

## **Personality Traits of Veteran Folk Dancers and Their Participation Motivation in Sports**

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### **Abstract**

The purpose of this research is to examine the personality traits of veteran folk dancers and their participation motivation in sports. The study group of the research consists of 136 (66 female, 70 male) veteran folk dancers who voluntarily participated in the research from among the veteran folk dancers who took part in the Local Branch Folk Dances Competition in line with the easily accessible sampling method. In this descriptive study conducted in the scanning model, data has been collected by means of using the Participation Motivation Scale in Sports developed by Gill et al. (1983) and reported to be valid and reliable in Turkish by Oyar et al. (2001) as well as Ten-item Personality Scale developed by Gosling et al. (2003) and reported to be valid and reliable in Turkish by Atak (2013). According to the results obtained, it can be stated that gender is not a determinant factor in the personality formation and participation motivation in sports in veteran folk dancers and that sportive success / status seeking of veteran folk dancers continues despite their advancing age in line with emotional stability, which is a dominant personality traits of veteran folk dancers.

**Keywords :** Folk dances, Personality, Sports, Participation motivation in sports

## Introduction

Different disciplines deal with personality and it has a rich content structure and for this reason, personality is a concept that is often defined based on these characteristics (Schultz & Schultz, 2017). Personality, according to a generally accepted definition, is the fixed characteristics that direct the manners and behaviours of the individual (Horzum, Ayas, & Padir 2017). It is the basic element that creates the compatibility between the attitudes of the individual (Burger, 2008). Personality is composed of all of the physical, mental and spiritual characteristics that create the thoughts, beliefs, attitudes and behaviours that provide originality and make the individual different from others (Weinstein, Capitanio, & Gosling, 2008; Richards & Schmidt, 2002). It also plays a role in reactions, decision-making styles (Buss 2008) and determining the preferences (Weinstein, Capitanio, & Gosling, 2008). In this direction, it arouses curiosity for researchers in every situation where the decision mechanism takes place. In this study, the relationship between personality and participation motivation in sports is examined.

Motivation consists of the internal or external factors that motive people to work and determine the intensity, frequency and continuity of the effort (Aydın, 2001). It plays a role to bring the decisions taken into action. When the participation motivation in sports is determined, it enables to have information about the reasons for participating in sports activities. The information obtained is also important in terms of promoting sports activities.

In today's modern and fast life conditions, the absence of sports is associated with the existence of an unhealthy life (Yalçın et al., 2017). Because it is known that sedentary life is the main cause of many diseases such as coronary heart disease (Joki, Sethi and Cooper, 2004). Considering the diseases that may be caused by physiological changes that occur especially in advancing ages, the high physiological activities of active people creates an advantage compared to sedentary individuals (Özdemir & Ersoy, 2009). On the other hand, since sports provide opportunities for re-socialization in advancing ages and contribute to the solution of social problems of middle-aged and older individuals (Lee et al., 2014), physical activity should be encouraged in advancing ages and veteran athletes (Genç, Yıldırım, & Müftüoğlu, 2018), who are defined as middle-aged and older individuals and actively interested in sports, should be given opportunities and they should be directed and be a subject for research.

In this context, when the literature is examined, it draws attention that there are few studies that take middle-aged and older individuals into consideration. Due to the high interest of veteran participants, folk dances (Bozkuş, 2013) defined as “the body of measurable and regular movements that reflect the cultural values of the society to which it belongs and that express an event, a joy and sadness and that find its origins in religion and magic and that are performed accompanied by music, individually or in groups” (Eroğlu, 1999) should also be considered within this framework.

Researchers state that the sources of participation motivation in sports can be very various and that they can be fed from multiple sources (Weinberg & Gould, 1995; Özgün et al., 2017), and that it is not easy to determine them (Leblanc & Dickson, 2005). In this context, it is thought that it is important to investigate the participation motivation in sports in different groups and at different times in order to follow the changing conditions. The results obtained in this framework can contribute to have the knowledge needed to turn the physical activity into a lifestyle. From this point of view, it is important to discuss the participation motivation in sports not only in young people but also in adults (Oyar, Aşçı, Çelebi, & Mülazımoğlu, 2011). With reference to this information, in this study, it has been aimed to examine the

personality traits of veteran folk dancers and their participation motivation in sports. It is thought that the results obtained will contribute to update the existing information and to reveal the cultural differences and to develop the current and limited literature for which has not been shown enough interest.

