**RESEARCH ARTICLE**

# The Effect of Personality Factors on Social Appearance Anxiety and Life Satisfaction

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**Abstract**
The purpose of this research is to investigate the association between social appearance anxiety levels and the influence of different personality traits on life happiness. The study's sample consists of 488 university students registered in the Faculty of Sports Sciences at Bingol University, 221 (45.3%) of whom are female and 267 (54.7%) of whom are male. The Five Factor Personality Scale, Social Appearance Anxiety Scale, and Life Satisfaction Scale were used to gather data. The data was rigorously analyzed using the SPSS 26 program, as well as numerous statistical approaches and data analysis tools. The research findings indicate that the sub-dimensions of extraversion ($\beta$ = -.111), agreeableness ($\beta$ = -.159), self-control ($\beta$ = .114), neuroticism ($\beta$ = -.098), and openness to experience ($\beta$ = -.324) appear to predict social appearance anxiety. Furthermore, the sub-dimensions of personality characteristics, extraversion ($\beta$ = .149) and neuroticism ($\beta$ = -.129), predict life satisfaction considerably. As a consequence, these findings show that personality characteristics have a major impact on people's social appearance, anxiety levels, and life happiness. Notably, subpersonality traits like extraversion and neuroticism play a decisive role in these effects.

**Keywords**
Personality, Personality Traits, Social Appearance, Life Satisfaction

## INTRODUCTION

Personality is a holistic structure that combines the fundamental characteristics determining people's thoughts, feelings, and behaviors. These features remain stable throughout an individual's life (Matthews et al. 2009). Within the realm of sports science, the role of personality factors in individual sports participation and performance, as well as their impact on overall health, has been meticulously studied. However, in recent years, there has been an increase in research evaluating the social and psychological dimensions of personality traits. In this context, the social appearance anxiety and general life satisfaction that individuals experience while participating in sports are viewed as central elements of sports

psychology and the psychological well-being of individuals. Anxiety concerning one's outward appearance is termed 'social appearance anxiety. It can be characterized by individuals' negative evaluations of their own physical appearance and their comparisons of these evaluations with societal standards (Hart et al. 2008). The impact of such anxieties can become more pronounced, especially among individuals engaged in sports and exercise activities. The growing tendency towards physical idealization, influenced by social media, can heighten social appearance anxiety by impacting how individuals perceive themselves. The importance of this work becomes evident in several ways. First, because sports science students often encounter high levels of social action and competition, social appearance anxiety and life

satisfaction are important factors for their psychological health and academic success (Schwebel and Smith, 1991; Petrie and Greenleaf, 2012; Diener and Ryan, 2009). Second, as a recognized factor, personality features may have a significant impact on these two essential areas: social appearance and life happiness. The purpose of this research is to determine the entire scope and dynamics of this impact (McCrae and Costa, 1999; Caspi et al., 2005). Third, the findings of the research may be used to improve sports science teaching methodologies and practices. Greater knowledge of the influence of personality variables on social appearance anxiety and life satisfaction might assist educators in dealing with students' issues, boost their life contentment, and teach them healthy social interaction skills. Finally, this research may help to expand our understanding of the links between personality, social appearance anxiety, and life happiness in the area of sports sciences in general. This might serve as a useful starting point for future research and existing uses.

The purpose of this research, as seen through the lens of sports sciences, is to explore the relationship that exists between the degrees of social appearance anxiety that people feel and the levels of life satisfaction that are connected with particular personality types. The effects of personality factors on social appearance anxiety and how these effects relate to life satisfaction will be researched in this context. These personality traits include self-control, openness to experience, extroversion, neuroticism, and agreeableness. The research aims to help us understand how different personality types can shape social anxiety levels and, accordingly, the impact of individuals on life satisfaction.

