

Investigating the Relationship Between Sense of Fair Play and
Personality Traits of Wrestling Athletes

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Abstract

The purpose of this study was to ascertain how wrestling athletes' perceptions of sportsmanship correlated with their personality attributes. A total of 206 people, 12 women and 164 males, aged between 20 and 29, 48 married and 158 single, freely took part in the study. The personal information form as a data collection tool in the research was the "Sportsmanship Sense Scale" developed by Gümüş et al., and the 10-item "Personality Scale" developed by Gosling, et al., and adapted into Turkish by Atak used. Statistically, frequency frequency analysis, reliability structure programming analytical analysis and technological regression analyzes were prepared. The effect on the sportsmanship behavior scale and all of its sub-dimensions rules, deliberate behavior, opponent, view of the game, and sportsmanship behavior as well as on the personality scale's sub-dimensions openness to experience, agreeableness, emotionality, responsibility, and extraversion were assessed in the study using the results of the hierarchical regression analysis. It is evident that noteworthy and beneficial outcomes are attained. Furthermore, it has been noted that the most significant personality attribute is responsibility, which is followed by traits like emotional stability, extraversion, agreeableness, and openness to new experiences.

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Keywords: Fair play, Personality, Wrestling.

**Güreş Sporcularının Kişilik Özellikleri ile Sportmenlik
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Öz

Bu çalışma Güreş sporcularının kişilik özellikleri ile Sportmenlik Anlayışları arasındaki ilişkinin belirlenmesi amacıyla yapılmıştır. Araştırmaya 20 ile 29 yaş aralığında bulunan 48 evli, 158 bekar olup 12'si kadın, 164'ü erkek olmak üzere toplamda 206 birey gönüllü olarak katılmıştır. Araştırmada veri toplama aracı olarak kişisel bilgi formu, Gümüş vd., tarafından geliştirilen "Sportmenlik Anlayışı Ölçeği" ve Gosling vd., tarafından geliştirilen ve Atak tarafından Türkçeye uyarlanan 10 Maddelik "Kişilik Ölçeği" kullanılmıştır. İstatistiksel açıdan, verilere frekans analizi, güvenilirlik katsayısı hesaplamaları korelasyon analizi ve hiyerarşik regresyon analizleri uygulanmıştır. Araştırmada kişilik ölçeğinin tüm alt boyutları olan Deneyime Açıklık, Yumuşak Başlılık, Duygusal Sorumluluk, Dışa Dönüklük ile sportmenlik davranışı ölçeği ve tüm alt boyutları olan Kurallar, Kasti Davranış, Rakip, Oyuna Bakış, Sportmen Davranış üzerindeki etkisinin belirlenmesi amacıyla yapılan hiyerarşik regresyon analizi sonuçları arasında anlamlı ve pozitif yönde sonuçların çıktığı görülmektedir. Ayrıca sorumluluğun en önemli kişilik özelliği olduğu ve bu özelliği duygusal dengelik, dışadönüklük, yumuşak başlılık ve deneyime açıklık gibi özelliklerin takip ettiği görülmüştür.

Anahtar Kelimeler: Güreş, Kişilik, Sportmenlik.

