

Investigation of licensed athletes' differentiation of personalities beliefs as regards those who do not sport

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Abstract

This study was carried out to examine the personality beliefs of licensed athletes according to those who do not do sports. The research group consisted of 311 participants aged 15 and over (154 licensed athletes and 157 non-sports). The licensed athletes participating in the study are the athletes prepared by Isparta Youth and Sports Provincial Directorate coaches for competitions. Participants who did not play sports were selected as similar to the group doing sports in age and gender. The Personal Information Form was used to determine the sociodemographic characteristics of the individuals participating in the study. SPSS 22.0 package program was used in the data analysis of the study. T test was used for the analysis of independent samples. As a result of the study, there were no significant differences in the personality belief sub-dimensions of paranoid, borderline, shy, dependent, passive-aggressive, antisocial, narcissistic, histrionic between licensed athletes and the non-sports group ($p > 0.05$), while schizoid and obsessive-compulsive personality belief sub-dimensions were significant differences ($p < 0.05$).

Keywords: Personality; sports; personality beliefs; athletes;

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1. Introduction

Many definitions and studies have been made on the concept of personality until today. According to Alport, personality is defined as "the dynamic organization that ensures the individual's adaptation to the environment" (Cloninger, 2000). In another definition, personality is defined as characteristics and tendencies that determine the similarities and differences in the psychological reactions of individuals (emotions, thoughts, behaviors), which cannot be explained only by the moment, the biological situation or the social environment (Berens, 1999). As a result of these studies, personality sub-dimensions were determined. Along with these personality sub-dimensions, personality disorders have been classified and defined. According to DSM V, personality disorder is defined as an ongoing behavioral pattern in which the individual manifests himself with subjective distress and / or social-occupational functional disorder, a prominent deviation from the norms of the culture he lives in and the presence of rigid tendencies (APA, 2013).

Many theories have reported what is effective in the formation of personality disorders. Cognitive theory emphasizes that dysfunctional beliefs play an important role in personality disorders. According to this approach, each personality disorder is associated with certain belief clusters (Beck, 2001). Personality belief refers to one's basic beliefs about herself/himself, other people and the world.

A lot of research has been done on sport which is in almost every aspect of life. Sport is not just a phenomenon that improves physical properties, but also interaction of sport with psychology has also aroused interest. There are two opinions on this matter. First opinion, sports preference varies according to personality differences. Second, personality is shaped according to the sports branch. Considering that sports started in childhood and personality traits develop from childhood, it is thought that personality traits are associated with sports behavior especially starting from childhood, adolescence, adulthoods and later. Personality disorder occurs when personality traits are rigid, maladaptive, cause significant impairment in functionality and create personal discomfort (Kay & Tasman, 2006). Personality disorders according to DSM V; it is an ongoing inner life and behavior pattern that deviates significantly from the characteristics expected from the culture in which a person lives (APA, 2013). DSM V describes 10 personality disorders in three clusters;

1- A Cluster Personality Disorders

A cluster personality disorders include people with odd or eccentric-unusual appearance. These are paranoid personality disorder, schizoid personality disorder, and schizotypal personality disorder.

2- B Cluster Personality Disorders

B cluster personality disorders covers people who variable, superficial, emotional, dramatic, trying to attract attention and experiencing interpersonal conflicts. These are antisocial personality disorder, borderline personality disorder, narcissistic personality disorder, and histrionic personality disorder.

3- C Cluster Personality Disorders

C cluster personality disorder covers people with high anxiety, nervousness and controllers. These are avoidant personality disorder, dependent personality disorder, obsessive compulsive personality disorder, and passive aggressive personality disorder.

Three main topics of studies conducted by personality psychologists; individual differences, motivation and integrity. These three topics are generally associated with sport and exercise psychology, with the focus on individual interest and motivation (Coulter, 2013). One of the most researched topics in sports and exercise psychology is the developmental characteristics of individuals.

In addition, sports and exercise psychology can help to explain the stability of personality and its change in adulthood (Doğan, 1994).

In the light of the literature, the aim of this study is to examine whether the personality beliefs of licensed athletes differ compared to those who do not do sports. For this purpose, the following questions were sought.

