



# The Effect of Gender on Personality and Psychological Well-Being in Fitness Practitioners

Serdar SOLMAZ <sup>1A</sup> Berzan ŞİMŞEK <sup>2B</sup>, Sıtkı ÖZBEK <sup>3C</sup>, Büşra ÖZCAN <sup>4D</sup>,  
Yunus Emre YARAYAN <sup>5E</sup>

<sup>1</sup> Batman University, Sport Science Faculty, Batman, TÜRKİYE

<sup>2</sup> Batman University, Sport Science Faculty, Batman, TÜRKİYE

<sup>3</sup> Batman University, Sport Science Faculty, Batman, TÜRKİYE

<sup>4</sup> Siirt University, Sport Science Faculty, Siirt, TÜRKİYE

<sup>5</sup> Siirt University, Sport Science Faculty, Siirt, TÜRKİYE

Address Correspondence to Berzan ŞİMŞEK: e-mail: besyo.berzan.simsek@gmail.com

Conflicts of Interest: The author(s) has no conflict of interest to declare.

Copyright & License: Authors publishing with the journal retain the copyright to their work licensed under the CC BY-NC 4.0.

Ethical Statement: It is declared that scientific and ethical principles have been followed while carrying out and writing this study and that all the sources used have been properly cited.

(Date Of Received): 07.10.2024 (Date of Acceptance): 28.12.2024 (Date of Publication): 31.12.2024

A: Orcid ID: 0000-0002-4678-9604 B: Orcid ID: 0000-0003-2264-538X C: Orcid ID: 0000-0001-6280-1434

D: Orcid ID: 0000-0003-3619-8840 E: Orcid ID: 0000-0003-0582-8088

## Abstract

This study aims to examine the interactions between gender, personality traits, and psychological well-being. The research was conducted using data obtained from 325 fitness athletes across 22 different fitness centers in Turkey. Participants ranged from 17 to 45 years old and had engaged in fitness activities for at least one year. Data were collected through both online and paper-based surveys. The study investigates the effects of personality dimensions such as extraversion and emotional stability on psychological well-being within the framework of the five-factor personality model. Findings reveal significant differences in the effects of gender on personality traits and psychological well-being, with male participants scoring significantly higher in extraversion and emotional stability than female participants. Moreover, it was concluded that the impact of gender on psychological well-being occurs indirectly through emotional stability and extraversion. These findings contribute significantly to understanding the role of gender in psychological well-being within the fitness context. The results indicate a need for further research on the effects of personality traits and gender identity on fitness experiences and psychological health.

**Keywords:** Gender, fitness, personality, psychological well-being.

## Özet

### Cinsiyetin Fitness Yapan Bireylerde Kişilik ve Psikolojik İyi Oluş Üzerindeki Etkisi

Bu çalışma, cinsiyet, kişilik özellikleri ve psikolojik iyi oluş arasındaki etkileşimleri incelemeyi amaçlamaktadır. Araştırma, Türkiye'deki 22 farklı fitness merkezinden toplam 325 fitness sporcusundan elde edilen verilerle gerçekleştirilmiştir. Katılımcılar, 17-45 yaş aralığında ve en az bir yıldır fitness aktivitesi yapmaktadır. Veriler, çevrimiçi ve kâğıt tabanlı anketler aracılığıyla toplanmıştır. Çalışmada, beş faktör kişilik modeli çerçevesinde dışadönüklük ve duygusal denge gibi kişilik boyutlarının, psikolojik iyi oluş üzerindeki etkileri incelenmiştir. Bulgular, cinsiyetin kişilik özellikleri ve psikolojik iyi oluş üzerindeki etkilerinin belirgin farklılıklar gösterdiğini ortaya koymaktadır. Özellikle erkeklerin dışadönüklük ve duygusal denge puanlarının kadınlardan anlamlı şekilde yüksek olduğu tespit edilmiştir. Ayrıca, cinsiyetin psikolojik iyi oluş üzerindeki etkisinin, duygusal denge ve dışadönüklük aracılığıyla dolaylı bir şekilde gerçekleştiği sonucuna ulaşılmıştır. Bu bulgular, fitness ortamında cinsiyetin psikolojik iyi oluş üzerindeki rolünü anlamada önemli bir katkı sağlamaktadır. Sonuçlar, bireylerin kişilik özelliklerinin ve cinsiyet kimliklerinin fitness deneyimleri ve psikolojik halleri üzerindeki etkilerinin daha kapsamlı araştırılması gerektiğini göstermektedir.

**Anahtar Kelimeler:** Cinsiyet, fitness, kişilik, psikolojik iyi oluş.

## INTRODUCTION

Gender defines an individual's genetic, physiological, and biological characteristics (1). Throughout history, sporting activities have reinforced gender differences, and combat sports have generally been under male control (2). Klein (3) has described bodybuilding as predominantly a masculine subculture. The participation of women in sports traditionally viewed as male, such as football, snowboarding, and hockey, is often met with negativity, making conditions difficult for women (4; 5; 6). Although women engage in sports dominated by men today, it is unfortunately difficult to say that this perspective has changed either in Turkey or globally (7; 8; 6). Various studies have shown that women often pursue fitness for reasons such as maintaining health, achieving a well-defined body, feeling happy, relieving stress, staying fit, and losing excess weight (9; 6). While fitness is often perceived as a sport focused on gaining muscle mass and establishing a masculine identity (10), women are also partially engaging in fitness to gain muscle mass and achieve a fitter body (6). The positive effects of sports on individuals' quality of life and mental health are well known today (11; 12). However, we do not have sufficient information about how a demanding sport like fitness affects the differences between genders and how these effects reflect on individuals' psychological well-being. This research will help us understand the differences and similarities in fitness experiences between genders and will deepen our understanding of the contributions of sports to individuals' psychological well-being. Therefore, the aim of this study is to understand how male and female fitness participants construct their psychological well-being according to their personality types.

