THE ASSESSMENT OF THE RELATION BETWEEN THE DIMENSIONS OF SELF ESTEEM, SELF PERCEPTION AND PERSONALITY OF YOUNG ADULT SOLDIERS

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ABSTRACT

The objective of this research; is to examine the relation between the dimensions of self esteem, self perception and personality of young adult males who fulfils their temporary military duty in the Turkish Republic of Northern Cyprus. The young adult males aged between 18-25 who fulfil their temporary military duty in the Turkish Republic of Northern Cyprus constitutes the sampling universe of the research. 304 young adult males determined through appropriate sampling method have been included (added) into the research. As a means to collect data; Self-Esteem Scale whose Cronbach alpha reliability coefficient is 0,89 which was developed by Gilbert Allan and Trent in 1991 and adapted into Turkish by Şahin, Durak and Şahin and Eysenck Inordinate Self-Esteem Survey (EKA-GGK) which was developed by Francis, Brown and Philipchalk (1992) and adapted into Turkish by Karancı, Dirik and Yorulmaz (2007) whose internal consistency coeefficient for extroversion, neurotism, psychotism and lie dimensions respectively are 78, 65, 42, 64; both have been used for the research. In the analysis of the data, SPSS 17.0 package program has been used. (Büyüköztürk, 2009; Sipahi, Yurtkoru and Çinko, 2008). In the research, analysis towards the relation between the level of self esteem with dimensions of personality and self perception of young adult soldiers who are already fulfilling their military duty has been conducted through "Spearman" correlation technique. In this research, the level of meaningfulness is taken as 0,05. As a result of the research, the relation between the levels of self-respect and self perceptions have been found meaningful in terms of positive and statistical angle. ($p<0.01$; $0.42 > r > 0.15$). In between self respect and "psychotism" from the personality dimensions, negative, in between self respect and "extroversion", positive, and in between self respect and neurotism have been found meaningful relation towards positive direction. It has been observed that, as a result of the relations of self esteem with regard to perceptions of self and personality dimensions, several emotions have been able to be explained through self respect (self-esteem)

Keywords: Self perception, self esteem, personality dimensions, young adult male.

INTRODUCTION

According to Coopersmith (1967), self-esteem is a result of one's assessments about oneself. It comes into being through one's individual assessment of whether s/he accepts himself/herself or not, whether s/she finds herself/himself adequate or inadequate, whether s/he feels herself/himself important or unimportant and whether s/he finds herself/himself successful or unsuccessful over facts For Cüceloğlu (2002), it is as a result of one's positive or negative thoughts, opinions, and forms of self perceptions. According to Lelord (2006), self-esteem is a result of emotions which come into being as a consequence of self perceptions and one's standard of judgment which one arrives against such emotions. As it can be understood from the definitions, in order for individuals to form healthy relations, it is fundamental characteristic that they are well-adjusted and at peace with themselves. It For the individual to be well-adjusted, and demonstrate a healthy psychological improvement, s/he needs to think positively about herself/himself (Kılıççı, 1988).

Positive perception of self increases the skills of individuals to healthily cope with facts. Individuals with positive sense of self see themselves as more worthless (Josephs, Bosson and Jacobs, 2003). Individuals' perception of self which affects their emotional state, when observed indicates that even the perception of loneliness alone can cause inadequacy in social abilities, depression, alcoholism, and many psychological problems even extending to suicide (Çeçen 2007).

Together with this, it is indicated that the power to defend against anxiety, positive thinking and emotional stability are related with the perception of being sufficient. The inadequacy of the

perception of sufficiency leads to the individuals' feelings of inability to solve problems, causes even little problems to seem like big ones and hence enhances stress of living (Kumar and Lal, 2006).

Self confidence, which strengthens the ability to struggle against and resist difficulties, is another style of perception. In the absence of it, indications of increased hesitant behavior, discontinuation of tasks and increased inability to show patience arise (Lelord, 2006).