Introduction

With the development of the idea of the human, the phenomena of sports started to take center stage in the social structure. Various definitions have been made about sports from the past to the present. Sport is the whole of movements performed to provide mental and physical development, as a team or individual, together with some rules. Sport also reminds of the elements of struggle, competition, strength, endurance and durability (Çevik and Ünal, 2018). The increase in the popularity of sports has brought along the ambition to win. For this reason, athletes and those who are interested in sports have started to perform some wrong actions in order to realize their desire to win. These issues are seen as contrary to the philosophy of sports. The basis of the events taking place is the use of sports as a political and commercial tool rather than a goal. The change in expectations from sports has caused moral values to remain in the background (Soykan et al., 2019). Therefore, sport is a field where its principles, rules and philosophy should be kept, even if it is used for different purposes (Bircan and Çetin, 2021). In line with this information, participation in sports increases cooperation between people, protecting ethical values, tolerance and sharing feelings. These acquired virtues not only contribute to the development of fair play behaviors of individuals, but also affect them positively (Karafil et al., 2017). Fair play is seen as an important element that ensures that the individual is well remembered in the society (Kayışoğlu, 2015). Fair play, at the same time, is the way of acting according to the normative rules, as well as adapting to the moral and social values in the scope of sports activities. In addition, fair play ensures that the competition on the sports platform takes place within the framework of ethical values (Gencheva et al., 2017). For instance, an athlete's first goal while playing a game is victory, however, the medal, award or championship he will win should be a tool for him. It is important to protect fair play behaviors in sports competitions in order to ensure this situation constantly (Gümüş et al., 2016; Özsanı et al., 2018). Various experimental studies on fair play have been conducted. Arthur-Banning et al. (2007) provided the referees to get behavioral training. As a result, they found that this situation positively affected the fair play behaviors of the students attending the 3rd and 4th grades in basketball games. Blair (2014) conducted a study on students aged 8-14 who participate in volleyball competitions. He included students in a program related to fair play behavior for 6 weeks. At the end of this program he observed that positive behaviors of the students increased significantly. Hassandra et al. (2007) organized an Olympic education program for 5th grade students. They determined significant improvements in the fair play behaviors of the students at the end of the program. In another study, Raakman (2006) implemented a behavior management program with the slogan 'Just Play'. The aim of this program was to emphasize the importance of developing fair play behaviors and having fun more than scoring in competitions. In this regard, it is

important to start teaching children the value of fair play early on and to keep doing so in the future. The understanding of fair play will also benefit a society in raising strong individuals and athletes (Caz and İvizler, 2019). An important element in determining fair play behavior is personality traits. Personality is the characteristics that include the physical and psychological qualities that distinguish the individual from the others, as well as the behaviors exhibited by the individual to adapt to the environment (Köknel, 2005). In another definition emphasizing individual differences, Cüceloğlu (2012) defines personality as a form of relationship with one's internal and external environment, consistent, structured, and different from other individuals. People's view of the event, the way they interpret the event, their feelings and thoughts after the event may differ (Çelebi, 2021). Although many perspectives on personality have been put forward, the five-factor theory of personality gathers different perspectives under a single roof. Research shows that the study of personality can be summed up in five factors. These factors, such as extraversion, emotional stability/neuroticism, peacefulness, sense of responsibility, and openness to experience/culture, have been confirmed in many cross-cultural studies (Bacanlı et al., 2009). In addition, personality development begins with experiences in childhood and continues with events in the social environment (Campbell-Sills et al., 2006; Eraslan, 2015). Therefore, the attitudes and expectations of individuals towards sports, their patience and perseverance in training, the way and degree of being affected by difficult competition conditions are different according to their personality traits. If the trainer can act on the fact that the personality traits of the athlete will affect his performance, he can reduce the risk of personality impeding performance. Most talented athletes cannot perform ideally because they cannot withstand the psychological pressure of sports (Samur and Samur, 2017). In general, it has been determined that sports contribute positively to the personal development of individuals. Hills and Argyle (1998) found in their research that various leisure activities are sources of positive emotions, and examined the constructive feelings produced by leisure activities and their effects on personality. In addition, each of these activities was found to be associated with extraversion personality traits. The relationship between sports and extrovert personality traits is especially prominent in team sports (Pehlivan and Ada, 2011). In the light of this information, there is a significant relationship between personality and fair play orientation (Dorak, 2015). Although the desire for victory has a negative effect on the athlete's fair play orientation (Monacis et al., 2013), sport has a positive effect on the moral judgment level (Akandere et al., 2009). It was aimed in our study to determine the relationship between the sense of fair play of wrestling athletes and their personality traits.

Materials and Methods

The purpose of this study was to ascertain how wrestling athletes' sense of fair play and personality qualities related to each other. The study's method section contains details on the research model, universe and sample size, data gathering procedure, and data analysis.

Research Model

Using the relational survey model within the parameters of the survey model, this study attempts to ascertain the relationship between the personality attributes of wrestling players and their feeling of fair play. Finding the presence and/or degree of covariation between two or more variables is the aim of a relational screening model. (Karasar, 2015).

Study Group

Convenience sampling method was used when creating the study group of this research. The research consisted of a total of 206 licensed athletes, 12 women and 194 men, who were actively wrestling in 2023.

