

The Predictor of Motivation in Sports: Enneagram Personality Sporda Gdlenmenin ngrcs: Enneagram Kiilik

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Abstract: In this study, it was aimed to determine the predictive power of motivation in sports by the enneagram personality. The "relational screening model" was preferred in the research. A total of 404 (\bar{X} age=24,19±8,11) active athletes, 185 females (\bar{X} age=23,58±5,65), and 219 males (\bar{X} age=24,70±8,11) selected by convenience sampling method, participated in the research. Pearson correlation and regression techniques were used in the statistical analysis of the data. Looking at the results of the research, it is seen that the personality types of perfectionist, helpful, successful, original, observant, adventurous, leader with internal motivation are at a moderate level in the positive direction; positive low-level significant relationships were detected with the questioning and the compromiser. Extrinsic motivation and non-motivation were positively correlated with perfectionist, helpful, successful, original, observant, questioning, adventurous, leader, and compromiser personality types. When the regression results are examined, it is seen that the adventurous personality type has on work motivation; It was determined that the helpful and observant personality type had a significant predictive power on extrinsic motivation and non-motivation. Regarding the results of the research, it can be said that personality types are effective on motivation in sports.

Keywords: Sport, motivation in sport, personality, enneagram personality

zet: Bu araŒtırmada sporda gdlenmenin enneagram kiilik tarafından ngrc gcnn belirlenmesi amalanmıŒtır. AraŒtırmada "iliŒkisel tarama modeli" tercih edilmiŒtir. AraŒtırmaya kolayda rnekleme yntemiyle seilen 185'i kadın (\bar{X} yaŒ=23,58±5,65), 219' erkek (\bar{X} yaŒ=24,70±8,11) olmak zere toplam 404 (\bar{X} yaŒ=24,19±8,11) aktif sporcu katılmıŒtır. Verilerin istatistiksel analizlerinde Pearson korelasyon ve Regresyon tekniđi kullanılmıŒtır. AraŒtırma sonularına bakıldıđında, isel gdlenme ile mkemmelliyeti, yardımcı, baŒaran, zgn, gzlemci, maceracı, reis kiilik tipleri ile pozitif ynde orta düzeyde; sorgulayan ve uzlaŒmacı ile pozitif ynde dŒk düzeyde anlamlı iliŒkiler tespit edilmiŒtir. DıŒsal gdlenme ve gdlenmeme ile mkemmelliyeti, yardımcı, baŒaran, zgn, gzlemci, sorgulayan, maceracı, reis ve uzlaŒmacı kiilik tipleri ile pozitif ynde orta düzeyde anlamlı iliŒkiler tespit edilmiŒtir. Regresyon sonuları incelendiđinde ise maceracı kiilik tipinin iŒsel gdlenme zerinde; yardımcı ve gzlemci kiilik tipinin dıŒsal gdlenme ve gdlenmeme zerinde anlamlı yordayıcı gce sahip olduđu tespit edilmiŒtir. AraŒtırma sonularıyla ilgili olarak, kiilik tiplerinin sporda gdlenme zerinde etkili olduđu sylenbilir.

Anahtar Kelimeler: Spor, sporda gdlenme, kiilik, enneagram kiilik

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INTRODUCTION

It can be said that personality, which is thought to be one of the building blocks of human beings, is an important determinant on the behaviors exhibited by the individual, his perspective towards life and making the right decisions. Personality includes complex and psychological features that make behavior distinctive in changing times and situations (Gerring and Zimbardo, 2012). In other words, personality is the whole of exhibited behaviors and attitudes and the factors affecting them (Atkinson, Atkinson, Smith, Bem and Hoeksema, 1999). Personality is a distinctive, consistent and structured form of relationship that an individual establishes with his/her internal and external environment (Ccelođlu, 2017). When the definitions and theories about personality in the literature are examined, it can be said that they all include an effort to group and understand people according to their personality traits. In recent years, within the framework of models examining personality, the enneagram model, which has made a name for itself and has become the focus of attention, has emerged. The Enneagram model is a dynamic and personality typology, in which nine different personality types are defined that develop within the scope of innate basic pursuits and fears (Alexander and Schnipke, 2020). One of the features that make this model remarkable is that personality types have a dynamic structure rather than a stable one, and the functional approach to distinguishing the origin and motivation in the behaviors and attitudes of each type (Maitri, 2018).

