

DETERMINING THE RELATION BETWEEN PERSONALITY TRAITS AND LIFE SATISFACTION LEVELS OF BODY BUILDING TRAINERS

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ABSTRACT

The aim of this research was to determine the relation between personality traits and life satisfaction levels of body building trainers. Sample of the study consisted of 76 body building trainers who volunteered in the study. Life Satisfaction Scale and Reviewed Eysenck Personality Questionnaire-Abbreviated Form were used as data collection means. SPSS 20 package program was used in data analysis. "Kolmogorov-Smirnov" test was used so as to determine that data have normal distribution and "Anova-Homogeneity of Variances" test was applied to determine homogeneity of the data and it was determined that data are homogeneous and have a normal distribution. After this first review, use of parametric test method was decided for statistical analysis of the data. Descriptive statistics and Pearson correlation and Regression analysis were used in data analysis. As a result of the study, it was found that body building trainers have high score in extroversion and that there is a negative way medium level relation between life satisfaction score and neuroticism and psychoticism dimensions of body building trainers.

Key Words: Body building, personality, life satisfaction.

Introduction

In the relevant literature, various descriptions and theory were suggested regarding concept of personality. To the most extensive meaning, personality includes every single thing which concerns a human being. Personality is long and uninterrupted process which begins with conception of human within mother's womb and continues until its end (Tazegül, 2012., Güney, 2000., Hancerlioğlu,1993., Gençtan,2004).

Cüceloğlu (2002) describes personality as a distinguishing, consistent and structured form of relationship established by human beings with their internal and external surroundings.

The concept of "life satisfaction" which was introduced by Neugarten has guided number of researchers afterwards. In order to describe life satisfaction, it would be appropriate first to explain concept of "satisfaction". Satisfaction is fulfillment of expectations, requirements, wishes and requests. Then, "life satisfaction" is status or outcome that arise as a result of comparison of expectations (what is desired) and belonging (what is on hand) of an individual (Türksoy et al, 2012).

It is observed that internal/personal variables such as a person's control over his/her life and choice of freedom perceived regarding approaching issues are correlated with happiness. Happiness in this sense is correlated more with life satisfaction concept which covers assessment of life in terms of cognitive aspect. It can be observed with number of studies that personality characteristics integrate with cognitive factors such as focus of control, sufficiency belief, and coping strategies. It was reported that individuals with high level of subjective well-being believe that they have full control over their lives (Myers, D. G &Diener, 1995).

According to Ehrhardt, Saris and Veenhoven, life satisfaction, as a subjective cognition status, is different from satisfaction types concerning certain life domains such as job or marriage satisfaction; as

a whole, it is assessment of life at his moment or satisfaction toward life. Additionally, a person can consider either his/her past, current or future life during assessment his/her life. However, whereas assessment of satisfaction with the past life remains relatively fixed, it would be the most appropriate to consider the level of life satisfaction is determined on the basis of satisfaction with the current life because the assessment of the satisfaction with the future life could change over the time (Sahranç, 2007).

As a mental status, life satisfaction refers degree of positivity reached as a result of a person's holistic evaluation of his/her own life quality. This satisfaction degree which can also be referred as life satisfaction and includes gratification represents the level of gratitude of a person about his/her current ongoing life (Veenhoven, 1996).

It was observed that factors such as having a meaningful life, enjoying life, and having excessive laborious activities in life are correlated with life satisfaction (Peterson, Park, & Seligman, 2005).

METHOD

Sample

Sample of the study consisted of 76 body building trainers who volunteered in the study.

Data Collection Tool

Reviewed Eysenck Personality Questionnaire - Brief Form (EKA-GGK);

Eysenck Personality Questionnaire and the brief form of the same questionnaire (48-item) and introduced the EKA-GGK. In terms of its application in Turkey, the relevant reliability and validity study for this introduced questionnaire was conducted by Karancı et al. Internal consistency of the scale was determined for the following scales at:

Extroversion 0.78; Neuroticism 0.65; Psychoticism 0.42; and Falsity 0.64.

Test-retest reliability:

Extroversion 0.84, Neuroticism 0.82, Psychoticism 0.69, and Falsity 0.69.

This questionnaire, in which each factor is evaluated based on 6 options, requires respondents to give yes (1) / no (2) answers to 24 questions. The score that can be gained for each personality characteristic could be in the range of 0 - 6.

Simple-structured nature of the test enhanced its practicability value (11).

Sub-dimensions and the relevant explanations of the Eysenck Personality Questionnaire were provided below.

Psychoticism; Persons distressing and causing troubles to others,

Extroversion; Social and funny persons,

Neuroticism; Anxious, negative and resentful persons (12).

Life Satisfaction Scale (LSS)

This is the scale consisted of 5 items and developed by Diener, Emmons, Larsen and Giffin (1985) and which is evaluated based on 7-point Likert scale to measure subjective status of well-being. Internal consistency coefficients of the Life Satisfaction Scale range between .80 and .89. Factor analysis results reveal that the scale is consisted of single factor assessing the satisfaction level as a whole of his/her life. It was reported that the correlation between the scale and other scales which measure subjective well-being status and life satisfaction are ranging between .35 and .82. The scale was adapted into Turkish by Aysan, The relevant reliability coefficient was estimated at .85 (1994).

