

THE INVESTIGATION OF THE EFFECT OF SPORTS ON PERSONALITY

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Abstract: Purpose of this study is to determine the impact of sport on personality. The sample of the study is made up of 50 university students who do not exercise regularly and participate in the study voluntarily. The students participating in the study are given fitness training 4 days a week for 3 months. To determine the personality of the students participating in the study to assess personality characteristics Adjective Based Personality Test (SDKT) developed by Bacanlı et al (2009) was used. SPSS 20 software package was used to analyze the data obtained. Supplementary statistics and co-sample t-test were used to analyze the data. Following 3 month sports training, a reduction in the trait of neuroticism, and an increase in extraversion, complaisance, and responsibility dimensions have been determined. At the end of the study, it was determined that the sport has a positive influence on the personality. In this study and many other studies carried out before, it has emerged that the sport has an important role in personality development and socializing.

Keywords: *Sports, Personality, Impact.*

1. Introduction

There are several personality definitions and theories in the literature. Personality in the most general sense, includes everything includes everything from a to z about human beings. The beginning of personality is a long and continuous process starting from the conception to the end of his life (1-4).

Cüceloğlu has described personality as one's relation with internal and external environment and one's distinguishing, coherent and formed relation type. (5).

After humans evolved, sport has been in people's lives in different types by having the game and satisfaction concepts (6).

According to some defined rules, sport has generally been described as the individual and teamwork competitions or social events that gives satisfaction. (7).

While the sport enables stimulations that derive from individual's biological instinct, it is also a behavior pattern that fulfills fundamental needs. Its aim can be personal, social or economical. Doing sports is not only a physical struggle but also it is a means for individual's socialization and adaptation process to the society. In that case; the interaction in the sport ambiance enables opportunities that are convenient for the feelings' revelation and control. The one who participates in sportive activities finds the chance to express himself through moves. He learns to reveal feelings that have been qualified as negative behaviors such as aggression, anger, shyness, envy and how to control the negative feelings. So, there can be a positive impact for the adaptation period. At the same time, sport makes a positive impact on neurovegetative nervous system and enables the system to work stably. So it helps excessive excitements, aggression feelings, tempers to be removed. Successes that have been gained in sport increase the self confidence. (8,9).

There have been more than 1000 published articles upon the sport personality appearances until 1994. Most of these articles had been written during 1960 and 1970. These studies have shown that they consider the personality role as part of sport and training. In 1980 Williams had detected that successful female sportsmen are definitely different as compared to normative female personality profile. It has been determined that female sportsmen that have been compared to non sportive ones are more prone to success, independent, aggressive and stubborn (10).

Sport is a tool in socialization of individuals, besides it gives an opportunity to express their feelings and self-realization to an individual. Thanks to sport, an individual impulse most of his negative motives and he learns to keep them under control (11).

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Hills and Argyle (1998) found that all kinds of leisure activities are the source of positive feeling states in their study in which they investigated positive feeling states and created by leisure activities and their effect on the personality. Besides, it was found that each of these activities is also associated with an outgoing (extravert) personality trait. The relationship between sports and the extravert personality traits emerged especially in team sports (12).

Sport has supported personal development positively in many aspects. According to the information Laker (2000) gave, Blake (1996) has stated that school education in general is an opportunity for all the individuals in the society of their personal character development that have been desired. When it is in private, he has stated that physical education presents an interactive environment that involves skill development, struggle and social changes. So he has stated that physical education is a social experience ambience that contributes to personal development (13).

As sport is a social event that enables the individual to participate in dynamic social ambiances, it has an important role in the socialization of the person. When we consider the sport mostly as a collective event in modern societies, individuals that are interested in sport have social relationship with different group of people through sportive activities. By saving the individual from his own limited environment, sport has enabled the individual to be in communication with people in different places from different people, beliefs, ideas and to be affected from them and to affect them. It can be said that with this aspect sport supports to make new friends, to strengthen it and social unity. Sport occurs an important chat and speaking subject not only for sportsmen but also for spectators (14).

Sport has an important role in people's life for the positive personal development of individual's and during the socialization process by securing the individual's physical and mental health (11,15).

Researchers that observe the relation between personality and sport have realized that sport has an important role in developing the personality of individual and in the process of socialization. In their study; Newman and Cooper have compared the sportsmen and non sportive ones in terms of personality characteristics and they have detected that sportsmen are dynamic, can control themselves, outgoing and adaptive unlike non sportive ones. (16).