The enneagram, which aims to reveal the pattern that helps to give meaning to experiences and organize lives, accelerates our spiritual development when we see the framework in which we place events in our lives (Riso and Hudson, 2020). It also associates the stages of human development with a series of extraordinary potentials that are part of the human personality, such as sharing feelings, endless knowledge and love. In another aspect, the enneagram is a system that contributes not only to self-help, but also to many areas such as interpersonal relations, treatment, education and business life. Basically, this system helps us discover our true nature and the barriers that prevent us from expressing it. In short, the enneagram is a part of the teaching tradition that sees personality tendencies as an indicator and teacher of hidden talents and accepts that these hidden talents are revealed by moving to a higher level of consciousness (Palmer, 2010).

When attention is directed to the nine personality types of the enneagram, it is seen that it is one of the few consciousness models that point to the relationship between personality and other human abilities (Palmer, 2014). These nine personality typologies in the model are perfectionist, helpful, successful, original, observant, questioning, adventurous, leader, and compromiser. In the perfectionist personality type, the individual criticizes himself and others. It takes things slow for fear of making mistakes. The helpful type needs affection and approval. He wants to be indispensable to others. In the

successful personality type, the individual tries to achieve love with what he does and achieves. They always aspire to be a winner. In his original type, the individual is attracted to the unattainable. The ideal for him is never in the here and now. In the observant type, the individual maintains a distance from others and does not engage in close relationships. In the questioning type, the individual is timid, self-indulgent and suffering from doubt. It takes the hard work. The adventurous type is fun-loving and approaches life solely for the purpose of enjoyment. The leader type individual is overprotective. He defends himself and his close circle to the end. Finally, in the compromiser type, the individual is indecisive and evaluates all points of view. He replaces his own wishes with the wishes of others (Palmer, 2014; Daniels and Price, 2016). There are three basic laws on which these nine typologies are based. The first of these laws is the dominant aspect that greatly affects our personality, the second is the area where we are active when we take action, and the third is the aspect observed when we are safe and comfortable. Therefore, all types of individuals shape their lives around these three laws (Palmer, 2010). For example, the observant personality type, who is generally introverted and quiet, will connect with people when under pressure, and will turn to the adventurous personality position, which is extroverted and friendly to minimize pressure. On the other hand, when the observer feels safe, he or she will tend to act like a control-oriented chief who gives commands to others (Palmer, 2014). In this context, each type with a dynamic structure can give important clues about which areas we can be successful in within the framework of these three laws.

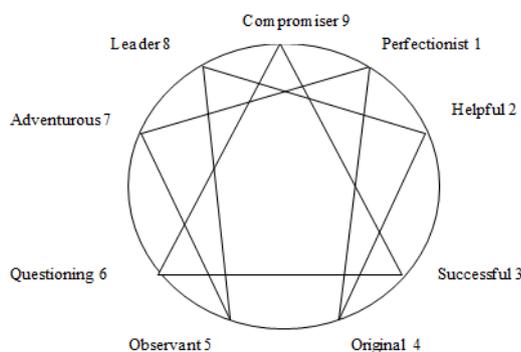


Figure 1. Enneagram Personality Types (Daniels and Price, 2016)

According to the participant-centered perspective theory, it is stated that motivational behavior patterns are primarily an element of personal characteristics. According to this view, personality traits, needs and goals are the most basic determinants of motivational status (Anshel, 1997; Weinberg and Gould, 1995). In another theory, McClelland (1961) suggests that achievement motivation is related to personality. In this theory, it has been suggested that personality traits, situational factors and behavioral tendencies are important determinants of motivation, struggle and performance development of individuals' success situations. In this sense, it is thought that the enneagram model, which can reach more comprehensive information about personality traits, can give important clues about motivation in sports.