Personality structures have great effect on the intense experience of negative emotions and behavior due to low self-perceptions. A strong structure of personality comes from being far from inner clashes and overcoming fear and anxiety (Eysenck, 1996). Individuals' hesitance, unease, anxiety, touchiness, stance that inclines for emotional behavior, quick saddening or anger, immense emotional reactions towards even little problems and difficulties in returning to normal again (İnanç and Yerlikaya 2009) and many more similar emotional stances show relation with neurotic personality traits.

Every citizen of the Turkish Republic of Northern Cyprus is obliged to complete their military duty. This obligation makes way for individuals with various emotions, thinking and personality traits to come together. These individuals who bear the same rights have to comply in a rule based organization culture, with unfamiliar behavior and manner of conduct.

Whilst prior to attending the army the individual can take advantage of means of family and other social support, when in the army the individual is limited in taking advantage of such support; instead the individual has to maintain relationship with peers. Also, it is observed that failure because of the physical, mental and skillful requirements of many of military activities leads to weakening of feelings of being part of a group, acceptance and emotions of being loved and intensified feelings of loneliness.

When we look at the emotional, thinking and behavioral effects of self-perception and individual structures, we understand the importance of the preservation of psychological health in military environment. Therefore, in terms of preserving psychological health it is necessary and important for the investigation of the relationship between self esteem and self-perception and personality levels in adult males who are doing their obligatory military service.

The Research Hypothesis

Is there a reasonable relationship between self esteem and self-perception and personality levels in adult males who are doing their obligatory military service?

Sub Problems

1. Is there a reasonable relationship between self esteem and self-perception in adult males who are doing their obligatory military service?
2. Is there a reasonable relationship between self esteem and personality levels in adult males who are doing their obligatory military service?

METHOD

The Research Model

This research has been conducted using the scanning model. Scanning models are models that aim to describe as it is, a present or past situation (Karasar 2006).

Study Group

For this research the applied sampling method was used. The sample used for the research comprised of 304 male adults doing their obligatory military service in Nicosia city in the Turkish Republic of Northern Cyprus. The sample ages ranged from 18 to 25.

Statistical Analysis of the Data

For the data analysis SPSS 17.0 package software was used (Büyüköztürk, 2009; Sipahi, Yurtkoru and Çinko, 2008). In studying the relationship between self esteem and personality levels and self-perception amongst adult males doing their obligatory military service, the "Spearman" correlation technique was used.

Data Collection Tools

Self Esteem Measure: The Self Esteem developed by Bogenç (2005) is comprised of Likert 5 style 20 items. 15 of these items were arranged as positive and the rest 5 as negative. The response given to these items are identified as "always", "often", "once in a while", "seldom" and "never". For the positive items, the "always" response is scored 1 and the "never" response is scored 5. Low scores for the measure indicate low self respect and high scores for the measure indicate high self respect. The lowest score possible for the measure is 20 and the highest is 100. The Cronbach Alpha Factor for the measure is set as .81 (Bogenç, 2005). However for this research the Cronbach Alpha Factor has been found to be .80.

Self-Perception Measure: "The Self-Perception Measure" developed by Gilbert, Allan and Trent (1991) and translated to Turkish by Şahin Durak and Şahin (1993) has been used. It is a measure aimed at specifying the perceptions linked with how the individual, when compared to others sees himself in various dimensions. The measure is an 18 item 6 style Likert scored measure. High scores indicate a positive self scheme. The Cronbach Alpha Factor obtained from the original measure is indicated as .87 (Şahin and others 2002:127). For this study however, the Cronbach Alpha Factor is found to be .84.

Eysenck Personality Survey (EKA-GGK): Developed by Francis, Brown and Philipchalk (1992) and translated to Turkish by Karancı, Dirik and Yorulmaz (2007), Eysenck's "Self" survey (EKA-GGK) has been used by many researchers (Savaşır and Şahin, 1997; Aydemir and Köroğlu, 2009). Inner consistency factor was specified for extroversion, neuroticism, psychotics and lying levels as .78, .65, .42, .64 respectively. The measure is comprised of 24 items and 4 sub measures. These sub measures are: Extroversion (6 items), neuroticism (6 items), psychosis (6 items) and lies (6 items). For each personality trait the score ranges from 0 to 6. For this study the Cronbach Alpha Factor has been found .279. (The Alpha value might be low because of the fact that the sample contains only men).