### **Personality and Psychological Well-Being**

The predominant model examined in personality research is the Five Factor Personality Model (13). This model consists of five dimensions: extraversion, neuroticism (emotional stability), conscientiousness, agreeableness, and openness to experience (14). Openness to experience refers to the tendency to exhibit unique behaviors and seek diverse experiences. Conscientiousness indicates the level of an individual's goal-oriented, reliable, disciplined, and responsible nature. Extraversion describes individuals who are generally social, enjoy being with others, and are energetic, happy, and assertive, while introverted individuals prefer solitude and tend to dislike excessive talking and communication. Agreeableness refers to individuals who are trustworthy, soft-hearted, honest, selfless, serious, optimistic, willing to compromise with others, and cooperative. Neuroticism describes a tendency to experience negative emotions such as anger, anxiety, irritability, sadness, and fear. In this regard, individuals with high levels of neuroticism are often characterized as distrustful, introverted, and angry (15; 16; 17).

Personality varies among individuals due to both hereditary and environmental factors (18). Consequently, an individual's personality can change based on their environment and participation in sports activities. To evaluate and enhance psychological well-being, it is essential to consider the individual's social and cultural context (19; 20). Even within the same environment, individuals may have different ways of positively assessing themselves. These differences manifest in areas such as growth and development, life purpose, capacity to establish meaningful relationships with others, effective life management, and decision-making abilities (19). Waterman (20) defined psychological well-being as the effort to realize one's potential and achieve meaningful goals. Studies in the literature that investigate the relationship between personality and psychological well-being (20; 18; 22; 23) demonstrate that personality significantly influences psychological well-being. In this context, a positive and significant relationship is expected between the personality types and psychological well-being of individuals engaged in fitness.

### **The Relationship Between Gender, Personality, and Psychological Well-Being**

Various studies have been conducted to determine whether there are differences between gender and personality traits. Feminine and masculine gender roles encompass the entire spectrum of personality traits associated with women and men. Feminine gender roles are often characterized by sensitivity, understanding, emotionality, and dependence, while masculine gender roles are characterized by leadership, dominance, and independence (24). Many studies have compared women and men, revealing various differences. Some research findings point to biological differences, while a significant portion indicates that these differences stem from socio-cultural factors (25). Notably, in the personality trait of emotional stability, women have been found to score lower than men (26). A review of the literature shows that the impact of gender on personality

types has been investigated in various studies conducted at different times, yielding different results across cultures (27; 28; 29; 30). Therefore, in our study, it is expected that the personalities of women and men engaged in fitness will differ based on gender.

The concept of well-being is becoming increasingly important today (31; 32; 33). Psychological well-being is a phenomenon that focuses on an individual's skills and personal development, rooted in concepts such as "self-actualization, functionality, or maturity" in various studies (34). Individuals with high levels of psychological well-being tend to have better physical health, higher life satisfaction, and greater psychological resilience. They possess positive future expectations, experience more positive emotions, and are generally happier and more optimistic, while experiencing fewer psychological distress symptoms such as stress, depression, and anxiety (35; 36; 37; 38; 39). Research conducted at different times has shown that women's psychological well-being differs from that of men due to environmental and personality factors (40; 41; 42; 31; 43). In this context, it is expected that the psychological well-being of individuals engaged in fitness will vary according to their gender. The research model is illustrated in Figure 1.

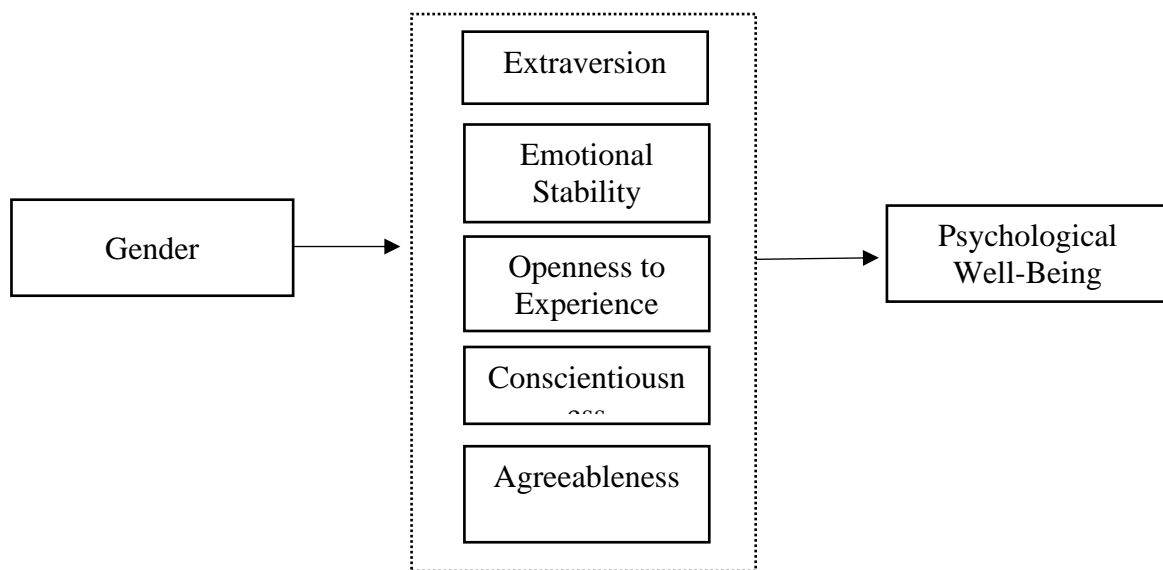


Figure 1. Research Model

## METHOD

### Study Group and Process

Within the scope of the study, data were collected from individuals aged between 17 and 45 years who have been engaged in fitness activities for at least one year, using both online and paper-based surveys. The sample was selected using purposive sampling to ensure that only fitness athletes meeting the criteria were included. Initially, ethical approval was obtained, and then necessary permissions were secured by contacting managers of various fitness centers. A total of 325 fitness athletes from approximately 22 fitness centers were reached.

