

TO DETERMINE THE RELATIONSHIP BETWEEN THE LIFE SATISFACTION AND THE PERSONALITY CHARACTERISTICS OF THE FOOTBALL TRAINERS FROM DIFFERENT STATUTES

¹Ali Niyazi İnal, ²Ünsal Tazegül

^{1,2} School of physical education and sports, İstanbul Gelişim University
İstanbul /Turkey

ABSTRACT

The aim of this study is to determine the relationship between the life satisfaction and the personality characteristics of the football trainers from different statutes. sampling of study is consisted of 82 volunteer football coaches. As data collection tool in the study, the Life Satisfaction Scale and the Reviewed Eysenck Personality Questionnaire's Brief Form were utilized. Collected data was analyzed by the SPSS 20 package software. Whereas "Kolmogorov-Smirnov" test was conducted to analyze data in terms of normal distribution; "Anova-Homogeneity of Variances" test was conducted to evaluate their homogeneity. Hence, it was determined that collected data exhibit homogeny and normal distribution. Afterwards of this initial analysis, it was decided that parametric test method was necessary in statistical analysis of the collected data. In this process, descriptive statistic and Pearson correlation analysis were conducted. At the end of the study, a positive significant correlation was determined between extroversion personality type and their life satisfaction levels of academicians.

Keywords: Personality, Life Satisfaction, Football, Coaches.

INTRODUCTION

In the relevant literature, various descriptions and theory were suggested regarding concept of personality. To the most extensive meaning, personality includes every single thing which concerns a human being. Personality is long and uninterrupted process which begins with conception of human within mother's womb and continues until its end (Tazegül, 2012., Güney, 2000., Hancerlioğlu,1993., Gençtan,2004).

Cüceloğlu (2002) describes personality as a distinguishing, consistent and structured form of relationship established by human beings with their internal and external surroundings.

The concept of "life satisfaction" which was introduced by Neugarten has guided number of researchers afterwards. In order to describe life satisfaction, it would be appropriate first to explain concept of "satisfaction". Satisfaction is fulfillment of expectations, requirements, wishes and requests. Then, "life satisfaction" is status or outcome that arise as a result of comparison of expectations (what is desired) and belonging (what is on hand) of an individual (Şahin, 2008).

It is observed that internal/personal variables such as a person's control over his/her life and choice of freedom perceived regarding approaching issues are correlated with happiness. Happiness in this sense is correlated more with life satisfaction concept which covers assessment of life in terms of cognitive aspect. It can be observed with number of studies that personality characteristics integrate with cognitive factors such as focus of control, sufficiency belief, and coping strategies. It was reported that individuals with high level of subjective well-being believe that they have full control over their lives (Myers, D. G & Diener, 1995).

According to Ehrhardt, Saris and Veenhoven, life satisfaction, as a subjective cognition status, is different from satisfaction types concerning certain life domains such as job or marriage satisfaction; as a whole, it is assessment of life at his moment or satisfaction toward life. Additionally, a person can consider either his/her past, current or future life during assessment his/her life. However, whereas assessment of satisfaction with the past life remains relatively fixed, it would be the most appropriate to consider the level of life satisfaction is determined on the basis of satisfaction with the current life because the assessment of the satisfaction with the future life could change over the time (Sahraç, 2007).

As a mental status, life satisfaction refers degree of positivity reached as a result of a person's holistic evaluation of his/her own life quality. This satisfaction degree which can also be referred as life satisfaction and includes gratification represents the level of gratitude of a person about his/her current ongoing life (Veenhoven,1996).

It was observed that factors such as having a meaningful life, enjoying life, and having excessive laborious activities in life are correlated with life satisfaction (Peterson, Park, & Seligman, 2005).

The aim of this study is to determine the relationship between the life satisfaction and the personality characteristics of the football trainers from different statutes.

METHOD

Target Population and Sample

All the Trainers, who have TFF trainer license in Turkey, forms the target population of the study and 82 trainers, who work under contract in Konya, Gaziantep, Mersin, Van and Istanbul, forms the sample of the study.

Data Collection Tool

Reviewed Eysenck Personality Questionnaire - Brief Form (EKA-GGK);

Eysenck Personality Questionnaire and the brief form of the same questionnaire (48-item) and introduced the EKA-GGK. In terms of its application in Turkey, the relevant reliability and validity study for this introduced questionnaire was conducted by Karancı et al. Internal consistency of the scale was determined for the following scales at:

Extroversion 0.78; Neuroticism 0.65; Psychoticism 0.42; and Falsity 0.64.