Motivation is expressed as a factor in reaching the goals set by people and the reasons for participating in the activity (Roberts, 2001). In other words, Deci and Ryan (1985) stated that motivation is the answer to the question given to the reason for participating in a behavior. In addition, motivation and sports performance are equivalent concepts that can be used together many times (Balcıoğlu, 2003). So much so that the direction, determination and intensity components required for success in sports are present in the concept of motivation. Direction is the desire to continue an activity in spite of another activity. Persistence is the tendency to continue an activity until it is successfully done for a specific purpose. Intensity is defined as how much effort is spent and the amount of energy spent in a situation (Karageorghis and Terry, 2015). These components can give important information about how successful a person can be in his sport.

Based on the information in the literature, it can be said that the concepts of personality and motivation are related to each other and that the personality traits of the enneagram can affect the concept of motivation in sports. As a matter of fact, the three basic laws on which enneagram personality types are based affect the components of direction, stability and intensity in the concept of motivation. Therefore, the increase or decrease in these components will give important information about motivation in sports. This research is important because it can determine how the personality types of the athletes affect the concept of motivation, which is an important determinant in the realization of successful performance, and can shed light on how to increase the motivation levels of the athletes. For this reason, it is aimed in this research to find answers to the questions of what kind of relationship is between motivation in sports and enneagram personality types and how enneagram personality types predict motivation. It is thought that the results of the research can be a guide for sports psychologists, coaches, athletes and sports scientists.

METHOD

Research Model: In the research in which the predictive power of motivation in sports is determined by the enneagram, the "relational screening model" was preferred. The model in question is defined as "research models aiming to determine the existence and/or degree of change between two or more variables" (Karasar, 2018, p. 114).

Research Group: The research was carried out on active athletes. In the study, the research group was determined by sampling. In the sampling criterion, sampling was made from different population sizes, which are frequently used among the sampling methods in social sciences research and used in order to minimize sampling errors. In this framework, the study was conducted in accordance with the 384 population, which corresponds to the largest population for $\alpha = 0.05$ (Yazıcıoğlu and Erdoğan, 2004). The sample of the research consisted of 404 ($\bar{X}_{age}=24,19\pm 8,11$) active athletes, 185 females ($\bar{X}_{age}=23,58\pm 5,65$), and 219 males ($\bar{X}_{age}=24,70\pm 8,11$) selected by "convenience sampling" method. Convenience sampling was stated as "the shortest way to obtain data in a fast and cheap way" (Karagöz, 2017,

p. 66). The descriptive results of the research group are presented in Table 1.

Table 1. Descriptive statistics of athletes

Gender	n	%	\bar{X}_{Age}	$\bar{X}_{Sports\ year}$
Female	185	45,8	24,19±7,10	9,49±7,15
Male	219	54,2		
Total	404	100,0		

According to Table 1, it was determined that 45.8% (n=185) of the athletes were female and 54.2% (n=219) of the athletes were male, their mean age was 24.19±7.10, and the mean year of sports experience was 9.49±7.15.

Data Collection Tools: "Personal Information Form" and "Enneagram Personality Scale", "Motivation in Sports Scale II" were used in data collection. Detailed explanations about the measurement tools are presented below.

Personal Information Form: The "Personal Information Form" created by the researchers was used to determine demographic characteristics such as gender, age and years of sports experience regarding the sample group included in the study.

Enneagram Personality Scale: The "Enneagram Personality Scale" developed by Subaş and Çetin (2017) was used to determine enneagram personality traits in athletes. The measurement tool was developed in order to reveal the distinctive personality type according to nine personality types, taking into account the Enneagram methodology. The measurement tool consists of 27 items in 4-point Likert type and 9 different personality types. These personality types are expressed as perfectionist, helpful, successful, original, observant, questioning, adventurous, leader and compromiser. There are no reverse scored items in the measurement tool, and the lowest 3 and the highest 12 points are taken in the relevant dimensions. As a result of the research, the Cronbach Alpha reliability coefficients of the measurement tool were calculated as .73 for the perfectionist, .74 for the helpful, .66 for the successful, .70 for the original, .66 for the observant, .63 for the questioning, .66 for the adventurous, .84 for the leader, and .72 for the compromiser, respectively. It is understood that these obtained values are quite reliable according to Karagöz (2017, p. 26).