## MATERIALS AND METHODS

The investigation was conducted utilizing the relational screening approach. The relational screening model aims to determine whether there is a relationship between two or more variables and, if there is a relationship, the direction and level of this relationship (Büyüköztürk et al. 2018).
### Study Design
### Study Design
In order to calculate the number of participants in the study, power analysis was performed with the G*Power 3.1 program. In the correlation coefficient, .10 indicates low, .30

indicates medium, and .50 indicates large effect size (Cohen, 1998). In this direction, with an effect size of .20, 99% power, and .05 margin of error (two-tailed), Correlation: In the bivariate normal model, G*Power recommends including at least 450 participants in the study. In this research, we employed the convenience sampling technique. Through this method, the researcher selects the most readily available respondents to form the desired sample size, or they choose a sample that is easily accessible and offers the greatest efficiency. (Cohen et al. 2005). In this context, data for the study were gathered from 488 university students at Bingöl Universities, 221 (45.3%) of whom were female and 267 (54.7%) of whom were male. The participants' ages ranged from 16 to 42 years (Mort = 22.97, SD = 2.74). In addition, 29.9% of the participants are trained in teaching, 27.9% in coaching, 39.5% in management, and 2.7% in recreation.

The research adhered to the standards of the Declaration of Helsinki, and all methodologies involving human participants were sanctioned by the Scientific Research and Publication Ethics Committee of Bingol University Health Sciences, with reference number 23/18.
### Data Collection Tools
### Five-Factor Personality Scale
The five-factor personality scale developed by Rammstedt and John (2007) was used in the study. Horzum Ayas and Padır (2017) carried out the adaptation of the scale to Turkish culture. Following the completion of the analysis, a structure that included 10 items and 5 factors was obtained. This structure was able to account for 88.4% of the total variance and had 100% congruence with the items that were present in the initial form. It was defined as "Extraversion", "Mildness", "Self-control", "Neuroticism" and "Openness to Experience". The fit indices and minimum chi-square value ($\chi2=46.139$, N = 25, p=0.00) of the model obtained by confirmatory factor analysis were found to be significant. RMSEA =.062, GFI =.96, AGFI =.91, CFI =.98, NFI =.97, and SRMR =.035. considering the criteria of the fit indices, perfect fit was obtained for the GFI, AGFI, CFI, NFI, and SRMR indices. These fit indices reveal that the Turkish version of the Five Factor Personality Scale has acceptable values. In this study, the reliability coefficients of the sub-dimensions "Extraversion", "Amiability", "Self-control", "Neuroticism" and "Openness to

Experience" were calculated as 0.79, 0.80, 0.81, 0.80, and 0.79, respectively.

## Social Appearance Anxiety Scale

Hart et al. (2008) Social appearance anxiety scale, which was subsequently adapted into anxiety is high. According to the analyze is results, item factor loadings range from .34 to.78. A single dimension explains 42.72% of the variance. The scale was found to have a test-retest correlation of.80. The total correlations of the items ranged from .29 to .72. Goodness values according to confirmatory factor analysis AGFI: 0.90, GFI: 0.93, NFI:0.93, RFI:0.91, CFI: 0.95, RMR: 0.038, IFI: 0.95, RMSEA: 0.066. These fit indices reveal that the scale has acceptable values. In this study, the Cronbach alpha reliability coefficient of the scale was calculated at 0.94.

## Life Satisfaction Scale

The "Satisfaction with Life Scale" developed by Diener et al. (1985) underwent a validity and reliability investigation in Turkey, which was carried out by Köker (1991). The scale has five items on a seven-point Likert scale, ranging from 1 (not at all) to 7 (very acceptable). In studies conducted in Turkey, it has been reported that the internal consistency coefficient of the scale varies between .75 and .79. A high total score indicates that the participant's level of life satisfaction is also high. In this study, the Cronbach alpha reliability coefficient of the scale was calculated at 0.80

## Procedure

Data for this study were gathered from students at Bingöl University's faculty of sports sciences. The research data were gathered with the

Turkish by Doğan (2010), was employed in this study. The scale has a one-dimensional structure consisting of 16 items and is of the 5-point Likert type. Only Item 1 is scored in reverse. High scores obtained from the scale indicate that appearance approval of the Ethics Committee of Bingöl University. The participants were provided with information regarding the methods used for data collection in the research study, and thereafter, the scales were administered online through the use of Google Forms for a duration of 5 to 10 minutes. The data was collected by asking volunteer students to confirm their approval by checking the checkbox at the beginning of the form.

## Statistical Analysis

Pearson correlation coefficients and regression analyses were employed to examine the data acquired in this research. The Pearson correlation coefficient was employed to quantify and assess the strength of the association between variables. Regression analysis is used to predict the influence of one or more independent variables on a dependent variable. These analyses were applied to reveal the main findings of the study and the relationships between variables in more detail.