Licensed athletes and do not sports:

- a) Is there a significant difference between schizoid and paranoid personality beliefs evaluated within the scope of A cluster (odd / eccentric) personality disorders?
- b) Is there a significant difference between the antisocial, borderline, narcissistic and historiionic personality beliefs evaluated within the scope of B Cluster (impulsive / variable / dramatic) personality disorders?
- c) Is there a significant difference between the avoidant, dependent, passive-aggressive and obsessive-compulsive personality beliefs evaluated within the scope of C Cluster (Anxious / Fearful) personality disorders?

2. Method

2.1. Research Model

This research has been conducted with the scanning model, which aims to describe a past or current situation as it is. It is a descriptive study.

2.2. Participants

The study group of the research consisted of 314 people. Participants are license athletes aged 15 and those who regularly interested with any sport branch in Isparta Provincial Directorate of Youth and Sports, and individuals who are not athletes, similar to the sociodemographic characteristics of these athletes. In the analysis, 3 data determined as extreme values were excluded from the study. Sociodemographic information of 311 participants evaluated in data analysis is given in Table 1.

Table 1. Distribution of Sociodemographic Characteristics of the Individuals in the Sample Group (n: 311)

		n	%
Gender	Woman	159	51.1
	Man	152	48.9
Age	15-19	245	78.8
	20-24	8	2.6
	25-29	15	4.8
	30 and over	43	13.8
Education status	High school and below	257	82.6
	Associate degree	12	3.9
	Licence-master	42	13.5
Exercise	Yes	154	49.5
	No	157	50.5

Sociodemographic characteristics of the participant group are given in Table 1. 154 are licensed athletes and 157 are non-sports participants of the 311 participants.

2.3. Data Analysis

In this study, SPSS 22.0 package program was used in the analysis of the data obtained by using Personal Information Form and Kişilik İnanç Ölçeği – Kısa Form (KİÖ-KF) (Personality Belief Scale - Short Form). The assumptions of parametric tests were examined to decide whether to use parametric or non-parametric analysis techniques. Parametric assumptions sought in this study is the assumptions that normality variances are homogeneous and participants are independent from each other. The distribution was accepted to be normal, as it was observed in the analyzes that the coefficient of skewness was between -1 and +1. It was observed in the analysis that the variances were homogeneous. The distribution of the data was accepted to be normal, as the coefficient of skewness in the scores of the KİÖ-KF subscale was observed to be between -1 and +1 in the analysis. Independent samples t-test was used to determine whether the KİÖ-KF subscale scores of the licensed athletes participating in the study differed from those who participated in the study.

2.4. Data Collection Tools

In accordance with the purpose of the study, the PIQ-SF and Personal Information Form were used as scales.

2.4.1. Kişilik İnanç Ölçeği – Kısa Form (KİÖ-KF)

The original of Kişilik İnanç Ölçeği (KİÖ) is Personality Belief Questionnaire (PBQ). PBQ based on a cognitive approach by Beck et al. (1991), it is a scale developed to explain personality and personality disorders. Trull et al. (1993) found that internal consistency (Cronbach alpha value of 0.77 and 0.93) in university students by applying PBQ. The first form of PBQ consists of 126 items. Taymur et al. (2011), the Turkish validity and reliability studies of the Personality Belief Scale-Short Form (PBQ-SF) were conducted. As a result of the internal consistency and reliability analyzes, the Cronbach α value was found to be 0.92.

2.4.2. Personal Information Form

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

3. Findings

As a result of the analysis, the findings were analyzed by dividing the KİÖ-KF subscales into clusters as in DSM V and DSM IV.

3.1. A Cluster

T test was used to evaluate whether the participants' KİÖ-KF subscale scores in the A cluster differ significantly depending on whether they do sports. The findings obtained are presented in Table 2.