Test-retest reliability:

Extroversion 0.84, Neuroticism 0.82, Psychoticism 0.69, and Falsity 0.69.

This questionnaire, in which each factor is evaluated based on 6 options, requires respondents to give yes (1) / no (2) answers to 24 questions. The score that can be gained for each personality characteristic could be in the range of 0 - 6.

Simple-structured nature of the test enhanced its practicability value (11).

Sub-dimensions and the relevant explanations of the Eysenck Personality Questionnaire were provided below.

Psychoticism; Persons distressing and causing troubles to others,

Extroversion; Social and funny persons,

Neuroticism; Anxious, negative and resentful persons (12).

Life Satisfaction Scale (LSS)

This is the scale consisted of 5 items and developed by Diener, Emmans, Lorsen and Giffin (13) and which is evaluated based on 7-point Likert scale to measure subjective status of well-being. Internal consistency coefficients of the Life Satisfaction Scale range between .80 and .89. Factor

analysis results reveal that the scale is consisted of single factor assessing the satisfaction level as a whole of his/her life. It was reported that the correlation between the scale and other scales which measure subjective well-being status and life satisfaction are ranging between .35 and .82. The scale was adapted into Turkish by Aysan, The relevant reliability coefficient was estimated at .85 (14).

Data Analysis

In the analysis process of the collected data, the SPSS 20 package software was employed. Whereas “Kolmogorov-Smirnov” test was conducted to determine whether collected data exhibit normal distribution, the homogeneity of data was analyzed by means of the "Anova-Homogeneity of variances” test. Then, it was determined that collected data has homogeneity and normal distribution. Afterwards of the initial analysis, parametric test method was considered as an appropriate method for statistical analysis of data. In this process, descriptive statistic and Pearson correlation analyses were conducted.

Findings

Table 1 Descriptive Statistic Findings

	Mean	Std. Deviation
Life Satisfaction	21,0976	6,57081
Extroversion	3,3902	1,33107
Neuroticism	2,4512	1,22879
Psychoticism	2,2927	1,05979

According to the descriptive statistical analysis results, academicians’ score relevant with measures aspects within the scope of the present study were estimated for psychoticism at $\bar{x}= 2,2927$, for Extroversion at $\bar{x}= 3,3902$, for Neuroticism at $\bar{x}= 2,4512$ and for Life satisfaction at $\bar{x}= 21,0976$.

Table 2 Correlation analysis

		Life Satisfaction
Extroversion	PearsonCorrelation	,214
	Sig. (2-tailed)	,053
Neuroticism	PearsonCorrelation	-,119
	Sig. (2-tailed)	,288
Psychoticism	PearsonCorrelation	,299**
	Sig. (2-tailed)	,006

As a result of the correlation analysis, a positive correlation was determined between life satisfaction levels and extrovert personality dimension of football coaches.

DISCUSSION AND RESULTS

Considering descriptive statistic findings of football coach's who are in the scope of work , it has been understood that football coach personality extroversion are more advanced. When we evaluate this results according to Eysenck personality inventory, that can be said that the football coaches in the scope of work are social and happy people. It is thought that the biggest reason of personality trait of extroversion is football coaches are studying with sportmen history and sportmen. This situation can be explained with big additive to socialising time of sportmen (Türksoy 2012). It is important because of stress that the person is introvert or extrovert. The introvert persons are generally social persons who prefer autonomy when the situation of tension and conflict. But they can slog away under tension. The extrovert persons are rarely effected and get worried.

They think that problems come from their vicinity, not from themselves. Psikotizm (2,2927) is on 3. Line in the average of personality subscale of football coaches. Can be said that psikotizm subscale signalize cold distant, aggressor and insecure behaviour and at this extent it is put forwarded that the person who gets high points is apathy and insensitive to the other persons.

As a result of the correlation analysis, a positive correlation was determined between life satisfaction levels and extrovert personality dimension of football coaches.

As a result of literature study, different studies which were carried out in terms of life satisfaction levels of basketball coaches were compared. Baştuğ (2009) found that there is a positive correlation between emphatic skills and life satisfaction of volleyball coaches. Afyon and Işıkdemir (2013) found a negative correlation between communication skills and life satisfaction levels of football coaches. Kelecek et al. (2015) reveal that there is a positive correlation between consistent and obsessive passion levels and life satisfaction levels of fitness leaders.