## RESULTS

The Pearson correlation coefficient was used in the study to analyze the connections between social anxiety, life satisfaction, and the five component personality characteristics. "Table 1" displays the correlation analysis findings.

**Table 1**. Results of the pearson correlation analysis

| Variables | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|---|
| 1.Extraversion | 1 | | | | | | |
| 2. Mildness | .159** | 1 | | | | | |
| 3. Self-control | .295** | .357** | 1 | | | | |
| 4.Neuroticism | -.131** | -.146** | -0.96* | 1 | | | |
| 5. Openness to Experience | .225** | .163** | .279** | -.116* | 1 | | |
| 6. Social Appearance Anxiety Scale | -.246** | -.431** | -.346** | .203** | -.234** | 1 | |
| 7. Life Satisfaction Scale | .197** | -.030 | .147** | -.160** | .099* | -.044 | 1 |
| $\bar{x}$ | 7.16 | 7.69 | 7.55 | 5.81 | 6.87 | 35.47 | 18.81 |
| SD | 1.76 | 1.76 | 1.76 | 1.68 | 1.64 | 14.08 | 6.57 |

*\*\*p<0.01, \*p<0.05*

When Table 1 is examined, it is seen that there are negative and significant relationships between social appearance anxiety and extraversion, agreeableness, self-control, and openness to experience. It is also seen that there is a positive and significant relationship between

social appearance anxiety and neuroticism. In addition, there are positive and significant relationships between life satisfaction and extraversion, self-control, and openness to experience. Additionally, a negative and strong link between neuroticism is seen. There is no significant relationship between life satisfaction and agreeableness. There is no significant relationship between social appearance anxiety and life satisfaction.

The findings of the regression analysis used to ascertain the five-factor personality characteristic sub-dimension's ability to predict life happiness and social anxiety are displayed in Table 2.

3. The data were analyzed in terms of regression assumptions prior to the regression analysis, and the findings are shown in Tables 2, Table 3, and Figures 1 and 2.

**Table 2.** Assumption 1 for descriptive statistics and regression

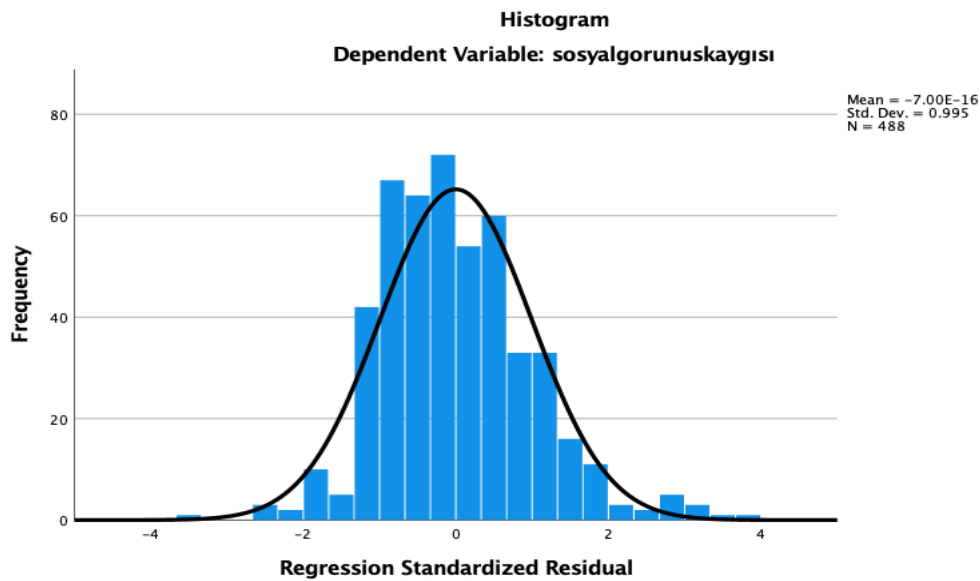| Variables | N | Min. | Max. | Skew. | Kurt. | VIF | CI |
|---|---|---|---|---|---|---|---|
| Extraversion | 488 | 2 | 10 | -.217 | -.285 | 1.137 | 7.860 |
| Mildness | 488 | 2 | 10 | -.497 | -.300 | 1.169 | 11.179 |
| Self-control | 488 | 2 | 10 | -.465 | -.165 | 1.278 | 11.607 |
| Neuroticism | 488 | 2 | 10 | .044 | -.137 | 1.040 | 13.537 |
| Openness to Experience | 488 | 2 | 10 | -.067 | -.042 | 1.122 | 21.467 |
| Social Appearance Anxiety Scale | 488 | 16 | 80 | .616 | -.249 | | 1.000 |