RESULT

Table 2. The results of the relationship between Enneagram personality types and motivation

		Perfectionist	Helpful	Successful	Original	Observant	Questioning	Adventurous	Leader	Compromiser
Intrinsic Motivation	r	,306**	,374**	,375**	,382**	,323**	,289**	,388**	,337**	,294**
Extrinsic Motivation	r	,365**	,524**	,453**	,418**	,395**	,378**	,416**	,445**	,384**
Lack of Motivation	r	,335**	,417**	,343**	,304**	,459**	,393**	,344**	,338**	,376**

According to the results of the Pearson correlation analysis in Table 2, the personality types of perfectionist, helpful, successful, original, observant, adventurous, leader with internal motivation were at a moderate level in the positive direction; positive low-level significant relationships were detected with the questioning and the compromiser. Extrinsic motivation and non-motivation were positively correlated with perfectionist, helpful, successful, original, observant, questioning, adventurous, leader, and compromiser personality types ($p < .01$).

Motivation in Sports Scale: The "Motivation in Sports Scale", developed by Pelletier, Tuson, Fortier, Vallerand, Briere and Blais (1995) and adapted into Turkish by Kazak (2004), was used to measure motivation in athletes. The measurement tool is 7-point Likert type, consists of 7 subscales and 28 items. The seven subscale scores are also used in the calculation of intrinsic motivation, extrinsic motivation and non-motivation scores. In the answers given to the measurement tool, the athletes answered "why do you do sports?" Scoring is done by giving the most appropriate answer to the question (Kazak, 2004). As a result of the research, the Cronbach Alpha reliability coefficients of the measurement tool were calculated as .91 for intrinsic motivation, .88 for extrinsic motivation, and .87 for non-motivation, respectively. It is understood that these obtained values are quite reliable according to Karagöz (2017, p. 26).

Data Collection: Written permission was obtained from the Sakarya University of Applied Sciences Ethics Committee (E-26428519-044-30211) in order to collect the data in the study. The demographic information form and scale questions to be used in the research were transferred to electronic media via Google Forms and detailed information about the research was presented to the participant at the beginning of the form. Here, information about the purpose of the research, why it was conducted and its importance are given, and a voluntary participation consent button has been added. It was ensured that data were collected from the athletes who read the information about the research and gave their consent to the voluntary consent button. During data collection, support was obtained from the trainers of the athletes, their team or individual camps and their social media accounts.

Data Analysis: The data collected from the athletes were checked, numerically coded and entered into the SPSS program. Before statistical analysis, descriptive analyzes and reliability calculations were made on the data. Immediately afterwards, the skewness and kurtosis values of the data were checked in order to decide on the analysis techniques to be applied to the data, and it was determined that the resulting values were in the range of $-2 \dots +2$. There is evidence in the literature that these values are suitable for normality conditions (George and Mallery, 2019, pp. 114-115). Descriptive statistics, Pearson correlation and Regression technique were used in the statistical analysis of the data.

Table 3: Multiple linear regression analysis results regarding the prediction of intrinsic motivation

Variable	B	Std. Error	β	t	p
Stationary	4,364	,181	---	24,068	,000
Perfectionist	,005	,105	,004	,051	,959
Helpful	,193	,106	,138	1,832	,068
Successful	,146	,123	,095	1,188	,235
Original	,176	,107	,119	1,637	,102
Observant	,171	,095	,116	1,797	,073
Questioning	-,118	,113	-,074	-1,046	,296
Adventurous	,261	,099	,183	2,631	,009*
Leader	-,053	,109	-,038	-,489	,625
Compromiser	-,029	,097	-,021	-,302	,763

$R = ,45$ $R^2_{adj} = ,18$
 $F_{(9,394)} = 11,106$ $p = ,000$

As a result of the multiple linear regression analysis in Table 3, it is seen that the regression model is statistically significant. When the t-test results regarding the significance of the regression coefficients were examined, it was determined that the adventurous personality type ($\beta = .183$; $t = 2.631$; $p = .009$) was a significant predictor of intrinsic motivation. 18% of intrinsic motivation is explained by enneagram personality types.