Sports activities give an opportunity to make a common activity for individuals. In this environment, the individuals gain competition, work discipline, determination to fight. By learning to win, to admit the defeat, and to respect the beliefs and thoughts of the others, they can have healthy relationships with people (17).

In the end of his study, Gökdoğan(1988) detected that participating in sportive activities increase the interest for the body, affect the adolescent's psychological and social development positively and the person is satisfied with his body image. There is a relation among the satisfaction level of the body, adolescent's self confidence and interpersonal relations. Doing sports removes the difficulties in doing physical activities, training the body, accepting the changing body and makes the adaptation of person to his changing body easier. (18).

In studies that have been done about this subject, it has been detected that people who do sports are more alive, outgoing, more hardworking, more patient, more ready to have a social relation, better adaptation to new situations and more balanced in terms of emotional aspects. (19).

The main aim of this study is to identify the personal characteristics of individuals that don't do sports regularly and these individuals have proved the impact of sport on personality by giving a 3 months sport education.

2. Method

2.1. Sample

The sample of the study is made up of 50 university students who have not done exercise regularly before. The athletes participating in the study did boxing and kick boxing training for 4 hours in a week and 2 hours per day for 3 months on a regular basis.

2.2. Data Collection Tool

Adjective Based Personality Test (SDKT): Adjective Based Personality Test (SDKT) developed by Bacanlı, İlhan and Aslan (2009) is a Likert-type scale consisting of 40 adjective pairs, rated between 1-7. SDKT consists of five dimensions as extraversion, docility, responsibility, emotional instability openness and experience emotional instability consists of five dimensions (20,21).

2.3. Data analysis

SPSS 15 software was used to analyze the data. To determine that the data has normal distribution, the "Kolmogorov-Smirnov" test was applied and to determine the homogeneity of the data, "Anova-Homogeneity of variances" test was applied and it was determined that the data were homogeneous and had a normal distribution. After this initial inspection it was determined to use parametric test method in statistical analysis of the data. In data analysis, descriptive statistics and co-sample t-test was used.

3. Results

In this part, the indications that have been found at the end of research have been presented as 2 separate tables and have been tried to be expressed.

Table.1: The findings of Descriptive Statistics

Dimensions	Before sports			After sports	
	N	Mean	Std. Deviation	Mean	Std. Deviation
Neuroticism	50	23,500	4,875	19,020	3,761
Extraversion	50	30,680	13,640	37,140	11,856
Openness to the experience	50	26,880	8,223	24,800	7,131
Docility	50	39,420	11,990	39,140	11,114
Responsibility	50	32,860	6,559	33,000	6,509

When the descriptive statistical indications of sportsmen as part of study in Table 1 have been observed, it has been seen that there is a positive change in sportsmen's personality after 3 months sport training.

Table.1: co-sample t-test

Before sports	After sports	Mean	T	P
Neuroticism	Neuroticism	23,500-19,020	5,867	,000*
Extraversion	Extraversion	30,680-37,140	-3,347	,002*
Openness to the experience	Openness to the experience	26,880-24,800	1,748	,087
Docility	Docility	39,420-39,140	,200	,842
Responsibility	Responsibility	32,860-33,000	-,167	,868

When the equal paradigm test results have been observed in Table 2, there has been a significantly level difference in neuroticism and statistically outgoing ($p < 0,05$).

4. Discussion

In Table 1, when the personality traits of the students participating in the study before doing sports and after 3 month regular sport training is investigated, it is determined that there is a positive development in the scores of neuroticism, extraversion, openness to the experience, docility and responsibility dimensions. When the personality traits scores of the students participating in the study before and after doing sports are compared, statistically significant relationship between the dimensions of neuroticism and extroversion ($p < 0,05$) has been found.

After the students as part of study have done sports, it has been stated that there is a decrease in neuroticism personality characteristic and there is an increase in outgoing, humility and responsibility extents. When we look at equivalent of neurotic and outgoing personality in literature; individuals who have neurotic personality

characteristics represent anxious, bad tempered and resentful, outgoing ones are humane and friendly. They like being with individuals. They contact and make friends easily. They like exciting incidents. They are cheerful, active. They talk a lot and they like jokes. They are generally easygoing and optimistic. They like smiling and having fun. For this reason; it can be said that sport decreases the anxiety in individual, brings self reliance to the individual, improves communication with people and helps socialization.