## Material and Method

This research is a descriptive research conducted in the scanning model aiming to examine the personality traits of veteran folk dancers and their participation motivation in sports.

The data obtained within the scope of the research have been obtained by means of using easily accessible sampling method. In this context, a working group has been composed of 136 (66 female, 70 male) folk dancers who voluntarily participated in the research from among veteran folk dancers participating in the Local Branch Folk Dances Competition. Data have been collected from the study group by using the Participation Motivation Scale in Sports and the Ten-Item Personality Scale.

**Participation Motivation Scale in Sports:** It has been developed by Gill et al. (1983), and its Turkish validity and reliability has been reported by Oyar et al. (2001). The scale, which has 8 sub-dimensions in its structure, consists of 30 items that are subject to 3-point Likert type evaluation. Its 8 sub-dimensions are called Achievement / Status, Team Membership / Team Spirit, Physical Fitness / Energy Expenditure, Entertainment, Friend, Competition, Movement / Activeness and Skill Development. High scores obtained from the sub-dimensions mean the participation motivation in the dominant sport.

**Ten-Item Personality Scale:** It has been developed by Gosling colleagues (2003), and its Turkish validity and reliability has been reported by Atak (2013). The scale, which has five basic personality traits, consists of 10 items that are subject to 7-point Likert-type evaluation. The five personality traits in its structure are called Openness to Experience, Peacefulness, Emotional Stability, Responsibility and Extraversion. High scores obtained from personality trait dimensions mean dominant personality trait.

The research data collection process has been carried out by the researchers themselves. In this context; veteran folk dancers, who participated in the Local Branch Folk Dance Competition and who wanted to participate voluntarily in the research as a result of the announcement made, have been asked to give answer to the relevant scales. Before answering the scales, they have been informed on the research and it has been stated that the answers obtained would not be used outside of the research and would not be shared with third parties and that they can withdraw from answering the questions at any stage and that they can leave the research. In this direction, the internal consistency of the answers obtained within the scope of the research has been evaluated with the Cronbach Alpha coefficient and it has been determined as .95 for Participation Motivation Scale in Sports and as .76 for the Ten-Item Personality Trait Scale. The distributions of the obtained data have been examined with skewness and kurtosis values and it has been evaluated that they showed normal distribution. In this context, independent groups t-test analysis has been performed and Pearson correlation coefficient has been calculated. All analyses have been performed by using the SPSS 24 package program by means of taking the significance level of  $p < 0.05$  into account.

**Bulgular**
**Table 1.** Descriptive statistics about the data obtained within the scope of the research

	Dimension	N	$\bar{X}$	Ss	Skewness	Kurtosis
<b>Personality Traits</b>	Openness to Experience	136	8,74	3,68	-,066	-1,08
	Peacefulness	136	9,79	2,95	-,043	-1,14
	Emotional Stability	136	10,14	2,44	-,731	,638
	Responsibility	136	10,05	2,51	-,151	-,989
	Extraversion	136	9,88	2,55	-,353	-,572
<b>Participation Motivation in Sports</b>	Achievement/Status	136	22,55	3,09	-,927	-,533
	Team Membership/Team Spirit	136	18,25	2,04	-,828	-,740
	Physical Fitness/Energy Expenditure	136	17,93	1,53	-,461	-,611
	Entertainment	136	13,34	2,01	-,161	-,893
	Friend	136	13,34	2,01	-,957	-,422
	Competition	136	13,75	1,15	-,114	-1,54
	Movement/Activeness	136	13,69	1,54	-,810	-,447
	Skill Development	136	13,20	1,87	-1,12	1,09
	Participation Motivation in Sports	136	75,93	11,51	-,214	-1,53