Table 4. Multiple linear regression analysis results regarding the prediction of extrinsic motivation

Variable	B	Std. Error	β	t	p
Stationary	3,415	,194	---	17,629	,000
Perfectionist	-,147	,112	-,086	-1,308	,192
Helpful	,594	,113	,370	5,268	,000*
Successful	,124	,131	,070	,941	,347
Original	-,002	,115	-,001	-,016	,987
Observant	,232	,101	,138	2,292	,022*
Questioning	-,087	,120	-,048	-,728	,467
Adventurous	,127	,106	,077	1,195	,233
Leader	,150	,117	,094	1,290	,198
Compromiser	,031	,103	,019	,300	,764

$R = ,56$ $R^2_{adj} = ,30$
 $F_{(9,394)} = 19,7658$ $p = ,000$

As a result of the multiple linear regression analysis in Table 4, it is seen that the regression model is statistically significant. When the t-test results regarding the significance of the regression coefficients were analyzed, it was found that the helpful ($\beta = .370$; $t = 5.268$; $p = .000$) and observant personality type ($\beta = .138$; $t = 2.292$; $p = .022$) were a significant predictor of extrinsic motivation. 30% of intrinsic motivation is explained by enneagram personality types.

Table 5: Multiple linear regression analysis results for predicting amotivation

Variable	B	Std. Error	β	t	p
Stationary	,730	,353	---	2,066	,039
Perfectionist	-,215	,204	-,072	-1,049	,295
Helpful	,740	,206	,261	3,599	,000*
Successful	-,083	,240	-,027	-,347	,729
Original	-,276	,209	-,092	-1,320	,188
Observant	,956	,185	,321	5,167	,000*
Questioning	,227	,219	,070	1,036	,301
Adventurous	,196	,193	,068	1,013	,312
Leader	-,014	,213	-,005	-,065	,948
Compromiser	,143	,189	,050	,756	,450

$R = ,51$ $R^2_{adj} = ,25$
 $F_{(9,394)} = 15,641$ $p = ,000$

As a result of the multiple linear regression analysis in Table 5, it is seen that the regression model is statistically significant. When the t-test results regarding the significance of the regression coefficients were analyzed, it was found that the helpful ($\beta = .261$; $t = 3.599$; $p = .000$) and observant personality type ($\beta = .321$; $t = 5.167$; $p = .000$) were a significant predictor of motivation. 25% of lack of motivation is explained by enneagram personality types.

DISCUSSION AND CONCLUSION

In this study, it was aimed to determine the predictive power of enneagram personality types on motivation in sports. As a result of the analysis carried out to determine the relationship between Enneagram personality types and motivation, it was determined that internal motivation and perfectionist, helpful, successful, original, observant, adventurous, leader personality types were positively moderate; questioning and compromiser positive low-level significant relationships were determined. It can be said that as the perfectionist, helpful, successful, original, observant, adventurous, leader, questioning and compromiser personality types scores increase, internal motivation also increases.

Intrinsic motivation is a person's reactions to his own wishes (Akman and Can, 2019). That is, it is caused by the athlete himself. As the level of intrinsic motivation of the athletes increases, they feel a great hunger to learn more knowledge and skills, to be more successful and to be satisfied (Kolayış, Sarı and Köle, 2015). Therefore, it can be said that as the scores in personality types increase, the intrinsic motivation will also increase. That is, in the compromiser personality type, he evaluates all points of view, in the successful personality type he loves competition and wants to be successful, in the helpful personality type, he seeks approval, in the adventurous type, he wants to be high emotionally, in the perfectionist personality type, being afraid of using the imperative moods excessively and making mistakes, in the observant personality type, who keeps his distance from others and divides his responsibilities into parts and questions his work, behaviors that love creativity and strive for a passionate life in the original personality type, and who fight to the end and try to fulfill their duties in the chief personality type, are dominant. Therefore, when viewed as a whole, it can be said that these personality types are related to internal dynamics and these dynamics can affect internal motivation. When the literature was searched, no research was found examining the relationship between motivation and enneagram personality types. Kale and Shrivastava (2001) suggested in their research that the enneagram theory can yield effective results in order to provide intrinsic motivation. In other similar studies, Zorlu, Algün-Doğu, Yıldız and Yılmaz (2020) found that there is a relationship between the success motivation in sports and personality traits of athletes interested in athletics.