At the end of literature review, a number of studies on sports and personality have been found. In these studies, it is emphasized that sport has an important role in the development of the personality. Also as a result of many studies, it has been found that the sport has positive effects on not only in personality development, but also in self-esteem development and on anxiety, depression and other negative factors that affects mental health of the individual negatively.

In his study in 1964, Kane found that the athletes were safer and emotionally more stable than the ones who do not participate in any sportive activity (9).

In a study that has been done with national team levelled 57 tennis player in England, it has been understood that tennis players are more outgoing unlike non sportive ones however the most successful ones among these are introverted (22).

In a study done by Tiryaki and Friends. (1991), it has been determined that individuals who do sports are more outgoing and emotionally balanced unlike people who don't do sports. Individuals who have done sports for a long time are more cheerful, prone to leadership in social things, little prone to inferiority, little nervous, more active (23).

In a study made by Neumann, when compared people that do sports with people that don't do sports, it has been determined that the ones that do sports are more hardworking, more alive, always ready for relations, more stable and better in adapting themselves to harsh conditions, more outgoing and emotionally balanced (9).

Stephens had observed the relation between sport and subjective goodness status epistemologically in 1988 and stated that there is an accurate relation between sport and subjective goodness status (24).

Hawkins and Gruber (1982) have founded that ego concept of male high school students increased as a result of courses in baseball season (25).

Vincent (1976) have determined that sportsmen have higher ego point than the non sportive ones (26).

In a study done by Schumaker and his friends (1986), Guyot and friends (1981), ego respects of sportsmen are higher than non sportive ones (27,28).

Gün (2006), found that self-esteem of individuals engaged in sports more advanced fail to do sports (29).

In a study done by Ferron and his friends (1999), a group of adolescent between 15–20 ages that do sports every day or 2–3 times in a week in any sports club and adolescents that do sports a day in a week or never doing have been compared in terms of suicide attempt. It has been detected that suicide attempt is seen less in a group that do sports everyday or 2–3 times in a week than the ones who do sports less or never (30).

In a study conducted by Brown and Blanton in 2002, the relationship among physical activity, participation in sport and suicidal behavior were investigated and those who participate in the sport showed low rates of suicidal behavior and those who had low physical activity level had more suicidal behavior (31).

In Brook and Heim (1991)'s study that compared 16 asthmatic children that do sports and 14 asthmatic children that don't do sports in, they determined that doing sports have developed the self image in asthmatic ones and made coping with the chronic diseases easier and quality of life of asthmatic people that do sports are higher than people that don't do sports (32).

In a study made by Kirkcaldy and his friends (2002), it has been detected that people that do sports have more positive self image when compared to people that don't do sports and people that do sports have used little alcohol and stuffs and people that do sports have little depression and anxiety scores (33).

5. Conclusion

At the end of this study, it has been observed that the sport training given to the students within the study has impact on the personality of students, there is a decrease in the score of neurotic personality extent, there is an increase in the scores of outwardness, humility and responsibility extents.

In today's modern world, the success of a person is measured by his statue in society and acquirings. Individuals are guided to be successful, by mainly their families, many people and corporations. As a result of this leadings, by putting his psychological needings into background, the person forms his life in the direction of the social structure's wishes and desires by entering into a very busy study. As a result of this forming, the person is not able to express himself as sociological, though he is able to Express himsel as psychological.

Although the Individuals, who have realized themselves, can fulfill the expectation of the society, they ignore their psychological needings and put down their desires and wishes. As a result of this ignorance and suppressions, the individual gets further away from himself and has a characteristic type which is introvert, no socialising and anxious. As shown up in this study and previous studies, sport has an important place in mental troubleshooting which modern person has. By means of sport, The individuals both develop their self-confidence feelings by learning the acting of movements which are hard to act and have the chance of socialising by meeting different people. Thus, the person becomes a happy person who is livelier and enjoys the life. Besides, regular sport education will enable important contribution to the social development and to the solutions of social problems like terrorism, by providing as from the primary education.

The Cuba Administration has declared in 1967 that sport should be thought as unseperable part of "education, culture, health, happiness, society and the development of a new society" (34). When analysed the social structures of the developed countries, It is seen that Sport is a life-style in these countries.(15).

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