Data Collection Method

The data were delivered to the participants via Google forms and participation in the research was based on volunteerism. The forms were delivered to a total of 206 participants.

Ethics of Research

During the current research, “Higher Education Institutions Scientific Research and Publication Ethics Directive” has been acted upon. Iğdır University Scientific Research and Publication Ethics Board approved authorization for the research before the data collection, with decision number "E-37077861-900-123461" and date of 14.12.2023.

Data Collection Tools

Three sections made up the questionnaire that was utilized to gather the pertinent data for the investigation. The 10-item Personality Scale is included in the second portion, along with demographic data, and the Sense of Fair Play Scale is included in the third part.

10-item Personality Scale

10-item “Personality Scale” developed by Gosling et al. (2003) adapted into Turkish by Atak (2013) is a 7-point Likert-type scale consisting of 10 items and 5 sub-dimensions. The scale measures five personality traits: Openness to Experience, Peacefulness, Emotional Stability, Responsibility, and Extraversion. Each sub-dimension includes two items in the scale. The Cronbach Alpha internal consistency coefficients of the scale are .83 for “Openness to Experience”,

.81 for “Peacefulness”, .83 for “Emotional Stability”, .84 for “Responsibility” and .86 for “Extraversion”.

Sense of Fair Play Scale

“The Sense of Fair Play Scale”, created by Gümüş et al. (2020), has five sub-dimensions and 27 items. The scale includes rules, intentional behaviors, opponent, view of the game and fair play behavior dimensions. The Cronbach Alpha internal consistency coefficients of the scale have been found to be 0.87, 0.76, 0.83, 0.79 and 0.83, respectively. The scale has a minimum score of 27 and a maximum score of 135 that can be reached.

Statistical Analysis

The data analysis software package SPSS 25.0 was used. Whether the normality condition of the values in the data set was met was calculated with kurtosis and skewness coefficients. As a result of the analysis, it was determined that the kurtosis and skewness coefficients were between ± 2 values and parametric tests were used in the analysis. Statistically, frequency analysis, Pearson correlation analysis, reliability coefficient calculations and hierarchical regression analyzes were performed. Analyzes were made based on 95% confidence interval. As a result of the reliability research of the scales, the Cronbach Alpha internal consistency coefficients of the 10-item Personality Scale and the Sense of Fair Play Scale were determined as 0.763 and 0.953, respectively.

In evaluating the relationship between two variables, the relationship coefficients (r) specified below as absolute values were used (Alpar, 2010):

- o 0.00-0.19 Very weak (low) relationship
- o 0.20-0.39 Weak (low) relationship
- o 0.40-0.69 Moderate relationship
- o 0.70-0.89 Strong (high) relationship
- o 0.90-1.00 Very strong relationship

Findings

Table 1

Demographic Variables

Variable	f	%
20 and under	36	17,5
21-23	44	21,4
24-26	61	29,6

Age	27-29	27	13,1
	Total	206	100,0
Gender	Female	12	5,8
	Male	194	94,2
	Total	206	100,0
Marital Status	Married	48	23,3
	Single	158	76,7
	Total	206	100,0

The study of Table 1 revealed that 29.6% of participants are between the ages of 24 and 26. Variables with the highest rate in their category include male participants (94.6%) in gender variable and single participants (76.7%) in marital status variable.

Table 2
Correlation Analysis Results for Variables

	1	2-	3-	4-	5-	6-
1- Openness to Experience	1					
2- Peacefulness	,396**	1				
3-Emotional stability	,501**	,533**	1			
4- Responsibility	,587**	,588**	,555**	1		
5-Extraversion	,421**	,381**	,428**	,490**	1	
6-Personality	,756**	,746**	,776**	,841**	,721**	1
7- Rules	,195**	,238**	,117	,287**	,040	,227**
8- Intentional Behavior	,107	,221**	,152*	,257**	,073	,209**
9- Opponent	,279**	,249**	,217**	,325**	,156*	,319**
10- View of the game	,208**	,200**	,139*	,184**	,055	,202**
11- Fair Play Behavior	,407**	,334**	,292**	,397**	,233**	,432**
12- Fair Play Behavior	,301**	,306**	,227**	,357**	,143*	,346**