Among the collected surveys, responses that were incomplete, invalid, or reported incorrect information were excluded from the analysis. All analyses were conducted using the data from a total of 325 valid participants. Of these participants, 181 (55.7%) were male, 144 (44.3%) were female, and the average age was 26.44 years. Participants' ages ranged from 19 to 45 years. Among the participants, 310 (95.4%) had been engaged in fitness activities for 1 to 3 years, while only 10 (4.6%) had been involved for 4 years or more. Regarding educational background, 211 (64.9%) participants were high school graduates, while 114 (35.1%) were university graduates.

To determine the necessary sample size for the study, a power analysis was conducted with the following parameters: significance level (sig.level) = 0.05, Cohen's d effect size = 0.10, and power = 0.95. The analysis indicated that a minimum of 218 participants was required for the multivariate regression analysis. Suresh and Chandrashekar (44) suggested increasing the sample size by 10% to account for the likelihood of missing or incomplete data. Following this recommendation, an ideal participation of 325 participants was established for the study.

### **Data Collection Instruments**

The data for the study were collected using the "Personal Information Form," the "Ten-Item Personality Inventory," and the "Psychological Well-Being Scale."

#### **Ten-Item Personality Inventory**

To identify participants' personality traits, the Ten-Item Personality Inventory developed by Gosling et al. (45) and adapted into Turkish by Atak (46) was utilized. The scale consists of 10 items and five factors: Extraversion, Emotional Stability, Openness to Experience, Conscientiousness, and Agreeableness. A 7-point Likert scale, ranging from 1 (strongly disagree) to 7 (strongly agree), was used for each of the 10 items. The reliability coefficients calculated for the scale's internal consistency were as follows: Openness to Experience 0.80, Agreeableness 0.80, Emotional Stability 0.86, Conscientiousness 0.84, and Extraversion 0.80.

#### **Psychological Well-Being Scale**

To measure participants' psychological well-being, the 8-item Psychological Well-Being Scale developed by Diener et al. (47) and adapted into Turkish by Telef (48) was employed. A 7-point Likert scale, ranging from 1 (strongly disagree) to 7 (strongly agree), was used for all items in the scale. The reliability coefficient calculated for the scale's internal consistency was reported as 0.94.

#### **Data Analysis**

To calculate the reliability values of the data, the Cronbach's alpha ( $\alpha$ ) coefficient was reported. Additionally, to check whether the obtained data met the univariate normality assumption, the kurtosis and skewness values were calculated. For the current study, kurtosis and skewness values within the  $\pm 2.00$  range were taken as the reference values (49). Standardized factor values (Standardized  $\beta$ ) and their z-values were used to determine the significance values of the variables. The bootstrap technique was employed to verify whether the relationships between the variables were statistically significant (50). In this study, a total of 5,000 resampling options were selected, and calculations were made with a 95% confidence interval (51).

Statistical analyses of the data obtained for the study were conducted using the SPSS and R software packages (52;53). Additionally, for the multiple regression analysis conducted using the R program, the "lavaan," "semPlot," and "pwr" packages were utilized (54; 55; 56).

## **RESULTS**

The correlations related to the variables, along with various descriptive statistics, are presented in Table 1. It was determined that all relationships among the variables in the current study were statistically significant. Additionally, the kurtosis and skewness values fell within the recommended reference ranges, indicating that the univariate normality assumption was met (See Table 1).

#### **Ethical approval and institutional permission**

This study was approved by Batman University Ethics Committee with 05.09.2024 and decision no: 2024/06.

## FINDINGS

**Table 1.** Descriptive Statistics and Correlation Values Between Variables

| Variables                   | $\bar{x}$ | SS   | Skewness | Kurtosis | 1     | 2     | 3     | 4     | 5     | 6     | 7 |
|-----------------------------|-----------|------|----------|----------|-------|-------|-------|-------|-------|-------|---|
| 1. Gender                   | -         | -    | -        | -        | 1     |       |       |       |       |       |   |
| 2. Extraversion             | 4.50      | 1.69 | -0.40    | -1.28    | .24** | 1     |       |       |       |       |   |
| 3. Emotional Stability      | 4.04      | 1.42 | -0.26    | -0.85    | .25** | .55** | 1     |       |       |       |   |
| 4. Openness to Experience   | 4.38      | 1.19 | -0.90    | 0.54     | .20** | .19** | .04   | 1     |       |       |   |
| 5. Conscientiousness        | 4.02      | 1.70 | -0.23    | -1.34    | .45   | .26** | .18** | .28** | 1     |       |   |
| 6. Agreeableness            | 4.79      | 1.54 | -0.55    | -0.72    | .54   | .34** | .26** | .28** | .40** | 1     |   |
| 7. Psychological Well-Being | 4.38      | 1.03 | -0.63    | 0.51     | .17** | .45** | .39** | .13*  | .24** | .24** | 1 |

