

Fethiye TOSUNOĞLU¹

Belgin GÖKYÜREK²

İlyas OKAN²

PERSONALITY CHARACTERISTICS OF SPORTS STUDENTS BY SPORTS BRANCHES

ABSTRACT

In this study, it was aimed to analyze the personality traits of the athletes who are studying in secondary school according to the sport branches and the relations of personality traits with team sports. The study population consists of 331 athletes, 113 female athletes and 218 male athletes studying in Tokat province center and the sample in secondary school in Tokat province center. Research is in the survey model. "Eysenck Personality Inventory" was used in the research. Firstly, Kolmogorov-Smirnov test was used to investigate whether the data correspond to normal distribution. One-way analysis of variance (ANOVA) was used in comparison of the subjects with more than two groups because it was found that the items in the scale had normal distribution. According to the results of the research; When the neurotic points according to the branches are examined, it is seen that the highest average score is in the sportsmen who are dealing with the football branch. The scores of the athletic students for the psychotic dimension were lower in the volleyball branch than the other branches and the neuroticism dimension was lower than the scores for the volleyball and handball branches, football and basketball branches. In the case of lie dimension, statistically significant difference was found between volleyball and handball branches. According to this; The highest average for the handball branch of the lowest average belongs to the volleyball branch, while no significant difference was found among the branches for the extraversion dimension. According to the results of the research, it can be said that team sports affect the personality traits of the neuroticism, psychoticism, lie and extraversion dimension.

Key Words: Personality features, basketball, volleyball, handball, football, secondary school students, team sports

SPORCU ÖĞRENCİLERİN SPOR BRANŞLARINA GÖRE KİŞİLİK ÖZELLİKLERİ

ÖZ

Bu çalışmada ortaöğretimde okuyan takım sporuyla uğraşan sporcu öğrencilerin kişilik özellikleri spor branşlarına göre incelenerek, kişilik özelliklerinin takım sporları ile olan ilişkilerinin analizi amaçlanmıştır. Araştırma evrenini Tokat il merkezi, örneklemini ise, Tokat il merkezinde ortaöğretimde okuyan 113 kız sporcu, 218 erkek sporcu olmak üzere toplam 331 sporcu öğrenci oluşturmaktadır. Araştırma tarama modelindedir. Araştırmada "Eysenck Kişilik Envanteri" kullanılmıştır. Çalışmada ilk olarak Kolmogorov-Smirnov testi ile verilerin normal dağılıma uyup uymadığı incelenmiştir. Ölçekte yer alan maddelerin normal dağılıma sahip olduğu görüldüğünden ikiden fazla grubun olduğu branşa ilişkin karşılaştırmalarda Tek Yönlü Varyans Analizi (ANOVA) kullanılmıştır. Araştırma sonuçlarına göre; branşlara göre nevroitik puanlar incelendiğinde en yüksek puan ortalamasının futbol branşıyla uğraşan sporcularda olduğu görülmektedir. Sporcu öğrencilerin psikotiklik boyutuna yönelik puanları voleybol branşında diğer branşlara göre daha düşük düzeydeyken, nevroitiklik boyutunda da voleybol ve hentbol branşları, futbol ve basketbol branşlarına dair puanlara göre daha düşük olarak belirlenmiştir. Yalan boyutunda ise voleybol ile hentbol branşları arasında istatistiksel olarak anlamlı farklılık bulunmuştur. Buna göre; en düşük ortalamanın hentbol branşına en yüksek ortalamanın ise voleybol branşına ait olduğu saptanmıştır, dışa dönüklük boyutunda ise branşlar arasında anlamlı farklılık bulunamamıştır. Araştırma sonucuna göre takım sporlarının nörotiklik, psikotiklik, yalan ve dışa dönüklük boyutunda kişilik özelliklerini etkilediği söylenebilir.

Anahtar Kelimeler: Kişilik özellikleri, basketbol, voleybol, hentbol, futbol, ortaöğretim öğrencileri, takım sporu

¹Ministry of National Education, Physical Education Teacher

²Gazi University Faculty of Sports Science, Department of Physical Education and Sport Teacher

INTRODUCTION

Personality has been an important research field to understand the behaviors of human. Human personality contains mutual interactions of physiological and psychological factors. Therefore, the entire factors such as human's history, environment, maturity and learning contribute to personality (Yüksel, 2006).

There are more than one personality definitions and theories. Generally, personality comprises the whole characteristics of a human. It means that it begins as from the existence of the human and it involves everything about human till the end of the life. Personality is a combination of heritable factors and developmental effects. In other words, personality is a way of relation that learning obtained postnatal creates with natural characteristics and also it is consistent, shaped and distinguishing a person from others (Kaya, 2003).

