol oynayan katılımcıların puanlarından anlamlı düzeyde daha yüksektir. Atletizm branşında spor yapmakta olan katılımcıların bağımlı kişilik boyutundaki puanları voleybol oynayan katılımcıların puanlarından anlamlı düzeyde daha yüksektir. Voleybol branşında spor yapan katılımcıların obsesif-kompulsif kişilik boyutunda aldıkları puan atletizm ve diğer kategorisinde sınıflandırılan sporları yapan katılımcıların puanlarından daha düşüktür. Takım sporu veya bireysel spor yapma değişkenine göre incelendiğinde, kişilik inanç alt boyutlarının tamamında bu iki grup arasında anlamlı bir fark çıkmamıştır. Cinsiyet değişkenine göre incelendiğinde obsesif / kompulsif alt ölçek puanı erkek sporcularda kadın sporculardan istatistiksel olarak anlamlı bir şekilde yüksek çıkmıştır. Diğer kişilik inanç alt boyutları ise cinsiyet değişkenine göre incelendiğinde anlamlı bir fark bulunmamıştır.

**Araştırma ve Uygulama için Öneriler:** Sporcuların başarılarına göre kişilik inançlarının incelenmesi spor ve egzersiz psikolojisi alanına katkı sağlayabilir. Benzer çalışmaların farklı kültürlerde daha büyük örneklemle yapılması daha sağlıklı veriler alınmasını sağlar. Müsabakalara katılan sporcuların kişilik özellikleri ve performansı karşılaştırmalı olarak incelenirse sporcuların performans artışı sağlamak için spor psikologlarına alanda katkı sunabilir. Kişilik inançlarının spor yapmayanlarla karşılaştırılması, spor yapmanın kişilik inançlarında etkili olup olmadığını belirlemede faydalı olabilir.

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