Table 2
Correlation Analysis Results for Variables (Continue)

	1-	2-	3-	4-	5-	6-
1- Openness to Experience						
2- Peacefulness						
3-						

Emotional stability						
4- Responsibility						
5- Extraversion						
6- Personality						
7- Rules	1					
	-					
8- Intentional Behavior	,710**	1				
	,000	-				
9- Opponent	,617**	,712**	1			
	,000	,000	-			
10- View of the game	,547**	,565**	,652**	1		
	,000	,000	,000	-		
11- Fair Play Behavior	,610**	,586**	,706**	,737**	1	
	,000	,000	,000	,000	-	
12- Fair Play Behavior	,833**	,830**	,838**	,818**	,893**	1
	,000	,000	,000	,000	,000	-

*p<0,05

Table 2 shows that all of the sub-dimensions of the fair play behavior scale and the personality scale have a significant and positive association with each other.

Table 3

Results of Hierarchical Regression Analysis to Determine the Effect of Personality Traits on Rules

	Independent Variable	Dependent Variable	R2	F	β	t	p
Model 1	Stable	Rules	,033	8,095		13,017	,000
	Openness to Experience				,195	2,845	,005
Model 2	Stable	Rules	,059	7,477		9,127	,000
	Openness to Experience				,120	1,627	,105
	Peacefulness				,190	2,576	,011
Model 3	Stable	Rules	,058	5,209		9,044	,000
	Openness to Experience				,145	1,820	,070
	Peacefulness				,219	2,686	,008
	Emotionality				-,072	-,835	,405
Model 4	Stable	Rules	,080	5,485		8,698	,000
	Openness to Experience				,062	,720	,472
	Peacefulness				,138	1,583	,115
	Emotionality				-,118	-1,347	,179
	Responsibility				,235	2,435	,016
Model 5	Stable	Rules	,091	5,120		8,939	,000
	Openness to Experience				,084	,977	,330
	Peacefulness				,149	1,720	,087
	Emotionality				-,094	-1,067	,287
	Responsibility				,273	2,785	,006

Extraversion	-,146	-1,843	,067
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p<0.05, p<0.01.

Hierarchical regression analysis was performed to explain the effect of personality traits on rules. It has been seen that while the first model explained .3% of the variant in terms of openness to experience, when openness to experience is added, the variant does not change, when peacefulness is added to the model, it explains 5.9% of the variant, then when emotionality is added to the model, the variant decreases to 5.8%, when responsibility is added to the model, a total of 8% of the variant is explained, and when extraversion is added, 9.1% of the variant is explained (Table 3).

Table 4

Results of Hierarchical Regression Analysis to Determine the Effect of Personality Traits on Intentional Behavior

Model	Independent Variable	Dependent Variable	R2	F	β	t	p
Model 1	Stable	Intentional Behavior	,007	2,370	-	12,433	,000
	Openness to Experience				,107	1,540	,125
Model 2	Stable	Intentional Behavior	,040	5,248	-	8,531	,000
	Openness to Experience				,023	,314	,754
Model 3	Peacefulness	Intentional Behavior	,036	3,571	,211	2,836	,005
	Emotionality				,008	,102	,919
	Emotionality				,194	2,356	,019
Model 4	Emotionality	Intentional Behavior	,059	4,198	,044	,505	,614
	Responsibility				-	7,780	,000
	Responsibility				-,075	-,866	,388
	Responsibility				,113	1,282	,201
	Responsibility				-,002	-,018	,985
Model 5	Extraversion	Intentional Behavior	,058	3,532	,236	2,413	,017
	Extraversion				-	7,785	,000
	Extraversion				-,064	-,725	,469
	Extraversion				,119	1,345	,180
	Extraversion				,011	,121	,904
	Extraversion				,255	2,556	,011

In the first model established as a result of hierarchical regression analysis to explain the Effect of Personality Traits on Intentional Behavior, it has been seen that while openness to experience explains 0.7% of the variant, when peacefulness is added to the variant, the disclosure rate of the variant increases to 4%, when emotionality is added to the model, the variant's disclosure

rate decreases to 3.6%, when responsibility is added to the model, 5.9% of the variant explains, and when extraversion is added, the disclosure rate of the variant decreased to 5.8% (Table 4).