Extrinsic motivation and non-motivation were positively correlated with perfectionist, helpful, successful, original, observant, questioning, adventurous, leader, and compromiser personality types ($p < .01$). Therefore, the level of motivation of individuals who expect external intervention, that is, external motivation, may increase or decrease in relation to the intervention styles. In this case, outside intervention may be of great importance. Therefore, as the mean scores of these personality types increase, there may be an increase in extrinsic motivation and non-motivation scores. Sung and Choi (2009) concluded in their research that the positive relationship between openness to experience and creativity is stronger when the person has high extrinsic motivation.

As a result of the analysis on the prediction of intrinsic motivation, it was concluded that the adventurous personality type has a significant effect on intrinsic motivation. Regarding the result, in the personal development part of the adventurous personality tag, features such as the need to be consciously in the "here and now" (Daniels and Price, 2016) in order to try to work on that job and live fully until completing a job can help provide intrinsic motivation. Intrinsic motivation is the response that an individual develops for his/her existing needs. These internal motives can be listed as curiosity, knowing, desire for self-actualization, desire for improvement. In this context, the ability to be open to exciting ideas and plans in the adventurous personality type may affect intrinsic motivation. Therefore, the adventurous personality type may have an effect on intrinsic motivation. There is no finding in the literature for the prediction of intrinsic motivation. Considering similar studies, Jugović, Marušić, Pavin Ivanec and Vizek Vidović (2012) concluded that personality traits are more effective on intrinsic motivation than extrinsic motivation. In another study, Tlili, Denden, Essalmi, Jemni, Huang and Chang (2019) concluded that only extraversion, conscientiousness and openness personality traits significantly affect students' intrinsic motivation levels for learning.

As a result of the analysis on the prediction of extrinsic motivation, it was concluded that the helpful and observant personality types have a significant effect on extrinsic motivation. Looking at the personality tag of the helpful type, it is seen that they dedicate themselves to their work as long as they establish quality relationships with people who need the approval of others (Palmer, 2014). Therefore, people who expect approval from others may expect outside intervention to increase motivation. In the observant personality type, they may need the support of others in expressing the feelings of an observer who is more closed to his inner world (Daniels and Price, 2016). In fact, one aspect of this personality, which tries to isolate itself from people, needs people. In this respect, the support people make can be supportive in terms of personal development. Dubros (2019) stated in his study that extrinsic motivation may be more effective for performance in individuals with high neuroticism.

As a result of the analysis on the prediction of amotivation, it was concluded that the helpful and observant personality type had a significant effect on amotivation. In the helpful personality type, the desire to be approved by others is very dominant. The person can do his best to make himself loved and accepted. He has multiple selves (Riso and Hudson, 2020). Therefore, individuals who think that they are unsuccessful in accepting themselves are likely to have problems in terms of motivation. As a matter of fact, it is obvious that the individual who cares about how he is seen by others needs others at the point of motivation. As a result, if the person does not get the reaction they want from the other side, this may result in unmotivation. In another observant personality type, the individual has personality traits that isolates himself from people and adopts a solitary lifestyle. In

a way, he wants to be close to people, but he hesitates to get close (Palmer, 2014). Therefore, if there is no outside intervention, the motivation of the person can be negative. In terms of personality traits, observers who try to stay away from people can be motivated by getting close to the other side. On the other hand, if there is no counter intervention, he himself does not take a step and motivation may result in the form of non-motivation. There is no finding in the literature examining the effect of enneagram personality types on motivation. Looking at similar studies, Turkay and Sökmen (2014) concluded in their study that there is a negative relationship between lack of motivation and active coping. In another study, Sarı and Bayazıt (2017) concluded that there is a significant relationship between lack of motivation and sportive self-efficacy and general self-efficacy scores.

Research on enneagram in the domestic literature is quite limited. In recent studies conducted in the field of sports sciences, it was reported that there were significant differences in enneagram personality type according to nationality and sports branch (Kara and Dönmez, 2022). In a study conducted in other fields, it was determined that there were significant differences in enneagram personality types according to gender (Yüksel and Kızılgöç, 2021).