When table 1 is examined, it is seen that the most dominant personality trait of the veteran folk dancers is emotional stability ( $\bar{X}=10,14$  and that this personality trait is followed respectively by responsibility ( $\bar{X}=10,05$ ), extraversion ( $\bar{X}=9,88$ ), peacefulness ( $\bar{X}=9,79$ ) and openness to experience ( $\bar{X}=8,74$ ) personality traits. When participation motivations in sports of the veteran folk dancers forming the study group are examined, it is observed that the achievement motivation ( $\bar{X}=22,55$ ) is the most dominant participation motivation in sports and that this motivation is followed respectively by team membership ( $\bar{X}=18,25$ ), physical fitness ( $\bar{X}=17,93$ ), competition ( $\bar{X}=13,75$ ), activeness ( $\bar{X}=13,69$ ), entertainment and friend ( $\bar{X}=13,34$ ) and skill ( $\bar{X}=13,20$ ) motives. In addition, it has been determined that the participation motivation score in sports obtained ( $\bar{X}=75,93$ ) indicates a high motivation. On the other hand, when the skewness and kurtosis values obtained were examined, it has been evaluated that the data used in the analysis of the research showed a normal distribution (George ve Mallery, 2010).

**Table 2.** Comparison of personality and participation motivations in sports in terms of gender variable

	Dimension	Gender	N	Average.	Ss.	t	P
<b>Personality Traits</b>	Openness to Experience	Male	70	8,81	3,95	,232	,817
		Female	66	8,66	3,41		
	Peacefulness	Male	70	9,95	2,95	,662	,509
		Female	66	9,62	2,96		
	Emotional Stability	Male	70	10,11	2,62	-,161	,873
		Female	66	10,18	2,25		

	Responsibility	Male	70	10,02	2,50	-,109	,913
		Female	66	10,07	2,54		
	Extraversion	Male	70	9,90	2,64	,083	,934
		Female	66	9,86	2,47		
<b>Participation Motivation in Sports</b>	Achievement/Status	Male	70	22,41	3,07	-,532	,596
		Female	66	22,69	3,12		
	Team Membership/Team Spirit	Male	70	18,14	2,05	-,673	,502
		Female	66	18,37	2,03		
	Physical Fitness/Energy Expenditure	Male	70	22,24	2,16	-,705	,482
		Female	66	22,50	2,07		
	Entertainment	Male	70	17,71	1,66	-1,73	,086
		Female	66	18,16	1,36		
	Friend	Male	70	13,30	2,09	-,271	,787
		Female	66	13,39	1,94		
	Competition	Male	70	13,65	1,15	-,967	,335
		Female	66	13,84	1,15		
	Movement/Activeness	Male	70	13,61	1,58	-,596	,552
		Female	66	13,77	1,51		
	Skill Development	Male	70	13,14	1,88	-,402	,689
		Female	66	13,27	1,88		

When table 2 is examined, the results of the t-test performed for the comparison of the personality traits of veteran folk dancers and their participation motivation in sports in terms of gender variable are seen. According to the results obtained, it has been determined that gender was not a determinant factor for the characteristics discussed ( $p < 0,05$ ).

**Table 3.** Evaluation of the Relationship Between Personality and participation motivation in sports

	2	3	4	5	6	7	8	9	10	11	12	13
1.O.E.	,62**	,73**	,45**	,58**	-,12	-,45**	-,48**	-,45**	-,45**	-,54**	-,30**	-,24**
2.P.	1	,48**	,17**	,33**	,26**	-,12	-,39**	-,38**	-,20*	-,26**	,08	,18*
3.E.S.		1	,53**	,30**	-,22**	-,39**	-,48**	-,43**	-,43**	-,57**	-,36**	-,35**
4.R.			1	,17*	-,20*	-,26**	-,39**	-,04	-,25**	-,18*	-,60**	-,43**
5.E.				1	-,07	-,28**	-,23**	-,33**	-,27**	-,30**	-,04	0,5
6.A.					1	,77**	,52**	,36**	,51**	,67**	,74**	,76**
7.T.M.						1	,79**	,49**	,76**	,65**	,70**	,65**
8.P.F.							1	,49**	,82**	,50**	,74**	,68**
9.E.								1	,35**	,63**	,24**	,27**
10.F.									1	,45**	,59**	,66**