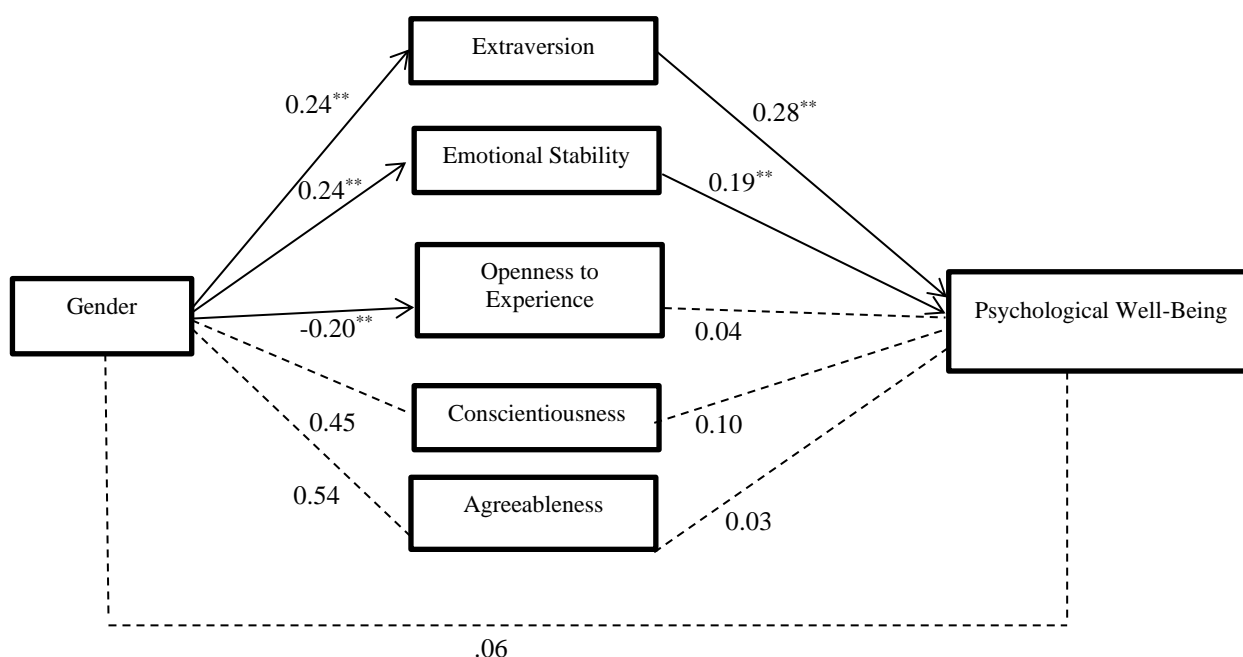
\*\*  $p < 0.01$ , \*  $p < 0.05$ , M = mean, Sd = standard deviation

To determine the causal relationship between the personality traits of fitness athletes and various types of self-confidence, a path analysis was conducted using the "lavaan" package. The results of the analysis are presented in Figure 1.

Upon examining Figure 1, it can be observed that there is no significant relationship between gender and the personality traits of conscientiousness and agreeableness. On the other hand, extraversion ( $b = .24$ ,  $p < .001$ ,  $z = 4.46$ , [95% CI: 0.461, 1.184]) has a significant effect on emotional stability ( $b = .24$ ,  $p < .001$ ,  $z = 4.44$ , [95% CI: 0.385, 0.993]) and openness to experience ( $b = -.20$ ,  $p < .001$ ,  $z = -3.78$ , [95% CI: -0.747, -0.237]) based on gender. However, gender does not have a significant direct effect on psychological well-being.

When examining the effects of personality traits on psychological well-being, extraversion ( $b = .28$ ,  $p < .001$ ,  $z = 3.72$ , [95% CI: 0.083, 0.267]) and emotional stability ( $b = .19$ ,  $p < .001$ ,  $z = 2.63$ , [95% CI: 0.036, 0.248]) were found to have a positive and significant effect.

In the model where personality traits act as mediators, only extraversion ( $b = .06$ ,  $p < .001$ ,  $z = 2.92$ , [95% CI: 0.048, 0.240]) and emotional stability ( $b = .04$ ,  $p < .05$ ,  $z = 2.18$ , [95% CI: 0.010, 0.185]) were identified as having a mediating role between gender and psychological well-being. Finally, it was determined that all predictor variables accounted for 25% of the variance in external self-confidence ( $R^2 = .25$ ).



**Figure 1.** Results of Regression Analysis

## DISCUSSION AND CONCLUSION

Although personality traits may differ between men and women, these differences have minimized over time due to increasing gender equality. In fact, it is known that female athletes exhibit positive differences in certain personality traits compared to their male counterparts (27). Therefore, this study aimed to determine the influential role of gender in the effects of personality traits on the psychological well-being of male and female fitness athletes, as well as to identify the mediating role of personality types.

As a result of the conducted study, it was found that the personality traits of extraversion and emotional stability significantly differed between women and men. Within the study sample, male fitness athletes exhibited higher levels of emotional stability and extraversion compared to their female counterparts. This finding aligns with studies conducted across different age groups, cultures, and sample populations (27; 29; 30). The primary reason for the differences, particularly in the dimension of emotional stability, is often attributed to genetic and biological factors, with cultural influences also supporting this assertion in various studies and meta-analyses (57; 26). Furthermore, within the context of social role theory, it has been suggested that the differences in personality traits stem from societal expectations and that personality is shaped by these expectations (58). This situation can be interpreted as a result of gender expectations and roles according to social role theory. In societies where traditional values are strong and gender roles are emphasized, emotional instability may be rooted in the entrenched roles of women, while extraversion may be more pronounced in men. Additionally, the general expectation that men should be strong and emotionally stable supports the findings of the current study within the framework of social role theory. However, it would be erroneous to expect the same results across all cultures (59).