Table 5

Results of Hierarchical Regression Analysis to Determine the Effect of Personality Traits on Opponent

	Independent Variable	Dependent Variable	R ²	F	β	t	p
Model 1	Stable	Opponent	,074	17,276	-	12,330	,000
	Openness to Experience				,279	4,156	,000
Model 2	Stable	Opponent	,092	11,367	-	8,715	,000
	Openness to Experience				,214	2,959	,003
	Peacefulness				,164	2,260	,025
Model 3	Stable	Opponent	,088	7,610	-	8,321	,000
	Openness to Experience				,202	2,579	,011
	Peacefulness				,149	1,865	,064
	Emotionality				,037	,432	,666
Model 4	Stable	Opponent	,104	6,948	-	7,990	,000
	Openness to Experience				,130	1,536	,126
	Peacefulness				,079	,923	,357
	Emotionality				-,003	-,032	,974
	Responsibility				,203	2,135	,034
Model 5	Stable	Opponent	,101	5,586	-	7,876	,000
	Openness to Experience				,136	1,587	,114
	Peacefulness				,082	,954	,341
	Emotionality				,004	,042	,967
	Responsibility				,214	2,188	,030
	Extraversion				-,039	-,494	,622

In the first model established as a result of hierarchical regression analysis to explain the Effect of Personality Traits on the opponent, it has been seen that when openness to experience is examined, it explains 7.4% of the variant, when peacefulness is added to the variant's disclosure rate, it increases to 9.2%, when emotionality is added to the model, the variant's disclosure rate decreases to 8.8%, when responsibility is added to the model, the variant's disclosure rate increases to 10.4%, and when extraversion is added the disclosure rate of the variant decreases to 10.1% (Table 5).

Table 6

Results of Hierarchical Regression Analysis to Determine the Effect of Personality Traits on View of the Game

	Independent Variable	Dependent Variable	R2	F	β	t	p
Model 1	Stable	View of the Game	,039	9,226	-	10,169	,000
	Openness to Experience				,208	3,037	,003
Model 2	Stable	View of the Game	,051	6,452	-	7,143	,000
	Openness to Experience				,153	2,058	,041
	Peacefulness				,140	1,888	,061
Model 3	Stable	View of the Game	,046	4,300	-	6,962	,000
	Openness to Experience				,159	1,992	,048
	Peacefulness				,148	1,806	,072
	Emotionality				-,020	-,232	,817
Model 4	Stable	View of the Game	,042	3,234	-	6,826	,000
	Openness to Experience				,149	1,699	,091
	Peacefulness				,137	1,546	,124
	Emotionality				-,026	-,293	,770
	Responsibility				,031	,311	,756
Model 5	Stable	View of the Game	,043	2,840	-	6,904	,000
	Openness to Experience				,163	1,840	,067
	Peacefulness				,144	1,623	,106
	Emotionality				-,011	-,124	,901
	Responsibility				,055	,541	,589
	Extraversion				-,091	-1,116	,266

In the first model established as a result of hierarchical regression analysis to explain the effect of personality traits on the view of the game, it has been seen that when we look at the openness to experience, it explains 3.9% of the variant, when peacefulness is added, the rate of variant disclosure increases to 5.1%, when emotionality is added to the model, the variance disclosure rate drops to 4.6%, when responsibility is added to the model, the variance disclosure rate drops to 4.2%, when extraversion is added, the rate of variant disclosure increases to 4.3% (Table 6).

Table 7

Results of Hierarchical Regression Analysis to Determine the Effect of Personality Traits on Sense of Fair Play

	Independent Variable	Dependent Variable	R2	F	β	t	p
Model 1	Stable	Sense of Fair Play	,161	40,441	-	11,796	,000
	Openness to Experience				,407	6,359	,000
Model 2	Stable	Sense of Fair Play	,193	25,538	-	7,929	,000
	Openness to Experience				,325	4,761	,000
	Peacefulness				,205	3,007	,003
Model 3	Stable	Sense of Fair Play	,190	17,011	-	7,566	,000
	Openness to				,314	4,257	,000