Table 2. T-test Results of Set A KiÖ-KF Sub-Scales According to the Exercise Variable

Personality Belief	Exercise	n	\bar{x}	ss	sd	t	p
Schizoid	Yes	154	13.49	5.33	309	-3.03	.03
	No	157	15.24	4.88			
Paranoid	Yes	154	12.69	5.49	309	.410	.682
	No	157	12.44	5.37			

The results of the KiÖ-KF sub-scale t-test within the scope of A cluster are given in Table 2. As a result of the analysis Paranoid sub-scale scores did not differ ($p > 0.05$), while schizoid sub-scale mean scores differ significantly ($p < 0.05$). The schizoid subscale scores of licensed athletes were significantly lower than the non-sports group.

3.2. B Cluster

T test was used to evaluate whether the participants' KiÖ-KF subscale scores in the B cluster differ significantly depending on whether they do sports. The findings obtained are presented in Table 3.

Table 3. T-test Results of Set B KiÖ-KF Sub-Scales According to the Exercise Variable

Personality Belief	Exercise	n	\bar{x}	ss	sd	t	p
Antisocial	Yes	154	11.64	6.22	309	.86	.38
	No	157	11.05	5.73			
Borderline	Yes	154	8.69	4.03	309	1.39	.16
	No	157	9.35	4.33			
Narcissistic	Yes	154	10.84	5.55	309	1.32	.19
	No	157	10.05	5.04			
Histrionic	Yes	154	7.11	5.03	309	1.37	.17
	No	157	6.34	4.83			

The results of the KiÖ-KF sub-scale t test within the scope of B cluster are given in Table 3. In the analysis, a significant difference was not observed between the scores of the KiÖ-KF subscale, which is within the scope of B cluster, according to the participants' exercise variable ($p > 0.05$).

3.3. C Cluster

T test was used to evaluate whether the participants' KiÖ-KF subscale scores in the C cluster differ significantly depending on whether they do sports. The findings obtained are presented in Table 4.

Table 4. T-test Results of Set C KiÖ-KF Sub-Scales According to the Exercise Variable

Personality Belief	Exercise	n	\bar{x}	ss	sd	t	p
Shy	Yes	154	13.80	4.39	309	-.35	.73
	No	157	13.99	5.15			
Dependent	Yes	154	7.46	4.72	309	.65	.52
	No	157	7.11	4.73			
Passive / Aggressive	Yes	154	13.01	4.94	309	-1.27	.20
	No	157	13.74	5.13			
Obsessive/Compulsive	Yes	154	14.19	5.61	309	2.10	.03
	No	157	12.98	4.49			

The results of the KiÖ-KF sub-scale t test within the C cluster are shown in Table 4. In the analyzes performed, no significant difference was found between the scores of avoidant, dependent and passive-aggressive subscales according to the exercise variable. However, a significant difference was found between the obsessive / compulsive subscale mean scores. Obsessive-compulsive subscale mean scores of licensed athletes are significantly higher than the non-sports group.

4. Discussion

The findings obtained from the personality belief sub-dimensions of licensed athletes and non-sports people are discussed below.

4.1. Discussion the Examination of the A Cluster KiÖ-KF subscale scores of the participants according to the exercise variable:

+ In the analysis, statistical difference was not found in the dimensions of the paranoid subscale according to the exercise status of the participants. The dysfunctional beliefs and thoughts of paranoid personality disorder are that people are potential enemies (Akbulut, 2017). According to the analysis, it can be said that this belief is not shaped by the status of being a licensed athlete.

However, in the analysis, the schizoid score of the group who did not do sports differed significantly ($p < 0.05$) and was higher than those who did sports. As a result of this analysis, it can be claimed that not doing sports can increase personality beliefs categorized with schizoid personality disorder. Besides, it can be extracted by statistical result that individuals with schizoid personality beliefs have a tendency not to exercise. The dysfunctional beliefs and thoughts of schizoid personality disorder are that I should have a world (Akbulut, 2017). Sport is a social activity and requires communication with people. With this feature of sports, the athlete regularly participates in social activities, contrary to the schizoid personality belief. Due to this feature of the sport, the schizoid score of the athletes may be lower. Participation in sports has been associated with positive personality traits such as extraversion and low neuroticism (Nancy et al., 2006). It is an expected result that the schizoid subscale scores of the athletes are low. In addition, Mokhtari (2014) found those who do sports to be more extroverted and adaptable, while those who do not do sports more neurotic. Being extroverted and harmonious is similar to having a low schizoid score. Horney (2017) stated that neurotic individuals are hesitant in revealing themselves among their observable attitudes. It may be supported that schizoid individuals have a similar attitude to neurotic. The higher schizoid score of the non-sports group is similar to previous studies.