Another finding of our study is that the personality trait of openness to experience is higher in women compared to men. Gjerde & Cardilla (60) noted in their study on young and adolescent individuals that women exhibit a more internal and emotional demeanor, while men are more resilient, self-confident, and open to experience. However, Schmitt et al. (30) found that in their study conducted across 55 different cultures, women in 18 cultures had higher levels of openness to experience than men. When evaluated among athletes, this trait shows variability depending on whether they are professional or amateur, as well as between team sports and individual sports (61; 62; 63). Changing societal attitudes toward gender roles may also influence the results of this study. Feminist movements and masculine types of women may express themselves more freely in various sports activities. Particularly, fitness, which has traditionally been viewed as a male-dominated sport, may have gained prominence among women as well. Best & Williams (64) demonstrated that feminine and masculine types of women may differ across various cultures. We can assert that fitness, once regarded as a masculine sport, is now embraced by these types of women. The relationship between personality and sports varies and is complex according to different studies, and clear results are often lacking (62; 65).

In the relationship between personality and psychological well-being, both extraversion and emotional stability have shown positive and significant correlations. A meta-analysis conducted by De Neve & Cooper (66) revealed positive and negative relationships between extraversion and neuroticism, respectively. Similarly, Salami (67) found significant relationships between extraversion, neuroticism, and psychological well-being in a study involving adolescents. Abbott et al. (68) also discovered that extraversion and neuroticism have a significant impact on psychological well-being in their research involving 1,134 adolescents and young women. It has been particularly observed that individuals with extraverted personalities tend to be more social and are inclined to develop positive relationships with others. On the other hand, emotional stability is expected to have a positive effect on psychological well-being. Emotional stability can enhance individuals' coping skills for stress, thereby positively influencing overall life satisfaction and happiness.

The limited effect of gender on psychological well-being can largely be explained by socio-cultural factors. Over time, the flexibility of traditional gender roles has allowed individuals to develop their personal traits and potential (61, 62). The provision of equality in educational and economic opportunities, in particular, has been a significant factor in bringing the psychological well-being levels of both women and men closer together (27). Additionally, in collectivist cultures, the availability of social support networks for both genders contributes to maintaining mental health. The participation of individuals who engage in fitness in self-actualization processes, supported by their social environment, may strengthen this effect. Furthermore, our

study has shown that personality traits such as emotional stability and extraversion significantly influence the relationship between gender and psychological well-being. Especially among male athletes, the prominence of these traits may positively impact their psychological well-being. A similar study conducted in Chinese culture by Li et al. (69) revealed that men have higher levels of extraversion, aligning with our findings. Moreover, Weissman et al. (70) suggested that mental health issues, such as anxiety and depression, which are more frequently observed in women, could help explain these differences. Fitness can encourage individuals to both engage with a social environment and develop self-confidence beyond cultural norms. The increasing awareness of psychological health and the proliferation of support systems in modern societies further reinforce this effect. Therefore, it can be argued that psychological well-being is more meaningfully explained by individual differences, such as personality traits, rather than gender. In this context, the results of our study demonstrate that personality traits like extraversion and emotional stability are strong determinants of psychological well-being, regardless of gender.

### Recommendations and Limitations

The findings of this study suggest that the effects of gender on personality traits and psychological well-being should be examined in a larger sample across different sports disciplines. Future research is recommended to involve more diverse samples, taking into account various age groups and levels of athletic experience. Additionally, considering gender identity and societal gender roles as dynamic processes influencing personality and psychological well-being may provide deeper insights into these relationships. Conducting longitudinal studies can elucidate the temporal changes in personality traits and their effects on psychological well-being. Incorporating more objective methods, such as observations and biological measurements, alongside self-report instruments during data collection is crucial for minimizing potential biases. Investigating the effects of cultural and social factors on personality development in different cultural contexts will contribute to our understanding of how these relationships are shaped by culture-specific dynamics.

The study's findings are limited due to its focus solely on fitness athletes, which decreases the generalizability of the results. Moreover, the cross-sectional design of the study complicates causal inferences. Data collection based on self-report methods may increase the risk of social desirability bias. Additionally, the study is culturally specific; thus, it cannot be claimed that the findings are applicable across different cultures. Future research is suggested to conduct comparative studies across various sports and cultural contexts.

### REFERENCES

1. Uğurlu FM. Sporda Cinsiyet Ayrımı. Nobel Bilimsel Eserler. Ankara, 2018.
2. Sage GH. Sociocultural Aspects of Human Movement: The Heritage of Modernism, the Need for a Postmodernism. In: Critical Postmodernism in Human Movement, Physical Education, and Sport (Ed.: JM Fernandez-Balboa). State University of New York Press, Albany, 1997.
3. Klein AM. Küçük Büyük Adamlar: Vücut Geliştirme, Alt Kültür ve Cinsiyet İnşası. New York: New York Eyalet Üniversitesi Yayınları, 1993.
4. Pelak CF. Negotiating Gender/Race/Class Constraints in the New South Africa: A Case Study of Women's Soccer. International Review for the Sociology of Sport. 2005; 40(1): 53-70. <https://doi.org/10.1177/1012690205052165>
5. Theberge N. It's Part of the Game: Physicality and the Production of Gender in Women's Hockey. In: Contemporary Issues in Sociology of Sport (Ed.: A Yiannakis, MJ Melnick). Human Kinetics. Champaign, IL, 2001.
6. Yüksel M. Cinsiyet ve Spor. Tarih Okulu Dergisi. 2014; 7(19): 663-684. <https://doi.org/10.14225/Joh581>
7. Zorba E, Zorba E, Kesim Ü, Ağılönü A, Cerit E. Üniversite Öğrencilerinin Rekreatif Etkinliklere Katılım Düzeylerinin Belirlenmesi (Muğla Üniversitesi Örneği). 9. Uluslararası Spor Bilimleri Kongresi, Muğla, 2006.
8. Büyükaşar M. Türk Spor Basınında Cinsiyet Ayrımcılığı: Fotomaç ve Fanatik Gazeteleri Örneği. İnsan ve İnsan. 2016; 3(9): <https://doi.org/10.29224/insanveinsan.280018>
9. Amman MT. Kadın ve Spor. Morpa, İstanbul, 2005.
10. Paul-Dimeo. Sporda Uyuşturucu Kullanımının Tarihi 1876-1976: İyi ve Kötünün Ötesinde. Londra ve New York: Routledge, 2007.
11. Appelqvist-Schmidlechner K, Vaara J, Häkkinen A. Relationships Between Youth Sports Participation and Mental Health in Young Adulthood Among Finnish Males. American Journal of Health Promotion. 2018; 32(7): 1502-1509. <https://doi.org/10.1177/0890117117746336>