İnal et al. (2016) indicate that a positive significant correlation was determined between extroversion personality type and their life satisfaction levels of academicians. Küçük and Tazegül (2016) discuss that there is no statistically significant difference between the level of income and life satisfaction level of basketball coaches. Menevşe et al. (2016) indicate that the life satisfaction level of basketball coaches, who can earn monthly income more than 2600 TL, is higher than basketball coaches who can earn monthly income between 1600-2500 TL or 500-1500 TL. Menevşe et al. (2016) also highlight that the most important factor in high levels of life satisfaction of basketball coaches, who can earn monthly income more than 2600 TL, is resulted from excess income.

As a result; It has been detected that There is a relationship between the life satisfaction level and outgoing personality size and psychoticism personality size of the football trainers in scope of study. It is being thought as normal that there is a positively correlation between the outgoing personality size and life satisfaction of the trainers. As, the outgoing people are determined as cheerful, generally love life and enjoying people. Therefore, the resulting is being thought as normal.

REFERENCES

Afyon, Y. A.,Işıkdemir, E. (2013). Futbol Antrenörlerinin İletişim Becerileri, Tükenmişlik Düzeyleri ve Yaşam Tatminleri Arasındaki İlişkinin İncelenmesi International Journal of Human Sciences, (10)1, 1705-1716.

Baştuğ, G (2009). Voleybol Antrenör Adaylarının Empatik Becerileri ile Yaşam Doyumları Arasındaki İlişkinin İncelenmesi, Niğde Üniversitesi Beden Eğitimi ve Spor Bilimleri Dergisi Cilt 3, Sayı 3,222-227.

Cüceloğlu, D. (2002). Human and Behavior, 10th Press, Remzi Press: Istanbul.

Deniz, Ü ve Kesicioğlu, O.S. (2012). Okul Öncesi Öğretmen Adaylarının Kişilik Özelliklerinin Bazı Değişkenlerle İlişkinin İncelenmesi, Ahi Evran Üniversitesi Kırşehir Eğitim Fakültesi Dergisi (KEFAD), Cilt 13, Sayı 2, Sayfa 1-13.

Geçtan, E. (2004). Psychology and Beyond. Metis Press: Istanbul.

Güney, S. (2000). Behavioral Sciences and Management Psychology Dictionary. Nobel Press Distribution: Ankara.

Hançerlioğlu, O. (1993). Psychology Dictionary, 2nd Edition. Remzi Press: Istanbul.

İnal, A.N., Tazegül, Ü ve Göksu, T.S. (2016). Determination of the correlation between personality types and life satisfaction levels of academicians at the Istanbul Gelişim University, *International Journal of Physical Education, Sports and Health*, 3(2): 260-262

Kelecek, S., Altıntaş, A., Kara, F.M ve Aşçı, F.H. (2015). Fitness Liderlerinin İş ve Yaşam Doyumunun Belirlenmesinde Tutkunluğun Rolü: Ankara İli Örneği, *Spor Bilimleri Dergisi Hacettepe Journal of Sport Sciences*, 26 (1), 9–17.

Küçük; V ve Tazegül, Ü. (2016) Basketbol Antrenörlerinin Yaşam Doyum Düzeyleri ve Gelir Düzeyleri Arasındaki İlişkinin Belirlenmesi, ERPA , *International Congresses on Education*, 2-4 June.

Konter, E. (1996). Bir Liderlik Olarak Antrenör. Alfa Basım Yayın Dağıtım, İstanbul.

Menevşe, A., Açıkgöz, E ve Tazegül, Ü. (2016). Basketbol Antrenörlerinin Yaşam Doyum Düzeylerinin Gelir Düzeylerine Göre Karşılaştırılması, 9. Spor Bilimleri Öğrenci Kongresi, 12-14 Mayıs , İstanbul.

Myers, David G., and Ed Diener. "Who is happy?." *Psychologicalscience* 6.1 (1995): 10-19.

Sahranç, Ü. (2007). StresKontrolü, GenelÖz-Yeterlik, Durumluk Kaygıve Yaşam Doyumuyla İlişkili Bir Akış Modeli, Yayımlanmamış Doktora Tezi, Ankara: Gazi Üniversitesi Eğitim Bilimleri Enstitüsü.