RESULTS

In this section, the results of the statistical analysis' conducted with the aim of testing the questions formed as part of the general aim of the research are presented.

With Respect to the Research's Primary Sub Problem, the Findings of the Relationship between Self Esteem and Self-Perception:

In the below table (Table-1) the correlation between the scores from the self esteem measure and self-perception measure are presented.

Table 1: The Correlation Values Between Self Esteem and Self-Perception

Self-Perception Sub Items	Self Esteem (r)	p
Sufficient-Insufficient	0.15**	0.009**
Skillful-Incompetent	0.42**	0.000**
Successful-Unsuccessful	0.28**	0.000**
Disliked One- Liked One	0.38**	0.000**
Introvert-Extrovert	0.17**	0.003**
Alone-Not Alone	0.23**	0.000**
Left Out-Accepted	0.21**	0.000**
Impatient-Patient	0.31**	0.000**
Tolerant-Intolerant	0.21**	0.000**
Obedient-Initiative User	0.22**	0.000**
Coward-Brave	0.23**	0.000**
Not Self-confident-Self-Confident	0.40**	0.000**
Shy-Bold	0.36**	0.000**
Untidy-Tidy	0.43**	0.000**
Passive-Active	0.24**	0.000**
Hesitant-Determined	0.41**	0.000**
Antipathetic-Sympathetic	0.42**	0.000**
Submitting-Right Seeker	0.33**	0.000**

n=304 **p<0.01

It has been found that between self esteem and "Sufficient-Insufficient" perception there is a positive, low level reasonable relationship (r=0.15 p=0.009). As self esteem raises the self-sufficient perception raises. As self esteem declines the self-insufficient perception increases.

It has been found that between self esteem and "Skillful-Incompetent" perception there is a positive, mid level reasonable relationship (r=0.42 p=0.000). As self esteem raises the self-skillful perception raises. As self esteem declines the self-incompetent perception increases.

It has been found that between self esteem and "Successful-Unsuccessful" perception there is a positive, low level reasonable relationship (r=0.28 p=0.000). As self esteem raises the self-skillful perception raises. As self esteem declines the self-unsuccessful perception increases.

It has been found that between self esteem and "Liked-Disliked" perception there is a positive, low level reasonable relationship (r=0.13 p=0.003). As self esteem raises, an extrovert person's perception of being liked increases. As self esteem declines an extrovert person's perception of being disliked increases.

It has been found that between self esteem and "Introvert-Extrovert" perception there is a positive, low level reasonable relationship (r=0.18 p=0.003). As self esteem raises the self-extrovert perception raises. As self esteem declines the self-introvert perception increases.

It has been found that between self esteem and "Alone-Not Alone" perception there is a positive, low level reasonable relationship (r=0.23 p=0.000). As self esteem raises the self-not alone perception raises. As self esteem declines the self-alone perception increases.

It has been found that between self esteem and "Left Out-Accepted" perception there is a positive, low level reasonable relationship (r=0.207 p=0.000). As self esteem raises the self-acceptance perception raises. As self esteem declines the self-being left out perception increases.

It has been found that between self esteem and "Impatient-Patient" perception there is a positive, mid level reasonable relationship (r=0.31 p=0.000). As self esteem raises the self-patience perception raises. As self esteem declines the self-impatient perception increases.

It has been found that between self esteem and "Tolerant-Intolerant" perception there is a positive, low level reasonable relationship (r=0.21 p=0.000). As self esteem raises the self-tolerance perception raises. As self esteem declines the self-intolerant perception increases.

It has been found that between self esteem and "Obedient-Initiative User" perception there is a positive, low level reasonable relationship (r=0.22 p=0.000). As self esteem raises the self-initiative using perception raises. As self esteem declines the self-obedient perception increases.

It has been found that between self esteem and "Coward-Brave" perception there is a positive, low level reasonable relationship (r=0.23 p=0.000). As self esteem raises the self-braveness perception raises. As self esteem declines the self-afraid perception increases.