12. Brunet J, Sabiston CM, Chaiton M, Barnett TA, Erin-O'Loughlin MA, Low MDNCP, O'Loughlin J. The association between past and current physical activity and depressive symptoms in young adults: a 10-year prospective study. *Annals of Epidemiology*. 2013; 23(1): 25-30. <https://doi.org/10.1016/j.annepidem.2012.10.006>.
13. Sargın S, Uyar K, Özyirmidokuz EK. Beş Büyük Kişilik Özelliği ve Öz Yeterliliğin Sosyal Medyada Yer Alan Sahte Haberlerin Kabulü ve Yayılması Üzerindeki Etkisi. *Avrupa Bilim ve Teknoloji Dergisi*. 2021; (32): 979-990. <https://doi.org/10.31590/ejosat.1040099>.
14. McCrae RR, Costa PT. The Five-Factor Theory of Personality. In John, O. P., Robins, R. W. & Pervin, L. A. (Eds.), *Handbook of personality: Theory and research* (3rd ed., pp. 182–207). New York: Guilford Press. 2008.
15. Costa PT, McCrae RR. Domains and Facets: Hierarchical Personality Assessment Using the Revised NEO Personality Inventory. *Journal of Personality Assessment*. 1995; 64(1): 21-50. [https://doi.org/10.1207/s15327752jpa6401\\_2](https://doi.org/10.1207/s15327752jpa6401_2).
16. Bono JE, Boles TL, Judge TA, Lauver KJ. The Role of Personality in Task and Relationship Conflict. *Journal of Personality*. 2002; 70(3): 311-344. <https://doi.org/10.1111/1467-6494.05007>.
17. McCrae RR, John OP. An Introduction to the Five-Factor Model and Its Applications. *Journal of Personality*. 1992; 60(2): 175-215. <https://doi.org/10.1111/j.1467-6494.1992.tb00970.x>
18. Özmen T. Proaktif Kişiliğin Sporcuların Psikolojik İyi Oluş Düzeyine Etkisi. Yüksek Lisans Tezi. Sağlık Bilimleri Enstitüsü, İstanbul Gelişim Üniversitesi. 2019.
19. Fava GA, Ruini C. Increasing psychological wellbeing in clinical and educational settings: Interventions and cultural contexts. ISBN 978-94-017-8669-0 (ebook). Springer Dordrecht Heidelberg New York, London. 2014.
20. Atan A. 5-6 Yaş Çocuklarda Psikolojik İyi Oluş: Bir Model Önerisi ve Ebeveynler ile Öğretmenlerin Kişilik Tipleri, Ego Durumları ve Psikolojik İyi Oluş Düzeylerinin Yordayıcı Rolü. Yüksek Lisans Tezi. Eğitim Bilimleri Enstitüsü, Pamukkale Üniversitesi. 2020.
21. Waterman AS. Two Conceptions of Happiness: Contrasts of Personal Expressiveness (Eudaimonia) and Hedonic Enjoyment. *Journal of Personality and Social Psychology*. 1993; 64(4): 678-691. <https://doi.org/10.1037/0022-3514.64.4.678>.
22. Özalp M, Ümmet D. Türk Gemi Adamlarında Psikolojik İyi Oluşun Kişilik Özellikleri ve Belirsizliğe Tahammülsüzlük Değişkenlerine Göre İncelenmesi. *Uluslararası Anadolu Sosyal Bilimler Dergisi*. 2022; 6(4): 1395-1413. <https://doi.org/10.47525/ulasbid.1185627>.
23. Polat E, Akoğlu HE, Üzüm H. Sporda Sosyal Bütünleşme Düzeyi İle Kişilik Tipleri Arasındaki İlişkiler Ve Etkileşimler. *SPORMETRE Beden Eğitimi ve Spor Bilimleri Dergisi*. 2019; 17(4): 233-249. <https://doi.org/10.33689/spormetre.633004>.
24. Cüceloğlu D. İnsan ve davranışı: Psikolojinin temel kavramları. 15. Baskı, Remzi Kitabevi, İstanbul. 2006.
25. Demirtaş HA, Dönmez A. Yakın İlişkilerde Kıskançlık: Bireysel, İlişkisel ve Durumsal Değişkenler. *Türk Psikiyatri Dergisi*. 2006; 17(3): 181-191. <https://doi.org/10.1037/0022-3514.57.6.1069>.