As a result of the research, it was determined that there are significant relationships between motivation in sports and enneagram personality types. He concluded that the adventurous personality type is effective on intrinsic motivation, while the helpful and observant personality types are effective on extrinsic motivation and non-motivation. Regarding the research results, it is seen that personality types have an effect on motivation in sports. The concept of motivation is one of the important determinants of success in sports. In this study, the effects of enneagram personality types on motivation in sports were examined. As a suggestion for future research, how the enneagram personality types of athletes in different branches have an effect on success motivation in sports and the distribution of personality types in branches can be examined. According to the results obtained later, the choice can be made by considering the personality type before choosing the sports branch.

Ethical Considerations: In this article, during the research process, journal writing rules, publication principles, research and publication ethics rules, journal ethics rules were followed. Responsibility for all kinds of violations related to the article belongs to the authors. University Ethics Decision Number "E-26428519-044-30211"

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GENİŞLETİLMİŞ ÖZET

Çalışmanın Amacı: Bu çalışmada sporda güdülenmenin enneagram kişilik tarafından öngörücü gücünün belirlenmesi amaçlanmıştır.

Araştırma Problemi: Enneagram kişilik tipleri sporda güdülenme üzerinde bir öngörüye sahip midir?

Literatür Araştırması: Deneyimlere anlam verilmesine ve yaşantıları düzenlemeye yarayan örüntüyü ortaya çıkarma amacı taşıyan enneagram, yaşamımızda olayları yerleştirdiğimiz çerçeveyi gördüğümüz zaman tinsel gelişmemizi hızlandırır (Riso ve Hudson, 2020). Ayrıca insanın kişisel gelişim aşamalarını duygu paylaşımı, sonsuz bilgi ve sevgi gibi insan kişiliğinin parçası olan bir dizi sıradışı potansiyel ile bağdaştırır. Bir başka yönüyle enneagram yalnızca kendine yardım konusunda değil, kişiler arası ilişkilerde, tedavi, eğitim, iş yaşamı gibi birçok alana da katkıda bulunan bir sistemdir. Bu sistem temel olarak, gerçek doğamızı ve onu ifade etmemizin önündeki engelleri keşfetmemize yardımcı olur. Kısacası enneagram, kişilik eğilimlerini gizli kalmış yeteneklerin bir göstergesi ve öğreticisi olarak gören ve bu gizli yeteneklerin daha yüksek bir bilinç seviyesine geçilmesiyle açığa çıktığını kabul eden öğretici geleneğinin bir parçasıdır (Palmer, 2010).

Katılımcı merkezli bakış teorisine göre, güdüsel davranış biçimlerinin öncelikle kişisel özelliklerin bir unsuru olduğu belirtilmektedir. Bu görüşe göre, kişilik özelliklerinin, ihtiyaçların ve hedeflerin, güdüsel durumun en temel belirleyicisidir (Anshel, 1997; Weinberg ve Gould, 1995). Bir başka teoride McClelland (1961) başarı güdülenmesinin kişilik ile ilişkili olduğunu öne sürmektedir. Bu teoride kişilik özellikleri, durumsal faktörler ve davranışsal eğilimlerinin, kişilerin başarı durumlarına güdülenme, mücadele etme ve performans gelişimlerinin sağlanmasında önemli belirleyiciler olduğunu öne sürülmüştür. Bu anlamda kişilik özellikleri hakkında daha kapsamlı bilgilere ulaşılabilecek olan enneagram modelinin, sporda güdülenme hakkında önemli ipuçları verebileceği düşünülmektedir. Güdülenme, kişilerin belirlediği hedeflere ulaşma yolunda bir etken ve faaliyete katılma nedenleri olarak ifade edilmektedir (Roberts, 2001). Bir başka ifadeyle Deci ve Ryan (1985) güdülenmenin, bir davranışa katılma nedenine verilen sorunun cevabı olduğunu belirtmişlerdir.

Literatür ışığındaki bilgilerden yola çıkarak, kişilik ve güdülenme kavramlarının birbiriyle ilişkili olduğu ve sahip olunan enneagram kişilik özelliklerinin sporda güdülenme kavramını etkileyebileceği söylenebilir. Nitekim enneagram kişilik tiplerinin dayandığı üç temel yasa, güdülenme kavramı içerisinde bulunan yön, kararlılık ve yoğunluk bileşenlerini etkilemektedir. Dolayısıyla bu bileşenlerdeki artış ya da azalma, sporda güdülenme hakkında önemli bilgiler verebilecektir. Bu araştırma, sporcuların sahip olduğu kişilik

tiplerinin, başarılı performansın gerçekleştirilmesinde önemli bir belirleyici olan güdülenme kavramını nasıl etkilediğini belirleyebileceği ve antrenörlere sporcuların güdülenme düzeylerini nasıl arttırabilecekleri konusunda ışık tutabileceği için önem arz etmektedir.