Scope of the personality is the most extensive concept in psychology. Personality is a term that contains characteristics of a human's interests, skills, way of speaking, appearance and way of adopting the environment. In addition to this, personality is a unique and harmonious totality (Yanbastı, 1990).

Personality is individual's knowledge about his/her physiological, mental and spiritual characteristics. But in terms of others, it is the fact that individual has certain characteristics and roles in society (Eren, 2004).

Spielberger (2000) stated that characteristics like personality develop in childhood period and remain lifelong (Mahon et al., 2000).

Human behaviors arise from needs. Sportive behaviors are also a result of a human's requirement to move. Behaviors characteristics that are the determiner of behaviors to fulfill the need are important factors on determining sportive behaviors and guiding them. Thus, knowing and defining the some behavior characteristics' effects on sportive behaviors will bring the sportive success together (Eysenck and Wilson, 1996).

As a part of education, sport has to be evaluate in a way of contributing to human's integrity and personality for social health, peace and tranquility (Öztürk, 1998). In a proper way to modern understanding, the fact that purpose in education comes true is possible with physical education along with mental education for individual (Aracı, 2006)

As a social event, sport has become a social establishment all over the world with various features and also a life style of many humans. The aim of the sport is to raise mentally and physically healthy persons as a complementary of general education. Sport help individual understand, express and develop his/her personality. In sport environment, individual learns own skills, others' skills, competing in equal conditions, appreciating others by accepting the defeat, being humble after the win, helping others, using the time and effort in a best way by competing with time and nature. In this context, sport is a significant means of modern education system that aims to prepare sophisticatedly humans for life (Öztürk, 1998).

The level of the fact that one perceives oneself as talented, important, successful

and precious is defined as self-esteem. In this respect, the fact that individual evaluate him/herself as a sufficient one is considered as a positive personality characteristic (Dönmez, 1995).

Individuality in team sports is not a matter. Team sportsmen need to know each other and cooperate with each other. They need one another for success. To be successful in team sports, sportsmen's personal characteristics along with their special skills are needed to be known and sportsmen have to be guided so that they can be more beneficial in team.

Sportive activities have an enormous contributions on persons to gain habits about taking on own responsibilities and to develop an independent, secure personality (Demirpolat, 1998).

Eysenck deals with four dimensions of personality in his personality inventory. These are;

Psychoticism Dimension (P): When high point is obtained from psychoticism scale in Eysenck personality inventory has always difficulties, is all alone, doesn't adjust to anywhere, displays brutal behaviors, behave aggressively even towards friends or relatives who are unhappy, and feels pleasure to make others unhappy (Yavuzer, 1982). Psychotic dimension represents coldness (Taymur ve Türkçapar, 2012).

Extraversion (E): A typical extraversion is a person who likes social entertainments and meetings, behaves how s/he feels at that moment, has no worry or trouble, is fond of his/her comfort, can't keep his/her feelings under control, can get easily angry, can't always be trusted (Koç, 1994), is humanist and friendly, gets easily in contact and makes

easily a friend, doesn't like reading, working and being all alone, likes exciting things, can't control his/her actions and behaviors, behaves how s/he feels at that moment, likes jokes and laughing, displays generally aggressive behaviors and actions; who is cheerful, restless, yapper (Köksel, 1986).

Neuroticism Dimension (N): Eysenck used neuroticism experience in a synonymous way with sentiment and sentiment imbalance. A person who has high neuroticism point is generally a person who has changeable and worried mood, and is in depression. Individual can't sleep well and has indigestion. S/he has challenges in getting back normal after sentiment alertness. Shortly, they are persons who occupy themselves with everything (Koç, 1994).

A typical neurotic who gets high points in Neuroticism (N) is the one that is doubtful, anxious, gets often into depression, too sentimental, response stiffly to almost all kinds of stimulant (Yavuzer, 1982).

Lie Dimension (L): Lie scale aims to measure the deceptions which are performed by responder to give a good image. Persons are inclined to show themselves not as they are but as they have to be, particularly in required circumstances. The fact that this tendency shows consistency with "N" points is a finding that was revealed by Eysenck and other researchers. In other words; according to these findings, when individual's level of anxious gets increased. On children, it gets decreased (when age decreases); on adults, it gets increased by age (Eysenck, 1978).

In this study, it is aimed to examine personality characteristics of sportsmen students who take education at

secondary school in Tokat and dealing with team plays based on their branches. In this study, team sport branches are basketball, volleyball, handball and football.