It has been found that between self esteem and "Not Self-Confident – Self-Confident" perception there is a positive, mid level reasonable relationship (r=0.40 p=0.000). As self esteem raises the self-confidence perception raises. As self esteem declines the self-unconfident perception increases.

It has been found that between self esteem and "Shy-Bold" perception there is a positive, mid level reasonable relationship (r=0.36 p=0.000). As self esteem raises the self-boldness perception raises. As self esteem declines self-shyness perception increases.

It has been found that between self esteem and "Untidy-Tidy" perception there is a positive, low level reasonable relationship (r=0.36 p=0.000). As self esteem raises the tidiness perception raises. As self esteem declines the self-untidy perception increases.

It has been found that between self esteem and "Hesitant-Determined" perception there is a positive, mid level reasonable relationship (r=0.41 p=0.000). As self esteem raises the self-determined perception raises. As self esteem declines the self-hesitant perception increases.

It has been found that between self esteem and "Antipathetic-Sympathetic" perception there is a positive, mid level reasonable relationship (r=0.42 p=0.000). As self esteem raises the self-sympathetic perception raises. As self esteem declines self-antipathetic perception increases.

It has been found that between self esteem and "Successful-Unsuccessful" perception there is a positive, low level reasonable relationship (r=0.28 p=0.000). As self esteem raises the self-skillful perception raises. As self esteem declines the self-unsuccessful perception increases.

It has been found that between self esteem and "Submitting-Right Seeker" perception there is a positive, mid level reasonable relationship (r=0.33p=0.000). As self esteem raises the self-right seeking perception raises. As self esteem declines the self-submitting perception increases.

With Respect to the Research's Primary Sub Problem, the Findings of the Relationship between Self Esteem and Self-Perception:

The correlation values of the relationship between the scores taken from the self esteem measure and personality levels measure are presented in Table 2 below.

Table 2: The Correlation Values Between Self Esteem and Personality Sub Levels

Personality Sub Levels	Self Esteem(r)	p
Neuroticism	-0.21**	0.000**
Extroversion	0.33**	0.000**
Psychosis	-0.39**	0.000**

n=304 **p<0.01

It has been found that between self esteem and Neuroticism personality features there is a negative, mid level reasonable relationship (r=0.21 p=0.000). As self esteem raises neuroticism personality features diminishes. As self esteem declines the neuroticism personality features increases.

It has been found that between self esteem and Extroversion personality features there is a positive, mid level reasonable relationship (r=0.33 p=0.000). As self esteem raises extroversion personality features increases. As self esteem declines the introversion personality features increases.

It has been found that between self esteem and Psychotic personality features there is a negative, mid level reasonable relationship (r=0.39 p=0.000). As self esteem raises psychotic personality features diminishes. As self esteem declines the psychotic personality features increases.

DISCUSSION

In this section, the results obtained after statistical analyses are discussed and interpreted with respect to the literature.

It has been found in the research that, there is a positive rise in positive self perception linked with self esteem and extroversion linked with personality levels; and that there is a negative relationship between psychotic, neurotic and introvert personality levels. According to Eisenbarth (2008) individuals with high self esteem tend to have higher abilities to cope with stress and depression, to focus better on problem solving whilst on the other hand individuals with low self esteem tend show less resistance to such problems; when these individuals fail to achieve they feel bad and this causes inter relations to lose strength (Takagishi, Sakata and Kitamura, 2011). Lee-Flynn, Pomaki, DeLongis, Biesanz and Puterman (2011) indicate that individuals with low self esteem tend to have high depression and bear depression for longer periods of time. According to Rios, Wheeler and Miller (2012), individuals with low self esteem in uncertain conditions tend to have adaptation problems with others; individuals with high self esteem however tend to be able to use their problem solving and persuasion techniques more effectively.