**Figure 1.** Normal distribution curve of social appearance anxiety

**Table 3.** Assumption 2 descriptive statistics and regression

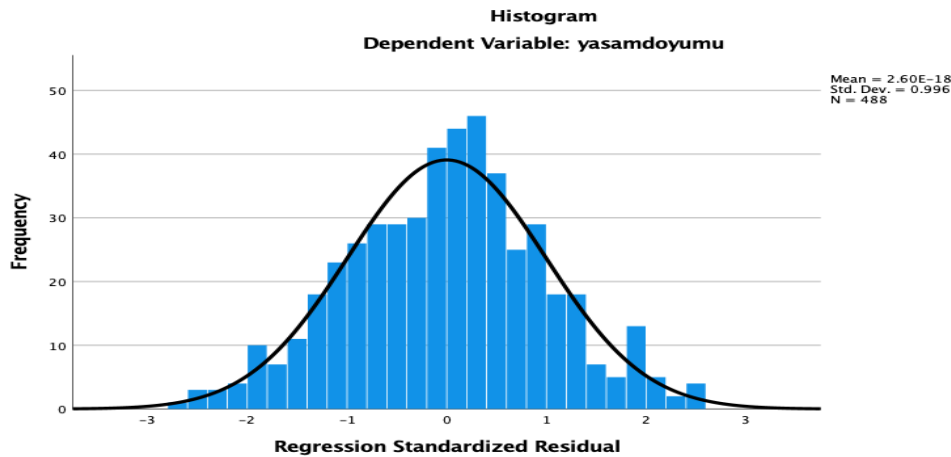| Variables | N | Min. | Max. | Skew. | Kurt. | VIF | CI |
|---|---|---|---|---|---|---|---|
| Extraversion | 488 | 2 | 10 | -.217 | -.285 | 1.132 | 7.304 |
| Mildness | 488 | 2 | 10 | -.465 | -.165 | 1.158 | 10.580 |
| Self-control | 488 | 2 | 10 | .044 | -.137 | 1.027 | 11.486 |
| Neuroticism | 488 | 2 | 10 | -.067 | -.042 | 1.118 | 18.261 |
| Life Satisfaction Scale | 488 | 5 | 35 | .118 | -.344 | | 1.000 |

**Figure 2.** The normal distribution curve of life satisfaction

Table 4 shows the regression results for social appearance anxiety, which is one of the dependent variables of the study. From the results in Table 4, extraversion sub-dimension (β = -.111), agreeableness sub-dimension (β= -.159), self-control sub-dimension (β= .114), neuroticism sub-dimension (β=-.098) and openness to experience sub-dimension (β= -.324) seem to predict social appearance anxiety. When these results were examined, it was determined that the openness to experience sub-dimension (β= -.324) predicted social appearance anxiety at the highest level. In addition, 26% of the change in social appearance anxiety score can be explained by five factor personality traits (R =.518, R2 =.268, p<0.05).

**Table 4.** Regression analysis results of social appearance anxiety

| Model | Non-standardized Coefficients | | Standardized Coefficients | t | p |
|---|---|---|---|---|---|
| | B | S.E. | β | | |
| Constant | 71.492 | 4.427 | | 16.149 | <.001 |
| Extraversion | -.886 | .332 | -.111 | -2.671 | <.05 |
| Mildness | -1.274 | .352 | -.159 | -3.619 | <.001 |
| Self-control | .956 | .332 | .114 | 2.879 | <.05 |
| Neuroticism | -.840 | .354 | -.098 | -2.374 | <.05 |
| Openness to Experience | -2.581 | .336 | -.324 | -7.678 | <.001 |

Dependent variable: social appearance anxiety

Table 5 shows the regression results for life satisfaction, which is another dependent variable of the study. From the results in Table 5, it is seen that the extraversion sub-dimension (β = .149) and the neuroticism sub-dimension (β=-.129) significantly predict life satisfaction. However, it was observed that the sub-dimensions of self-control and openness to experience did not significantly predict life satisfaction (p>.001). In addition, 6% of the change in life satisfaction score can be explained by extraversion and neuroticism sub-dimensions (R =.255, R2 =.065, p<0.05).