26. Costa JRPT, Terracciano A, McCrae RR. Gender differences in personality traits across cultures: Robust and surprising findings. In *Journal of Personality and Social Psychology* (Vol. 81, Issue 2, pp. 322–331). American Psychological Association. 2001. <https://doi.org/10.1037/0022-3514.81.2.322>.
27. Chapman BP, Duberstein PR, Sörensen S, Lyness JM. Gender differences in Five Factor Model personality traits in an elderly cohort. *Personality and Individual Differences*. 2007; 43(6): 1594–1603. <https://doi.org/https://doi.org/10.1016/j.paid.2007.04.028>.
28. Öztürk A, Kara A, Körük S. Üniversite Öğrencilerinin Kişilik Özellikleri, Cinsiyet Roller ve Yüz Kızarma Eğilimlerinin Sosyal Görünüm Kaygılarını Yordama Gücü ve Aralarındaki İlişki. *Journal of Turkish Studies*. 2015; 10(10): 733-748, <https://doi.org/10.29228/TurkishStudies.22859>.
29. De Bolle M, De Fruyt F, McCrae RR, Löckenhoff CE, Costa JRPT, Aguilar-Vafaie ME, Ahn C, Ahn H, Alcalay L, Allik J, Avdeyeva TV, Bratko D, Brunner-Sciara M, Cain TR, Chan W, Chittcharat N, Crawford JT, Fehr R, Ficková E, Terracciano A. The emergence of sex differences in personality traits in early adolescence: A cross-sectional, cross-cultural study. In *Journal of Personality and Social Psychology* 2015; 108(1): 171–185. American Psychological Association. <https://doi.org/10.1037/a0038497>.
30. Schmitt DP, Realo A, Voracek M, Allik J. Why can't a man be more like a woman? Sex differences in Big Five personality traits across 55 cultures. In *Journal of Personality and Social Psychology*. 2008; 94(1): 168–182. American Psychological Association. <https://doi.org/10.1037/0022-3514.94.1.168>.
31. Kuyumcu B. Türk ve İngiliz Üniversite Öğrencilerinin Psikolojik İyi Oluş Duygusal Farkındalık ve Duygularını İfade Etmelerinin Ülke ve Cinsiyet Değişkenlerine Göre İncelenmesi. *Erzincan Üniversitesi Eğitim Fakültesi Dergisi*. 2012; 14(2): 1-24.
32. Doğan T. Beş Faktör Kişilik Özellikleri ve Öznel İyi Oluş. *Doğuş Üniversitesi Dergisi*. 2013; 14(1): 56-64.
33. Demir R, Tanhan A, Çiçek İlhan Yerlikaya İbrahim Çırak Kurt S, Ünverdi B. Yaşam Kalitesinin Yordayıcıları Olarak Psikolojik İyi Oluş ve Yaşam Doyumu. *Yaşadıkça Eğitim*. 2021; 35(1): 192–206.
34. Manzano-García G, Ayala JC. Relationship between psychological capital and psychological well-being of direct support staff of specialist autism services. The mediator role of burnout. *Frontiers in Psychology*. 2017; 8: 2277. <https://doi.org/10.3389/fpsyg.2017.02277>.
35. Diener E, Wirtz D, Tov W, Kim-Prieto C, Choi D, Oishi S, Biswas-Diener R. New well-being measures: Short scales to assess flourishing and positive and negative feelings. *Social Indicators Research*. 2010; 97(2): 143-156. <https://doi.org/10.1007/s11205-009-9493-y>.
36. Giuntoli L, Ceccarini F, Sica C, Caudek C. Validation of the Italian Versions of the Flourishing Scale and of the Scale of Positive and Negative Experience. *Sage Open*. 2017; 7(1): 1-12. <https://doi.org/10.1177/2158244016682293>.
37. Kyriazos TA, Stalikas A, Prassa K, Yotsidi V, Galanakis M, Pezirkianidis C. Validation of the Flourishing Scale (FS), Greek version and evaluation of two well-being models. *Psychology*. 2018; 9(7): 1789-1813. <https://doi.org/10.4236/psych.2018.97105>.