4.2. Discussion the Examination of the B Cluster KIÖ-KF subscale scores of the participants according to the exercise variable:

The salient features of antisocial personality are violent, criminal and aggressive behavior. Dysfunctional beliefs and thoughts of antisocial personality disorder are "there are people who can be deceived" (Akbulut, 2017). In the analysis, no significant difference was found between the licensed athlete and the non-sports group in the antisocial subscale score of the participants. Rhea et al. (2004) found that sports participation does not affect violence, criminal and aggressive behaviors to a high extent. Zengin (2017) found that children who do physical activity have less antisocial tendencies in their study with boys who receive service from the Child Support Center under the Provincial Directorate of Family and Social Policies.

In the analyzes, no significant difference was found between the licensed athletes and the non-sports groups in the borderline, narcissistic and histrionic subscale scores of the participants. Dysfunctional beliefs and thoughts in personality disorders; borderline "I am needy and weak", narcissistic "I am special", histrionic "must influence and attract attention" (Akbulut, 2017). As a result of the analysis, it is clear that these beliefs do not differ according to being an athlete or not.

4.3. Discussion the Examination of the C Cluster KIÖ-KF subscale scores of the participants according to the exercise variable:

In the analysis, no significant difference was found between the licensed athlete and the non-sports group in the shy, depended, and passive-aggressive subscale scores of the participants. Dysfunctional beliefs and thoughts in personality disorders; shy "i might be hurt", dependent "i am desperate", passive - aggressive "i do not have to follow rules and authority" (Akbulut, 2017). According to the analysis, these beliefs do not differ according to being an athlete or not.

However, in the analysis of the data, the obsessive-compulsive score of the licensed sportsman group differed significantly ($p < 0.05$) and was higher than those who did not do sports. Obsessive-compulsive disorder consists of some symptoms such as involuntary, disturbing, unfamiliar, repetitive thoughts that cannot get out of mind with conscious efforts (obsessions) to neutralize obsessive thoughts (compulsion) (Alver, 2009). Cognitive behavioral approach stated that each personality disorder is shaped by dysfunctional beliefs (Beck, 2001). In obsessive-compulsive personality disorder, dysfunctional beliefs and thoughts should not make mistakes (Akbulut, 2017). An important feature of obsessive-compulsive personality disorder is its perfectionist approach. Studies have found that those who do sports are more perfectionist than those who do not (Garner et al., 1983; Fulkerson et al., 1999). Eysenck et al (1982) stated those who do sport as more prescriptive than those who do not. One of the obsessive-compulsive personality traits is to enforce the rules (Strack, 2005). It is an expected result that athletes get higher scores in the obsessive-compulsive subscale dimension when considering the competition within sports, athletes have to obey the rules during training and competition, perfectionist attitude of athletes for best performance, athletes trying not to make mistakes in the competition. In addition, an important feature of obsessive-compulsive personality disorder is its perfectionist approach. It can be said that this finding is consistent with the research results.

5. Result and Proposal

It was concluded that paranoid, antisocial, borderline, histrionic, narcissistic, timid, dependent, passive-aggressive personality belief sub-dimensions of licensed athletes and non-exercisers were not different. However, the schizoid and obsessive-compulsive personality belief sub-dimensions

of these two groups differed significantly. It was concluded that the obsessive-compulsive personality belief sub-dimension score of the athlete group was higher than those who did not do sports. It was concluded that the schizoid personality belief sub-dimension score of the non-sports group was higher than that of the athlete group.

Examining the personality beliefs of athletes according to the variable of sport success will contribute to both practice and literature. And examining the psychological well-being of athletes according to the variables of sport branch, type of sport, starting age and gender will be useful in the field of sports psychology.

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