MATERIAL and METHOD

Research is in survey model. In research, "Eysenck Personality Inventory" developed by Eysenck was used. In inventory, there are four dimensions which are psychoticism, neuroticism, extra-introversion and lie.

Population of research is consisted of 1536 licensed active sportsman students who deal with team sports and study in Secondary Education in Tokat. Sample of study is consisted of accessible 331 sportsman students, including 113 female and 218 male students dealing with team sports, who study in Atatürk High School, Gazi Osman Paşa High School, Tokat Cumhuriyet High School, Anadolu Kız Meslek High School, Anadolu Öğretmen High School, Tokat Plevne High School, Mehmet Akif Ersoy High School, Arif Nihat Asya High School in Tokat city center, and their ages vary between the ages of 16-18.

Eysenck Personality Inventory and was used in this research. This inventory was translated by Topçu (1982) in Turkish and its adaptation studies were conducted.

When we observed obtained values, it is seen that the values of extraterrestriality and neuroticism in scale are low in reliability. Other dimensions appear to be reliable.

Therefore, firstly in this study it was examined with Kolmogorov-Smirnov method whether data adapted to normal distribution or not. Since it was seen that items in scale had normal distribution, One-Way Variance Analysis (ANOVA) was used in comparisons related to branches to which more than two groups belonged. If differences between comparisons regarding branch were statistically found as meaningful, multiple comparisons test was carried out to determine which branches were different from one another. Since variances belonging to populations in homogeneity test were homogeny, results were interpreted by using Scheffe test from multiple comparison tests. For analyses in study, meaningful levels were evaluated at 0.05 and 0.01 statistical levels. Accordingly, analysis results in study were interpreted at 95% and 99% confidence levels. In order to make it easier to interpret the statistical processes conducted, average, standard deviation, minimum and maximum values were given in each tables related to statistical processes. Analyses in study were obtained by using SPSS 23.0 package program.

RESULTS

Table 1. Descriptive Statistics of Sports Students

Gender		Height (cm.)	Age	Weight(Kg.)
	N	113	113	113
Female	Average	167.75	16.59	54.93
	Standard Deviation	4.649	0.703	3.104
	Minimum	157	15	47
	Maximum	178	18	64
	N	218	218	218
Male	Average	172.07	16.58	64.98
	Standard Deviation	4.811	0.709	5.869
	Minimum	160	15	55
	Maximum	185	18	76
	N	331	331	331
Total	Average	170.60	16.59	61.55
	Standard Deviation	5.173	0.706	6.979
	Minimum	157	15	47
	Maximum	185	18	76

Table 2. Comparison of Psychoticism Points According to Branch of Sports Students

	N	\bar{x}	Sd	Min	Max.	F	P
Football	54	7.46	3.628	0	19	7.628	0.00*
Basketball	54	7.46	3.214	1	15		
Volleyball	160	5.73	2.896	1	15		
Handball	63	7.38	3.691	0	15		

*p<0.01 statistically meaningful

Comparison of psychoticism point averages according to branch, it appears that volleyball branch has the lowest average (5.73), football and basketball branches have the highest average (7.46). Moreover, volleyball branch's point is under the limit point which is 6, but other branches' points are higher than it. In the result of variance analysis conducted to test whether there was a meaningful

difference between branches in terms of psychoticism points, P value was found to be 0.000. It is $p < \alpha$ ($\alpha = 0.01$); therefore, it can be said at 99% reliance level that in terms of psychoticism points there was a meaningful difference between branches. The result of multiple comparison tests carried out to reveal tangibly between which branches there was a meaningful difference was given below.

Table 3. Multiple Comparisons of Psychoticism Points According to Branch of Sports Students

Branch (I)	Branch (J)	Average Distinction (I-J)	p
Football	Basketball	0.000	1.000
	Volleyball	1.732	0.010***
	Handball	0.082	0.999
Basketball	Volleyball	1.732	0.010**
	Handball	0.082	0.999
Volleyball	Handball	-1.650	0.009**

**p<0.01 statistically meaningful

As it is seen from table 3; when analyzed the table related to Multiple comparison, point gap between Volleyball and other branches were statistically found as meaningful in the comparison as it is seen from the column in which p values

are included. It can be said that psychoticism point averages of volleyball branch are statistically low in a meaningful way at 99% reliance level ($p < 0.01$).

Table 4. Comparison of Extraversion Points According to Branch of Sport Students

	N	\bar{x}	sd	Min	Max.	F	p
Football	54	13.59	3.093	6	20	0.662	0.576
Basketball	54	14.22	3.391	4	19		
Volleyball	160	14.06	2.867	4	20		
Handball	63	14.32	2.669	7	19		

* $p < 0.05$ statistically meaningful.