Araştırma Modeli: Sporda güdülenmenin enneagram tarafından ön görücü gücünün belirlendiği araştırmada “ilişkisel tarama modeli” tercih edilmiştir. Söz konusu model” iki ve daha çok sayıdaki değişken arasında birlikte değişimin varlığını ve/veya derecesini belirlemeyi amaçlayan araştırma modelleri” şeklinde tanımlanmıştır (Karasar, 2018, s. 114).

Araştırma Grubu: Araştırma aktif sporcular üzerinde gerçekleştirilmiştir. Araştırmada örneklem alma yoluna gidilerek araştırma grubu belirlenmiştir. Örneklem alma kıstasında sosyal bilimler araştırmalarında örneklem seçme yöntemleri içerisinde sıkça kullanılan ve örnekleme hatalarını en aza indirmek amacıyla kullanılan farklı evren büyüklüklerinden örnekleme alma yoluna gidilmiştir. Bu çerçevede araştırmada $\alpha=0,05$ için en büyük evrene karşılık gelen 384 popülasyonuna uygun şekilde yürütülmüştür (Yazıcıoğlu ve Erdoğan, 2004). Araştırma örneklemini ise “kolayda örnekleme” yöntemiyle seçilen 185’i kadın (\bar{X} yaş=23,58±5,65), 219’ü erkek (\bar{X} yaş=24,70±8,11) olmak üzere toplam 404 (\bar{X} yaş=24,19±8,11) aktif sporcu oluşturmuştur. Kolayda örnekleme ise “hızlı ve ucuz yoldan veri elde etmenin en kestirme yolu” olarak ifade edilmiştir (Karagöz, 2017, s. 66).

Veri Toplama Araçları: Veri toplamada “Kişisel Bilgi Formu” ve “Enneagram Kişilik Ölçeği”, “Sporda Güdülenme Ölçeği II” kullanılmıştır. Ölçme araçlarına ilişkin detaylı açıklamalar aşağıda sunulmuştur.

Verilerin Toplanması: Araştırmada veriler Google Forms aracılığıyla elektronik ortamda sporculardan toplanmıştır. Veri toplama sırasında sporcuların; antrenörleri, takım ya da bireysel kampları ve sosyal medya hesaplarından destek alınmıştır.

Verilerin Analizi: Verilerin istatistiksel analizlerin de tanımlayıcı istatistikler, Pearson korelasyon ve Regresyon tekniği kullanılmıştır.

Sonuç ve Değerlendirme: Araştırma sonucunda, sporda güdülenme ile enneagram kişilik tipleri arasında anlamlı ilişkiler olduğu tespit edilmiştir. Maceracı kişilik tipinin içsel güdülenme üzerinde etkili olduğu, yardımcı ve gözlemci kişilik tiplerinin ise dışsal güdülenme ile güdülenmeme üzerinde etkili olduğu sonucuna ulaşmıştır. Araştırma sonuçlarıyla ilgili olarak, kişilik tiplerinin sporda güdülenme üzerinde etkili olduğu görülmektedir. Güdülenme kavramı, sporda başarı elde etme yolunda önemli belirleyicilerinden biridir. Bu araştırma ile enneagram kişilik tiplerinin sporda güdülenme üzerinde ki etkileri incelenmiştir. Gelecekte yapılacak araştırmalara öneri olarak, farklı branşlardaki sporcuların enneagram kişilik tiplerinin sporda başarı motivasyonu üzerinde nasıl bir etkiye sahip olduğu ve branşlardaki kişilik tiplerinin dağılımı incelenebilir. Daha sonra çıkan sonuçlara göre, spor branşını seçmeden önce kişilik tipini de göz önünde bulundurarak seçim yapılabilir.