Data Analysis

In the analysis process of the collected data, the SPSS 20 package software was employed. Whereas "Kolmogorov-Smirnov" test was conducted to determine whether collected data exhibit normal distribution, the homogeneity of data was analyzed by means of the "Anova-Homogeneity of variances" test. Then, it was determined that collected data has homogeneity and normal distribution. Afterwards of the initial analysis, parametric test method was considered as an appropriate method for statistical analysis of data. In this process, descriptive statistic, regression analysis and Pearson correlation analyses were conducted.

Findings

Table 1 Descriptive Statistic Findings

	\bar{x}	\pm
Life Satisfaction	21,0395	5,83196
Extroversion	4,1842	1,41148
Neuroticism	3,2500	1,77482
Psychoticism	2,6447	1,63873

As a result of descriptive statistics analysis, it was determined that body building trainers' life satisfaction score is 21,0395, extroversion personality score is 4,1842, neuroticism personality score is 3,2500, psychoticism personality score is 2,6447.

Table 2 Correlation analysis

		Yaşam Doyum
Extroversion	Pearson Correlation	,004
	P	,973
Neuroticism	Pearson Correlation	-,387**
	P	,001
Psychoticism	Pearson Correlation	-,350**
	p	,002
**. Correlation is significant at the 0.01 level (2-tailed).		

As a result of correlation analysis, it was found that there is a negative way medium level relation between life satisfaction score and neuroticism and psychoticism dimensions of body building trainers.

Table 3 Regression Analysis

		B	Std. Error	Beta	t	p
1	(Constant)	27,215	2,428		11,209	,000
	Extroversion	-,124	,444	-,030	-,279	,781
	Neuroticism	-1,027	,372	-,312	-2,758	,007
	Psychoticism	-,877	,399	-,246	-2,201	,031

As a result of regression analysis, a statistically meaningful cause and effect relation was found between trainers' life satisfaction score and neuroticism and psychoticism dimensions.

DISCUSSION AND RESULT

When descriptive statistics findings which indicate personality traits of body building trainers within the study are reviewed, it was understood that their extroversion personality traits developed better. When this result is evaluated according to Eysenck personality questionnaire, it is possible to state that trainers within the study are social and cheerful individuals who enjoy communicating with people. It is thought that the main reason behind high level of development of trainers' extroversion personality trait is their history of sports and working actively with athletes. This situation can be explained with great contribution of sports in individuals' socializing process. Türksoy (2012) states that individual's introversion or extroversion structure is significant in terms of stress. Introvert individuals are generally social individuals who choose self-determination in cases of tension and conflict; however, they might have difficulty under tension. Extrovert individual is seldom affected by and concerned about tension. They think problems result from the environment, not from themselves. Psychoticism (2,6447) ranks 3rd in personality sub-dimensions average for trainers. It is argued that psychoticism dimension indicates cold, distant, offensive and insecure behavior and an individual with a high score in this dimension indicates apathy, insensible towards other individuals and more extraordinary traits.

In the study conducted by Ramazanoğlu and others (24) on life satisfaction levels of trainers and sports business managers, it was established that level of education does not make a difference and there is a high life of satisfaction in every educational group.

In the study conducted by Biber and others in 2010, while it was found that the difference between three sub-dimensions of coaching period, marital status and exhaustion level of soccer coaches performing in Turkish leagues is significant, it was established that only the difference in depersonalization dimension between educational status and exhaustion level is significant. It was emphasized that it is necessary to include in seminar programs the exhaustion, stress and the methods to prevent them in order that trainers can cope with the problems and conflicts they encounter in their profession.

In consequence of the results we obtained; we can state that trainers with high level of communication skills have lower level of emotional exhaustion.

In the study conducted by Deniz and Kesicioğlu (2012) so as to determine the relation of personality traits of pre-school candidate teachers with certain variables, candidate teachers in 3rd and 4th grades received the highest score from extroversion and then neuroticism. This situation is construed as majority of candidate teachers are individuals who are sociable, enjoy communicating with people and prefer being around people rather than alone.

Inal and Tazegül determined in 2016 that there is a relation between life satisfaction score and psychoticism personality traits of soccer trainers.

In a study conducted in relation to life satisfaction, it was reported variables such as sex, race and level of income have little effect on individuals' life satisfaction and happiness and interpersonal relations and culture have more effect on life satisfaction (Myers and Diener, 1995). In previous researches, it was reported that among the factors that positively contribute in life satisfaction, there are culture, self-esteem (Cheng and Furham, 2003), the ability to manage current situation, having the emotion of meaningfulness regarding oneself and environment (Compton, 2000).

As a result of literature study, different studies which were carried out in terms of life satisfaction levels of basketball coaches were compared. Baştuğ (2009) found that there is a positive correlation between emphatic skills and life satisfaction of volleyball coaches. Afyon and Işıkdemir (2013) found a negative correlation between communication skills and life satisfaction levels of football coaches. Kelecek et al. (2015) reveal that there is a positive correlation between consistent and obsessive passion levels and life satisfaction levels of fitness leaders.

Inal et al. (2016) indicate that a positive significant correlation was determined between extroversion personality type and their life satisfaction levels of academicians. Küçük and Tazegül (2016) discuss that there is no statistically significant difference between the level of income and life satisfaction level of basketball coaches. Menevşe et al. (2016) indicate that the life satisfaction level of basketball coaches, who can earn monthly income more than 2600 TL, is higher than basketball coaches who can earn monthly income between 1600-2500 TL or 500-1500 TL. Menevşe et al. (2016) also highlight that the most important factor in high levels of life satisfaction of basketball coaches, who can earn monthly income more than 2600 TL, is resulted from excess income.

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