As it is seen from table 4; when examining the comparison of extraversion point averages according to branch, it appears that football branch has the lowest average (13.59), individuals in handball branch have the highest average (14.32). Besides, in all branches, higher points than 13 which is limit point were obtained. In the result of variance

analysis conducted to test whether there was a meaningful difference between branches in terms of extraversion points, P value was found to be 0.576. It is $p > \alpha$ ($\alpha = 0.05$); therefore, it can be said at 95% reliance level that in terms of extraversion points there wasn't meaningful difference between branches.

Table 5. Comparison of Neuroticism Points According to Branch of Sport Students

	N	\bar{x}	sd	Min	Max.	F	p
Football	54	13.33	4.125	4	21	10.683	0.000*
Basketball	54	12.96	4.056	5	21		
Volleyball	160	10.50	3.940	3	22		
Handball	63	10.86	3.292	2	19		

* $p < 0.01$ statistically meaningful.

As it is seen from table 5; when examining the comparison of neuroticism point averages according to branch, it appears that volleyball branch has the lowest average (10.50), individuals in football branch have the highest average (13.33). Moreover, volleyball and handball branches' points are under the limit point which is 11, but other branches' points are higher than it. In the result of variance analysis conducted to test

whether there was a meaningful difference between branches in terms of neuroticism points, P value was found to be 0.000. It is $p < \alpha$ ($\alpha = 0.01$); therefore, it can be said at 99% reliance level that in terms of neuroticism points there was a meaningful difference between branches. The result of multiple comparison tests carried out to reveal tangibly between which branches there was a meaningful difference was given below.

Table 6. Multiple Comparison of Neuroticism Points According to Branch of Sport Students

Branch (I)	Branch (J)	Average Gap (I-J)	p
Football	Basketball	0.370	0.970
	Volleyball	2.833	0.000**
	Handball	2.476	0.009**
Basketball	Volleyball	2.463	0.001**
	Handball	2.106	0.037*
Volleyball	Handball	-0.357	0.944

*p<0.05 statistically meaningful **p<0.01

As it is seen from table 6; when the Table related to Multiple comparison, it can be said at 95% reliance level that average points of volleyball and Handball are

statistically lower than average points of football and basketball in a meaningful way as it is seen from the column in which p values are included (p<0.05).

Table 7. Comparison of Lie Points According to Branch of Sport Students

	N	\bar{x}	Sd	Min	Max.	F	p
Football	54	10.13	3.342	3	18	4.213	0.006
Basketball	54	10.74	3.857	3	17		
Volleyball	160	11.31	2.804	2	17		
Handball	63	9.86	2.805	4	19		

*p<0.05 statistically meaningful

As it is seen from Table 7; when examining the comparison of lie point averages according to branch, it appears that handball branch has the lowest average (9.86), individuals in volleyball branch have the highest average (11.31). Moreover, points of each branch are lower than limit point which is 14. In the result of variance analysis conducted to

test whether there was a meaningful difference between branches in terms of lie points, p value was found to be 0,006. It is $p < \alpha$ ($\alpha = 0.01$); therefore, it can be said at 99% reliance level that in terms of lie points there was a meaningful difference between branches. These branches are volleyball and handball branches.

DISCUSSION and CONCLUSION

The research on the study of the effect on the personality of the sport made by Tazegül (2014) has determined that the sport education has an effect on the personalities of the students and that there is a decrease in the score of the neurotic personality dimension and an increase in the extraversion dimension (Tazegül, 2014). In the research made by Yazıcı, personality characteristics of national team Greco roman and free style wrestlers were examined and as a result of examination it was revealed that there

was not difference among the point averages of psychoticism, extraversion, neuroticism and lie (Yazıcı, 1999).

In the study carried out by Tatar et al., creation of personality characteristics profiles of students in C.B.U. School of Physical Education and Sport were examined according to their sport branches. As a result, it was drawn attention that there were so many differences between football players and persons who play individual sports and other team sports. It was appeared that football players compared to person

dealing with other team sports were quicker, more agreeable, more compliant, more rule-bound, more responsible, more relaxed and more sensitive. Moreover, it was revealed that persons dealing with individual sports were more rule-bound and responsible than basketball, volleyball and handball players (Tatar et al., 2002).

However, in our study, the neurotic dimension of the sportsmen who are interested in the football branch has been high. There is no parallel between the two studies at this point. It can be considered that it is related to adult and adolescence periods. In the study conducted by Yıldız, Tekin and Lök, differentiations were found between the statuses of the footballers and the psychotism and lie sub-dimensions and the status variable among the personality types ($p < 0.05$) (Yıldız et al., 2009).