Model 4	Experience							
	Peacefulness					,193	2,551	,011
	Emotionality					,033	,408	,684
	Stable					-	7,258	,000
	Openness to Experience					,255	3,188	,002
	Peacefulness	Sense of Fair Play	,200	13,778		,135	1,662	,098
	Emotionality					,000	,002	,999
	Responsibility					,167	1,860	,064
	Stable					-	7,079	,000
	Openness to Experience					,256	3,168	,002
Model 5	Peacefulness	Sense of Fair Play	,196	10,972		,136	1,663	,098
	Emotionality					,002	,022	,982
	Responsibility					,170	1,842	,067
	Extraversion					-,010	-,138	,890

In the first model established as a result of hierarchical regression analysis to explain the effect of personality traits on sense of fair play, it has been seen that when we look at the openness to experience, it explains 16.1% of the variant, when peacefulness is added, the variance disclosure rate rises to 19.3%, when emotionality is added to the model, the variant disclosure rate drops to 19%, when responsibility is added to the model, the rate of variant disclosure increases to 20%, when extraversion is added, the rate of variant disclosure drops to 19.6% (Table 7).

Discussion and Conclusion

It is acknowledged that the personality trait associated with the subscale in which an individual receives the highest score is that person's basic personality trait when scoring this scale, which aims to identify the dominant personality trait in individuals and assign individuals to one of the personality traits, taking into account the scores that individuals receive from each subscale (Gosling et al., 2003). At the conclusion of the study, it was noted that responsibility ranked highest among the personality traits, followed by emotional stability, extraversion, calmness, and openness to new experiences.

Karabatak (2021), in her study, similarly states that the most dominant personality trait is responsibility, followed by peacefulness, extraversion, emotional stability, and openness to experience, respectively. In the study conducted by Baltacı (2017), the most dominant personality trait was emotional stability, followed by responsibility, peacefulness, extraversion, and openness to experience. In the study conducted by Yıldızoğlu and Burgaz (2014), it was seen that the most dominant trait was peacefulness, followed by openness to experience, responsibility, extraversion and emotional stability, respectively. In this sense, considering the literature, it is seen that there are similar or different results to our study.

It is seen in the Table 7 that in the sub-dimensions of personality traits related to fair play orientations, the sub-dimension with a significant and highest level of relationship is responsibility and with the addition of this sub-dimension, it is 20%. It is seen in Table 4 that the lowest correlation was the openness to experience sub-dimension and it was 0.7% with the addition of this sub-dimension. Responsibility personality trait indicates the capacity of the individual to take responsibility, be determined, hardworking and have the direction of achieving personal success (Barrick and Mount, 1991). It is thought that the positive rise with the addition of the responsibility sub-dimension is due to the fact that the wrestlers act more willingly in fulfilling the given responsibility and have individual fighting characteristics. The extrovert personality trait can be characterized by the tendency to be social, assertive, active, courageous, energetic and adventurous. In addition, the desire to gain superiority and receive rewards is defined as the main motivation of extroverts (Barrick et al., 2002). On the other hand, individuals with low extrovert personality traits are characterized as introverted and are characterized as quiet, having difficulty in expressing themselves and showing less social behaviors (Hammond, 2001). As stated, the fact that the extrovert personality trait is more significant than the openness to experience can be predicted to be due to the fact that wrestling is an individual fighting sport.

Recommendations

The research has shown that the results of the hierarchical regression analysis, which was used to ascertain the effects on the sub-dimensions of the personality scale that measure openness to experience, peacefulness, emotional stability, responsibility, and extraversion, as well as the sub-dimensions of the Sense of Fair Play Scale that measure rules, intentional behaviors, opponent views, and fair play behavior, are both significant and positive. It has been seen that the athletes who are interested in wrestling feel the sense of responsibility more prominently, but they achieve lower scores in other sub-dimensions of the personality scale.

Conducting more studies in different branches of sports related to the Sense of Fair Play scale developed by Gümüş et al. (2020) will provide more information in the field of sports for scientific data.

Ethics Committee Permission Information

Ethical evaluation board: Iğdır University Scientific Research and Publication Ethics Committee

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Statement of Researchers' Contribution Rates

Both authors contributed equally at all stages of the research.

Conflict Statement

The authors do not declare any conflicts with the research.

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