11.C.		1	,50**	,59**
12.A.			1	,89**
13.S.D.				1

Personality Traits: 1. Openness to Experience 2. Peacefulness 3. Emotional Stability 4. Responsibility 5. Extraversion

P. Motivation in Sports: 6. Achievement 7. Team Membership 8. Physical Fitness 9. Entertainment 10. Friend 11. Competition 12. Activeness 13. Skill Development

When Table 3 is examined, the results of the correlation analysis between the personality traits of veteran folk dancers and their participation motivation in sports are seen. According to the results, a negative and moderate level ( $r=-,45$ ;  $p<0,01$ ) relationship has been determined between openness to experience and team membership, a negative and moderate ( $r=-,48$ ;  $p<0,01$ ) relationship has been determined between openness to experience and physical fitness, a negative and moderate level ( $r=-,45$ ;  $p<0,01$ ) relationship between openness to experience and entertainment has been determined, a negative and moderate level ( $r=-,54$ ;  $p<0,01$ ) relationship has been determined between openness to experience and friends, a negative and low level ( $r=-,30$ ;  $p<0,01$ ) relationship has been determined between openness to experience and activeness, a negative and low level ( $r=-,24$ ;  $p<0,01$ ) relationship has been determined between openness to experience and skill development. A positive and low level ( $r=,26$ ;  $p<0,01$ ) relationship between peacefulness and success, a negative and low level ( $r=-,39$ ;  $p<0,01$ ) relationship has been determined between peacefulness and physical fitness, a negative and low level ( $r=-,38$ ;  $p<0,01$ ) relationship has been determined between peacefulness and entertainment, a negative and a negative and moderate level ( $r=-,20$ ;  $p<0,05$ ) relationship has been determined between peacefulness and friend, a negative and low level ( $r=-,26$ ;  $p<0,01$ ) relationship has been determined between peacefulness and competition and a positive and low level ( $r=,18$ ;  $p<0,05$ ) relationship has been determined between peacefulness and skill development. A negative and low level ( $r=-,2$ ;  $p<0,01$ ) relationship has been determined between emotional stability and success, and a negative and low level ( $r=-,39$ ;  $p<0,01$ ) relationship has been determined between emotional stability and team membership, a negative and moderate ( $r=-,48$ ;  $p<0,01$ ) relationship has been determined between emotional stability and physical fitness, a negative and moderate relationship ( $r=-,43$ ;  $p<0,01$ ) has been determined between emotional stability and entertainment, a negative and moderate ( $r=-,57$ ;  $p<0,01$ ) relationship has been found between emotional stability and competition, a negative and low level ( $r=,36$ ;  $p<0,01$ ) relationship has been determined between emotional stability and activeness, a negative and low level ( $r=-,35$ ;  $p<0,01$ ) relationship has been determined between emotional stability and skill development. A negative and low level ( $r=-,45$ ;  $p<0,05$ ) relationship has been determined between responsibility and success, negative and low level ( $r=-,26$ ;  $p<0,01$ ) relationship has been determined between responsibility and team membership, a negative and low level ( $r=-,39$ ;  $p<0,01$ ) relationship has been determined between responsibility and physical fitness, a negative and low level ( $r=-,25$ ;  $p<0,01$ ) relationship has been determined between responsibility and friend, a negative and low level ( $r=-,18$ ;  $p<0,05$ ) relationship has been determined between responsibility and competition, a negative and strong relationship ( $r=-,60$ ;  $p<0,01$ ) has been determined between responsibility and activeness and a negative and moderate ( $r=-,43$ ;  $p<0,01$ ) relationship has been determined between responsibility and skill development. A negative and low level ( $r=-,28$ ;  $p<0,01$ ) relationship has been determined between extraversion and team membership, a negative and low level ( $r=-,23$ ;  $p<0,01$ ) relationship has been determined between extraversion and physical fitness, a negative and moderate ( $r=-,33$ ;  $p<0,01$ ) relationship has been determined between extraversion and entertainment, a negative and low level ( $r=-,27$ ;  $p<0,01$ ) relationship has

been determined between extroversion and friend and a negative and low level ( $r=-,33$ ;  $p<0,01$ ) relationship has been determined between extraversion and competition.