In the study conducted by Yakupoğlu, similar and different personality characteristics of Basketball and Handball trainers were examined. As a result, it was determined that basketball trainers were more decisive than handball trainers. It was appeared that both sport trainers got higher points in the dimensions of smart, adventurer, open-minded and foresighted compared the other dimensions. The fact that playing time of basketball is shorter than playing time of handball and duration of offense is restricted in basketball compared to handball obliges basketball trainers to make truer decisions in shorter times. Featuring this fact, we can expect from basketball trainers to be more decisive in decision dimension than handball trainers (Yakupoğlu, 1997). Edwards Personal Preference Schedule (EPPS) by Fletcher and Dowell (1971) was applied on 950 first grade male high school students to measure the personality characteristics difference between athletes and non-athletes. It was figured out that athletes' point averages related to dominancy, order and

aggression were higher compared to non-athletes.

Tazegül's correlation showed positive correlations between psychotic personality dimension, self-confident approach and optimistic approach dimension in positive, negative personality, neurotic personality dimension, positive personality type and self-confident approach dimension (Tazegül, 2015).

In the study of Kuru, personality characteristics of Physical Education department students in different status were analyzed; as a result, it was found that there wasn't meaningful difference between personality characteristics of national team sportsmen taking part in activities and students who participated only in lessons (Kuru, 2003).

According to the Ulucan and Bahadır's research, the extraversion characteristics of the athletes according to the average of extroversion size are more than the introversion characteristics. There was a significant relationship between neuroticism according to gender variable ($p < 0.05$), (Ulucan and Bahadır, 2011).

In the study carried out by Ellison Freischlag in 1975, 84 students comprised of basketball, baseball, football players, athletes and non-athletes were selected. Bernreuter Personality Inventory (BPI) was applied. However, in terms of variables of aliveness, neurotic tendencies, self-sufficiency, extra-introversion, dominancy, reliance and skills of having nice conversation; it was found that there wasn't important difference between athletes and non-athletes (Freischlag, 1975).

In their study, Wendt and Patterson (1974) applied Edwards Personal Preference Schedule on 21 team sportsmen and 21 female athletes playing individual sports, and it was found that there wasn't important difference in the study for personality of sportsmen.

Stoner and Bandy applied Edward Personal Preference Schedule on the group of 30 individual sportsmen, 30 team sportsmen and 30 female non-athletes and figured out that 15 need patterns from personality characteristics of sportsmen didn't change between subjects.

In 1986 Geron et al. determined in their study important differences in 17 variables out of 29 variables by applying Minnesota multiphasic personality inventory on 379 male non-athletes and 273 male sportsmen who are in 9 different branches (Gymnastic, swimming, running, tennis, basketball, handball, volleyball, water polo and football) to research them in terms of gender, age, ethnic origin and socio-economic level. In another dimension; anxiety, too much sentiment and excitement were found to be high on sprinters. Also, it was determined that whereas in terms of personality profile, ones participating in individual sports were more different than non-athletes; there was less difference between ones participating in team sports and non-athletes.

In the study done by Harrington and Leffrode (2001), it was found that social anxiety levels of introvert students were meaningfully higher than extravert students, and also social participation levels of extravert students were higher than introvert students.

In the study done by Allin et al. (2006), personality characteristics of premature adults were examined according to Eysenck Personality Inventory, as a result of study it was revealed that extraversion results of premature ones were lower than ones born normally, but neuroticism and lie results of premature ones higher. In terms of psychoticism, there wasn't meaningful difference between both groups. Those engaged in sports can also look at differences between comparable

branches, born before the age of the sport and those born normally.

As a result; the athletic students are working towards the personality traits according to the sports branches when we examine the values according to branches, it was revealed that psychoticism point averages of persons dealing with volleyball branch were lower statistically compared to other branches in a meaningful way. In terms of extraversion, there isn't meaningfully difference among branches; this is because they deal with team sports. When neuroticism points are examined, it appears that volleyball has the highest point and football has the lowest point. When we examine the lie dimension according to branches, points of the entire branches are under 14.

- Study population selected throughout Turkey and dealing with team sports can be determined and sampling can be created in different groups from these.
- By using observers raised privately; during the activities of sportsmen dealing with team sports, observing systematically their personality characteristics can give different results.
- It is absolutely necessary for a psychological counseling and guidance specialist to take part in every education stage and to cooperate with other educators in order to gain a healthy gathering from the spiritual side which deals with sports.
- The Ministry of National Education and the Ministry of Sports should cooperate with the athletes' families and carry out the guidance service together with the athletes and their families so that the students dealing with sports can be trained as a healthier generation.

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