**Table 5.** Regression analysis results for life satisfaction

| Model | Non-standardized Coefficients | | Standardized Coefficients | t | p |
|---|---|---|---|---|---|
| | B | S.E. | β | | |
| Constant | 14.670 | 2.141 | | 6.851 | <.001 |
| Extraversion | .556 | .175 | .149 | 3.187 | <.050 |
| Self-control | .310 | .177 | .083 | 1.755 | >.001 |
| Neuroticism | -.504 | .174 | -.129 | -2.900 | <.050 |
| Openness to Experience | .108 | .186 | .027 | .580 | >.001 |

Dependent variable: life satisfaction

# DISCUSSION

There are negative and significant relationships between social appearance anxiety and extraversion, agreeableness, self-control, and openness to experience. It is also seen that there is a positive and significant relationship between social appearance anxiety and neuroticism. According to the studies in the literature, in their study on university students, they found a positive relationship between social appearance anxiety and personality traits of individuals, including extraversion, neuroticism, and agreeableness. No significant relationship was found between social appearance anxiety and openness to responsibility and experience (Öztürk et al. 2015). In research carried out with high school students, a positive correlation was found between social appearance anxiety and traits such as extraversion, agreeableness, self-discipline, and openness to new experiences. Furthermore, a notable, moderately negative correlation was identified between social appearance anxiety and neuroticism (Fidan, 2021). According to the results of the study named "The relationship between personality traits of adolescents and their levels of resilience", there was a positive, low-level, and significant relationship between personality traits of extraversion, responsibility, and compatibility, while a positive, moderate, and significant relationship was observed with openness to development. In addition, a low-level and significant negative correlation was found between personality traits such as extraversion, emotional inconsistency, and negative valence (Uçar, 2020).The reasons for the differences in results may include the application of different studies in various demographic groups, the differences in the measurement tools used, and the effect of cultural norms and expectations on personality traits and social appearance anxiety.

There are positive and significant relationships between life satisfaction and extraversion, self-control, and openness to experience. It is also seen that there is a negative and significant relationship between neuroticism. There is no significant relationship between life satisfaction and agreeableness. There are a number of studies in the literature that give parallel results to our study. In a study conducted on university students, they found a negative relationship between life satisfaction and emotional instability;

they found a positive relationship with agreeableness, extroversion, and conscientiousness. However, no relationship was found between openness to experience and life satisfaction (Bulut and Yıldız, 2020). In a meta-analysis of a study examining the relationship between personality and life satisfaction from different nationalities, there was a negative relationship between life satisfaction and emotional instability. It was concluded that there is a positive relationship with extraversion, agreeableness, and responsibility. However, no significant relationship was found between life satisfaction and openness to experience (Steel et al. 2008). In a study called Five Factor Personality Traits and Life Satisfaction, it was found that there was a positive relationship between life satisfaction and extraversion, openness to experience, and responsibility, and a negative relationship with emotional instability. However, no significant relationship was found between life satisfaction and compatibility (Köksal, 2015). In the research involving university students, a positive correlation was observed between life satisfaction, accountability, and extraversion, while a negative correlation was noted with emotional instability. However, they could not detect a significant relationship between life satisfaction, openness to experience, and adaptability (Toker and Kalıpçı, 2017). In the study examining the relationship between personality traits and life satisfaction, neuroticism has a low negative relationship with life satisfaction, while extraversion, agreeableness, and responsibility factors have a low level of positive correlation with life satisfaction (Ercan, 2019). Life satisfaction was shown to be positively correlated with extraversion and negatively correlated with neuroticism in teenagers when using descriptive statistics and regression assumptions (Huebner, 1991a); They found a positive relationship between life satisfaction and extraversion (McKnight et al. 2002). They discovered that life happiness was inversely related to neuroticism, and that it was positively related to extraversion, openness to experience, agreeableness, and responsibility. In addition, they observed that life satisfaction was positively related to responsibility (Weber and Huebner 2015). In a study conducted on a sample of university students' life satisfaction, it was found that there is a positive relationship with personality traits such as extraversion, agreeableness,

responsibility, and openness and a negative relationship with the neuroticism personality trait (Aytekin and Akbay 2020). In the doctoral thesis study conducted on physical education and sports teachers, a weak positive relationship was found between life satisfaction, openness to experience, and extraversion personality traits, but no significant relationship was found with other personality traits (Acar, 2022). In another study, there was a positive relationship between life satisfaction and extraversion, openness to experiences, and responsibility. A negative relationship was found between emotional instability (neuroticism) and life satisfaction. However, no significant relationship was found between life satisfaction and compatibility (Ada, 2021).