38. Tong KK, Wang YY. Validation of the flourishing scale and scale of positive and negative experience in a Chinese community sample. *PLoS One*. 2017; 12(8): e0181616. <https://doi.org/10.1371/journal.pone.0181616>.
39. Köksal Z, Topkaya N, Şahin E. Üniversite Öğrencilerinde Cinsiyet, Psikolojik Kırılganlık Ve Öz Şefkatin Psikolojik İyi Oluş İle İlişkinin İncelenmesi. *Elektronik Sosyal Bilimler Dergisi*. 2023; 22(87): 1309-1324. <https://doi.org/10.17755/esosder.1223885>.
40. Yıldız B, Güllü A. Duygu Düzenleme Süreçleri ve Aleksitimi Arasındaki İlişkide Belirsizliğe Tahammülsüzlüğün Aracı Rolü. *Elektronik Sosyal Bilimler Dergisi*. 2019; 18(69): 201-217. <https://doi.org/10.17755/esosder.425972>.
41. İmiroğlu A, Demir R, Murat M. Psikolojik iyi oluşun yordayıcıları olarak bilişsel esneklik, bilinçli farkındalık ve umut. *Elektronik Sosyal Bilimler Dergisi*. 2021; 20(80): 2037-2057. <https://doi.org/10.17755/esosder.859555>.
42. Ryff CD. Happiness is everyting, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*. 1989; 57(6): 1069-1081.
43. Cenkseven F, Akbaş T. Üniversite öğrencilerinde öznel ve psikolojik iyi olmanın yordayıcılarının incelenmesi. *Türk Psikolojik Danışma ve Rehberlik Dergisi*. 2007; 27(3): 43-65. <https://doi.org/10.17066/pdrd.57116>.
44. Suresh K, Chandrashekara S. Sample size estimation and power analysis for clinical research studies. *Journal of Human Reproductive Sciences*. 2012; 5(1): 7-13. <https://doi.org/10.4103/0974-1208.97779>.
45. Gosling SD, Rentfrow PJ, Swann WB. A very brief measure of the Big-Five personality domains. *Journal of Research in Personality*. 2023; 37(6). [https://doi.org/10.1016/S0092-6566\(03\)00046-1](https://doi.org/10.1016/S0092-6566(03)00046-1).
46. Atak H. The Turkish Adaptation of the Ten-Item Personality Inventory. *Noro Psikiyatri Arsivi*. 2013; 50(4): 312-319. <https://doi.org/10.4274/npa.y6128>.
47. Diener E, Napa Scollon C, Lucas RE. The Evolving Concept of Subjective Well-Being: The Multifaceted Nature of Happiness BT - Assessing Well-Being: The Collected Works of Ed Diener (E. Diener (ed.); pp. 67-100). Springer Netherlands. 2009. [https://doi.org/10.1007/978-90-481-2354-4\\_4](https://doi.org/10.1007/978-90-481-2354-4_4).
48. Telef BB. Türkçeye Uyarlama, Geçerlik ve Güvenirlik Çalışması. *Hacettepe Eğitim Fakültesi Dergisi*. 2013; 28(3): 374-384.
49. George D, Mallery P. IBM SPSS statistics 25 step by step a simple guide and reference a simple guide and reference (15th ed.). New York: Routledge. 2019. <https://doi.org/https://doi.org/10.4324/9781351033909>.
50. Preacher KJ, Selig JP. Advantages of monte carlo confidence intervals for indirect effects. *Communication Methods and Measures*. 2012; 6(2): 77-98. <https://doi.org/10.1080/19312458.2012.679848>.
51. Mackinnon DP, Lockwood CM, Williams J. Confidence limits for the indirect effect: Distribution of the product and resampling methods. *Multivariate Behavioral Research*. 2004; 39(1): 99-128. doi: 10.1207/s15327906mbr3901\_4.
52. IBM Corp. IBM SPSS Statistics for Windows, Version 26.0. In 2019.
53. Team RC. R: A language and environment for statistical computing. In R Foundation for Statistical Computing. 2021.
54. Champley S. pwr: Basic Functions for Power Analysis. R Package Version 1.3-0. 2020.
55. Epskamp S. SemPlot: Unified visualizations of structural equation models. *Structural Equation Modeling*. 2015; 22(3): 474-483. <https://doi.org/10.1080/10705511.2014.937847>.
56. Rosseel Y. Lavaan: An R package for structural equation modeling. *Journal of Statistical Software*. 2012; 48(2): 1-36. <https://doi.org/10.18637/JSS.V048.I02>.
57. Budaev SV. Sex differences in the Big Five personality factors: Testing an evolutionary hypothesis. *Personality and Individual Differences*. 1999; 26(5): 801-813. [https://doi.org/https://doi.org/10.1016/S0191-8869\(98\)00179-2](https://doi.org/https://doi.org/10.1016/S0191-8869(98)00179-2).
58. Eagley AH. Sex Differences in Social Behaviour. Erlbaum: Hillsdale, NJ. 1987.
59. Schmitt DP, Alcalay L, Allik J, Alves ICB, Anderson CA, Angelini AL, Youn G. Psychological sex differences across cultures: Findings from the International Sexuality Description Project-2. Manuscript in Preparation. 2016.
60. Gjerde PF, Cardilla K. Developmental implications of openness to experience in preschool children: Gender differences in young adulthood. In *Developmental Psychology*. 2009; 45(5): 1455-1464. American Psychological Association. <https://doi.org/10.1037/a0016714>.
61. Allen MS, Greenlees I, Jones M. An investigation of the five-factor model of personality and coping behaviour in sport. *Journal of Sports Sciences*. 2011; 29(8): 841-850. <https://doi.org/10.1080/02640414.2011.565064>.
62. Piepiora P. Behaviors of Professional Athletes in Terms of the Big Five Model Due to the Type of Contact of the Sport Discipline. 2019; 138-145. <https://doi.org/10.5281/zenodo.3386184>.
63. Steca P, Baretta D, Greco A, D'Addario M, Monzani D. Associations between personality, sports participation and athletic success. A comparison of Big Five in sporting and non-sporting adults. *Personality and Individual Differences*. 2018; 121: 176-183. <https://doi.org/https://doi.org/10.1016/j.paid.2017.09.040>.
64. Best DL, Williams JE. Sex, gender, and culture. *Handbook of Cross-Cultural Psychology*. 1997; 3: 163-212.
65. Rhodes RE, Courneya KS. Relationships between personality, an extended theory of planned behaviour model and exercise behaviour. *British Journal of Health Psychology*. 2003; 8(1): 19-36. <https://doi.org/https://doi.org/10.1348/135910703762879183>.
66. DeNeve KM, Cooper H. The happy personality: A meta-analysis of 137 personality traits and subjective well-being. In *Psychological Bulletin*. 1998; 124(2): 197-229 American Psychological Association. <https://doi.org/10.1037/0033-2909.124.2.197>.
67. Salami SO. Personality and Psychological Well-Being of Adolescents: The Moderating Role of Emotional Intelligence. *Scientific Journal Publishers*. 2011; 6(10): 785-794. <https://doi.org/https://doi.org/10.2224/sbp.2011.39.6.785>.

68. Abbott RA, Croudace TJ, Ploubidis GB, Kuh D, Richards M, Huppert FA. The relationship between early personality and midlife psychological well-being: evidence from a UK birth cohort study. *Social Psychiatry and Psychiatric Epidemiology*. 2008; 43(9): 679–687. <https://doi.org/10.1007/s00127-008-0355-8>.
69. Li Y, Lan J, Ju C. Self-esteem, gender, and the relationship between extraversion and subjective well-being. *Social Behavior and Personality: An International Journal*. 2015; 43(8): 1243–1254. <https://doi.org/https://doi.org/10.2224/sbp.2015.43.8.1243>.
70. Weissman MM, Bland RC, Canino GJ, Faravelli C, Greenwald S, Hwu HG, Joyce PR, Karam EG, Lee CK, Lellouch J, Lépine JP, Newman SC, Rubio-Stipec M, Wells JE, Wickramaratne PJ, Wittchen H, Yeh EK. Cross-national epidemiology of major depression and bipolar disorder. *JAMA*. 1996; 276(4): 293–299.