Also according Doğan (2010) depression rises and social behavioral disorders appear with individuals who have low self esteem. For Boden, Fergusson and Horwood (2011), young adults who have low self esteem, when they come to the ages of 18, 21, and 25, they witness social problems as well as mental health problems. In addition, it has been observed that their hopes towards a brighter future have been diminished. Vess, Arndt and Schlegel, (2011) in their research have found that there is a correlation between psychological state of health and positive thinking. Forest and Wood (2011), stated that the decrease in self esteem against the facts ultimately increase aggressive approaches whilst an increase in self esteem ultimately increases rational thinking.

Katsounari (2009) observes that the decrease in self esteem ultimately increases the level of depression and eating disorder. Kiang and Fuligni (2010), states that an increase in self esteem positively affects life satisfaction. According to Brown (2010), individuals who have low self esteem, experiences long time anxiety against failures in their business lives.

It has been seen that an increase in neurotic emotions, (anxiety, indecision, uneasiness of mind, being enraged) lowered self esteem. Cai, Wu and Brown (2009), argue that lower self esteem causes negative effects over depression and level of anxiety.

Change in the perception of acceptability increases self esteem. DeHart, Tennen, Armeli, Todd and Mohr (2009), argue individuals whose self esteem is low, have lower belief of social acceptance.

Increase in the perception of adequacy increases self esteem, whereas increase in the perception of inadequacy lowers self esteem. Increasing perception of inadequacy affects perceptions of lack of confidence and lack of harmony towards others, (Singh and Bussey, 2010) drug addiction (Geng, Jiang and Han, 2011) and increase in the level of depression (Gordon, Flett and Paul, 2011).

It has been seen that extroversion characteristic increases self esteem. Mehdizadeh, in his research (2010), found that the decrease in extroversion personality causes problems in social relations (Mutlu, Balbag and Cemrek, 2010) and increases emotions of despair. The conviction that being social, audacity, friendliness, acting well-adjusted as the foundation of extroversion demonstrate parallelism with Eysenck's theoretical explanations .(İnanç and Yerlikaya, 2009). Also, according to Rizwan and Ahmad's research (2010), it has been seen that decrease in self esteem increases mental health problems. In Kenneth's research, (2012), it has been observed that, decrease in self esteem increases the feeling of shame.

It has been seen that the decrease in self esteem ultimately decreases the perception of pursuing justice. Kernis, Lakey and Heppner (2008), in their research on the effect of self esteem over pursuing justice, found out that the decrease in self esteem negatively affects behavior of pursuing justice and increase in self esteem positively increases such behavior.

It has been seen that the increase in the perception of loving oneself increases self esteem. Neff and Vonk (2009), found that there is a statistical positive relationship between self esteem and loving oneself.

It has been seen that the increase in the perception of indecision decreases self esteem. DeMarree, Petty and Strunk (2010), argues that individuals who have higher self esteem demonstrate appropriate decision making behavior when it comes to facts. On the other hand, individuals who have lower self-esteem demonstrate indecision against facts. Haddock and Gebauer (2011), argue individuals who have stable self esteem are directly related with focusing, determination and positive thinking.

It has been seen that the increase in the perception of audacity increases self-esteem. Macsinga and Nemeti (2012), state that the increase in self-esteem enables individuals to be able to express themselves better and increase the power of their will.

CONCLUSION AND RECOMMENDATIONS

As a result of this research, among young male adults who fulfill their military duty there has been found positive meaningful relation between self esteem and perception of self, in between self respect and "psychosis" from the personality dimensions, negative, finally with extroversion personality dimension positive relationship have been found which show parallelism in accordance with the findings of literature. It has been seen that, thought structures, state of emotions and styles of behavior which self-esteem, perceptions of self and personality dimensions created over individuals, have invaluably high significance in terms of protection of mental health, enhancing the level of their harmony and their performance at work. In order for self esteem to be enhanced, "Short-Term Solution Focused Individual and Group Consultations' could be carried out. Also, educational models towards decreasing the effects of personality characteristics and perceptions of self could be

developed and implemented. In this research, there are some limitations. Data of the research have been obtained from young adult males who are already fulfilling their military duty in the Turkish Republic of Northern Cyprus. The results of the research can be generalized to this group. It is suggested that, future studies be carried out with bigger and heterogeneous working groups qualitatively as well as quantitatively.

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