There is no significant relationship between social appearance anxiety and life satisfaction. In the literature, there are also findings contrary to the results of our research. Research based on adolescent data showed a moderate negative correlation between social appearance anxiety and life satisfaction (Erçevik, 2021). In the study conducted on elite-level athletes and physically disabled individuals who do not do sports, it was determined that there is a moderately negative relationship between social appearance anxiety and life satisfaction (Atasoy, 2020). They found a negative relationship between life satisfaction and social appearance anxiety in individuals doing fitness (Hazar and Özpolat, 2023). They found a moderately negative correlation between social anxiety and life satisfaction. They also stated that the variance in life satisfaction due to social anxiety was the only explanatory variable (Castella et al. 2014). In another study, it was determined that there is a negative and significant relationship between social appearance anxiety and life satisfaction in adults (Ürün and Öztürk, 2020). Various research methods, measurement tools, sample groups, and interactions of other variables can be found among the reasons for the differences in these research results.

The regression results of social appearance anxiety, one of the dependent variables of the study, show that extraversion, agreeableness, self-control, neuroticism, and openness to experience predict social appearance anxiety. There are a number of studies in the literature that give parallel results to our study. According to the research conducted on university students, the subscales of

the five-factor personality traits scale positively predicted social appearance anxiety (Öztürk et al. 2015). In another similar study, emotional instability or nuroticism, extraversion, openness to experience, amenability, and responsibility were determined to be among the factors affecting social appearance anxiety in university students. In particular, it was determined that the personality traits of emotional imbalance, nuroticism, and extraversion have a significant effect on social appearance anxiety (Klavuzoğlu, 2018).

The regression results of life satisfaction, which is another dependent variable of the study, showed that the extraversion sub-dimension and the neuroticism sub-dimension significantly predicted life satisfaction. However, it was observed that the sub-dimensions of self-control and openness to experience did not significantly predict life satisfaction. There are a number of studies in the literature that give parallel results to our study. States that adolescents' personality traits predict their level of life satisfaction (Ercan, 2019). According to another similar study, the neuroticism and extraversion dimensions of personality traits are determinative of life satisfaction (Diener and Lucas, 1999; Heidemeier and Göritz, 2016; Schimmack et al. 2002). According to the results of the study, it was found that personality traits such as neuroticism, extraversion, agreeableness, and responsibility have a significant effect on life satisfaction (Weber and Huebner, 2015; Suldo et al. 2015). In the study titled Investigation of Social Media Usage Motivations in Terms of Personality Traits and Life Satisfaction, it was determined that personality traits of adaptability, neuroticism, and openness to experience have a significant effect on the life satisfaction of social media users (Karaca, 2021). The personality qualities of extraversion and neuroticism were shown to have a substantial influence on life satisfaction in a study of university students. According to the same research, agreeableness, responsibility, and openness were not significant predictors of life satisfaction (Aytekin and Akbay, 2020). It was discovered in PhD research of physical education and sports instructors that emotional balance was a personality feature that substantially predicted life happiness. However, openness to new experiences, agreeableness, responsibility, and extrovert personality qualities were shown to have no

significant predictive influence on life satisfaction (Acar, 2022).

In conclusion, this research investigated the intricate links between personality factors, social appearance anxiety, and life happiness. The results show strong correlations between personality qualities and social appearance anxiety, as well as significant relationships between life happiness and personality traits. These findings add to our knowledge of the role of personality traits in psychological well-being and social appearance anxiety. However, further study is required to investigate these correlations in greater detail and in diverse circumstances.

**Conflict of interest**

All authors declare no conflict of interest.

**Ethics Committee**

The Bingol University Health Sciences Scientific Research and Publication Ethics Committee has approved this research under reference number 23/18.

**Author Contributions**

The authors were responsible for the study's design, data collection, statistical analysis, data interpretation, article writing, and the literature review. They have reviewed and authorized the final version of the published manuscript.

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