## Discussion and Conclusion

In this study, which aims to examine the personality traits of veteran folk dancers and their participation motivation in sports, it has been determined that the most dominant personality trait of veteran folk dancers is emotional stability. Emotional stability has been followed by responsibility, extraversion, peacefulness and openness to experience, respectively. There are research results in the literature showing that positive personality such as compatibility, responsibility and emotional stability are more dominant traits in middle age and older athletes. (Zekioğlu & İnallı, 2020). It is known that individuals, who are more emotionally unstable, become more aggressive, sensitive and anxious. Individuals, who have low emotional stability, get angry easily and express their anger (Özyeşil 2011). These and similar conditions may also be the cause of conflicts in interpersonal relationships (Furnham, Eraleous, & Chamorro-Premuzic, 2009). Individuals, who can protect their emotional balance, are relaxed, calm and harmonious (Cooper 2002). The fact that veteran folk dancers are still a participant in the sports environment, which requires more positive emotions such as happiness, vitality, optimism, high energy, and less negative emotions such as fear, anxiety, cruelty, anger and guilt feelings (Costa and McCrae 1992), may be put forward as an evidence that they have these personality traits. Indeed, the aforementioned features are related to the personality traits of extraversion and emotional stability (Costa & McCrae 1992). This relationship can be explained by the contribution of high extraversion and emotional stability to the individual's readiness to participate in sports activities (Nia & Besharat 2010). This relationship can be explained by the fact that extraversion and emotional stability make the individual ready to participate in sports activities. Considering that the study group consists of veteran folk dancers, who come together for purposes such as socialization and the evaluation of leisure time on the basis of voluntary participation, it is thought that their dominant personality traits show parallelism with the general acceptance. As a matter of fact, middle-aged and older athletes are more organized, determined, humble, altruistic, calm and self-confident (Zekioğlu & İnallı, 2020).

When the participation motivations in sports of the study group were evaluated, it has been determined that obtained results emphasized high motivation and that the highest participation motivation in sports was high achievement / status motivation. Success / status motivation was followed by team membership / team spirit, physical fitness / energy expenditure, competition, movement / being active, entertainment, friend and skill development motivations, respectively. The fact that the study group has a high achievement / status motivation as the dominant participation motivation in sports can be associated with their participation in an activity that requires high rehearsal loyalty such as folk dance. When it is known that regular exercise can cause an internal motivation at the level of necessity (Bossman, 2012), it can be said that the study group will have a high participation motivation in sports due to internal reasons such as learning new skills, being successful in the activity and enjoying this activity as a product of internal regulation (Aktürk, 2017).

When the personality traits of veteran folk dancers and their participation motivation in sports were compared in terms of gender, it has been found that gender was not a determinant in the differentiation of personality and participation motivation in sports. When the literature is examined, it has been determined similarly to the results obtained that there are research results showing that gender is not a determinant of the participation motivation in sports

(Aktürk, 2017; İlhan & Gencer, 2007; Ryckman & Hamel, 1993; Gill, Gross & Huddleston, 1983). In addition, the findings stating that personality does not show differentness in terms of gender are also supported by previous research results (Altıparmak, 2019; Sağlam, 2017; Topçu, 2017). When it is considered that there are research results reporting the opposite of both results in the literature, it can be said that the current situation may be arisen from the differences in the research groups.

The last finding obtained within the scope of the research is that there is a statistically significant relationship between personality traits and participation motivation in sports. When the results obtained are evaluated together with the literature, it can be said that there is no complete agreement. In this context, it can be stated that personality, which is a determinant in every decision taken, is also a determinant in the participation motivations in sports and that it is essential to make more research in order to evaluate it in terms of veteran folk dancers.

As a result, it can be stated that gender is not a determinant factor in the personality formation and participation motivation in sports in veteran folk dancers and that sportive success / status seeking of veteran folk dancers continues despite their advancing age in line with emotional stability, which is a dominant personality traits of veteran folk dancers.



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