

Assessment of Personality Traits of Performance Tennis Players Aged 18 Years and Above

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Abstract- The research aimed to assess the personality traits of performance tennis players aged 18 years and above and investigate differences according to gender. With this aim, the research was designed as a screening model. The study group comprised 80 tennis players who competed in the 18 years and above performance tournament hosted by the Turkish Tennis Federation (TTF) in 2013 who had individual or club licenses from the Tac Sports Club, TED Sports Club, ENKA Sports Club and Istanbul Tennis Club in Istanbul. While 83.8% (n=67) of the study group had club licenses, the remaining 16.2% (n=13) had individual licenses. The average age of the study group was 19.36 years (sd=1.85). Of tennis players 51.2% were women and 48.8% (n=39) were men. The short form PERI (Personality Inventory) personality scale was used in the research. The personality inventory is comprised of 5 subscales of openness to experience, sense of responsibility, extraversion, compatibility and emotional balance. The data collection tools were applied during face-to-face interviews with participants. The mean points of the data were calculated and the T test was used to obtain differences according to gender. In conclusion, tennis players had lowest mean points for the personality trait of emotional balance, and highest mean points for the personality trait of sense of responsibility. Additionally according to the variable of gender, the only significant difference was found for the personality trait of extraversion ($p<0.05$).

Index Terms— Personality, tennis, tennis player

I. INTRODUCTION

Personality is the reactions and representations exhibited by an individual within the relationships formed in their lived environment. In other words, everything the individual does, their relationships with individuals, emotions, thoughts, interests and tendencies show the personality of the individual. Personality is revealed in the compatible whole created by these traits [1].

Much research has been completed to determine the relationship between sport and personality. Blake stated that physical education, sport and physical activity affect development of personality in many ways and thus can support development. The natural environment of the school allows many multifaceted opportunities for personal life experiences and personality development. These opportunities are realized with the creation of interactive environmental conditions [pers.comm. 2]. It has been stated that physical education and

sport provide positive contributions to moral development, personal development and social development [3].

The relationship between the performance of sportspeople according to age and gender and personality has been researched and the results showed that personality factors appear to affect sports performance [4]. Personality traits have been compared and evaluated with a variety of variables for footballers in different leagues [5], karate trainers [6], wrestlers [7] and Cetingoz researched sportspeople in individual and team sports [8]. Additionally Tokdemir in a study on successful footballers on the national team in Turkish football obtained the result that the personality traits affecting performance were diligence, confidence and professionalism [9].

II. METHOD

The research aimed to describe and explain the personality traits of performance tennis players aged 18 years and above so the relational screening model was chosen from general screening models. The screening model is a research approach that aims to describe a situation in the past or continuing as it is. Screening models may be divided into general screening and sample event screening models. General screening models are subdivided into individual and relational screening models [10].

A. Study Group

The study group comprised 80 tennis players who competed in the 18 years and above performance tournament hosted by the Turkish Tennis Federation (TTF) in 2013 who had individual or club licenses. The average age of the study group was 19.36 years (sd=1.85). While 83.8% (n=67) of the study group had club licenses the remaining 16.2% (n=13) had individual licenses. According to the sports club of the players, 10.4% were from Tac Sports Club (n=13), 18.4% from TED Sports Club (n=23), 16.8% from ENKA Sports Club (n=21) and 18.4% from Istanbul Tennis Club (n=23). Of tennis players 51.2% were women (n=41) and 48.8% (n=39) were men (n=39).

B. Data Collection Tools

The data collection tools used in the study were an information form and the personality scale. The information form was created by the researcher and included information

such as the gender, club, type of license and ages of the tennis players. To evaluate the personality traits of the tennis players the short form Personality Inventory (PERI) developed by Sevinc [11] was used. The short form of the inventory comprised 25 statements and is arranged as a 5-point likert scale. Personality includes the subscales of openness to experience, sense of responsibility, extraversion, compatibility and emotional balance. The reliability analysis for the PERI short form personality scale has internal consistency coefficient between 0.71 and 0.87 with test-retest coefficients of between 0.88 and 0.93. Thus it is in the high reliability category [11]. The data had mean points calculated to determine descriptive statistics and distributions.

C. Data Collection

The data collection tools for the research were applied face-to-face by the researcher to the sampling group. To allow unity and consistency of application the necessary scientific research rules related to the scale were explained before the research. The tennis players accessed the scales directly from the researcher. Participants joined the research voluntarily. The study group did not undergo any selection procedure; the tennis players at the club joined the research. During meetings with tennis players before or after training at the sports clubs, the scales were completed. Later data was entered into the computer environment and after communication with Sevinc [11] mean points were obtained. The obtained data were analyzed with the t test to assess differences according to gender.

III. RESULT

To assess the personality traits of tennis players mean points were obtained and to determine any differences according to gender the t test was completed. The value of significance was taken as 0.05.

TABLE I. MEAN POINTS FOR PERSONALITY SUBSCALES OF THE STUDY GROUP

<i>Personality Factors</i>	<i>n</i>	<i>M in.</i>	<i>M ax.</i>	<i>m</i>	<i>S d</i>
Openness to experience	80	2.20	5.00	3.59	604
Extraversion	80	2.50	5.00	3.88	530
Emotional Balance	80	1.00	4.67	3.31	885
Compatibility	80	3.20	5.00	4.14	458
Sense of responsibility	80	1.80	5.00	4.32	565

When the personality traits of performance tennis players aged 18 years and above are assessed, the highest mean points of 4.32 were obtained for the personality trait of sense of responsibility. With mean points of 3.31 the personality trait of emotional balance had lowest mean points. The mean points for other personality traits were 4.14 for compatibility, 3.59 for openness to experience and 3.88 for extraversion.

TABLE II. FINDINGS RELATED TO PERSONALITY TRAIT SUBSCALES ACCORDING TO GENDER

<i>Personality Factor</i>	<i>Gender</i>	<i>n</i>	<i>M</i>	<i>S d</i>	<i>t</i>	<i>P</i>
Openness to experience	Female	1	3.68	601	1.457	0.55
	Male	1	3.49	597		
	Female	1	4.05	434	3.040	0.03*
Extraversion	Female	1	3.52	858	2.246	0.77
	Male	1	3.09	869		
	Female	1	4.23	424	1.910	0.21
Emotional Balance	Female	1	4.44	580	1.969	0.49
	Male	1	4.40	577		
	Female	1	4.20	527		

*p<0.05

As the study group showed normal distribution according to gender, the independent t test was used. According to the obtained results of personality traits of performance tennis players only the subscale of extraversion had a significant difference in favor of women (p<0.05). There was no difference found between men and women for the personality traits of openness to experience, emotional balance, compatibility and sense of responsibility (p>0.05).

IV. DISCUSSION AND CONCLUSION

When the mean points for personality traits of performance tennis players 18 years of age and above were investigated in this research, the highest mean points were obtained for the personality trait of sense of responsibility (4.32) indicating they had this trait at “effective or high” levels. Thus tennis players 18 years and above do not give up easily in the face of difficulties, pay attention to details, make plans and are disciplined. It was observed that physical education teachers had the trait of sense of responsibility at “effective or high levels” [12]. Additionally basketball players [13] and physical education teachers [14] had this personality trait at “high levels”.

The study group had the personality trait of compatibility at “effective or high” levels (mean = 4.14). Thus the tennis players appear to think of others, are helpful, and get along with others. The compatibility personality trait appears to be lower in players of individual sports compared to players of team sports [15, 16].

The 18 years and older tennis players had mean points of 3.88 for the extraversion personality trait, indicating they have this trait at “partially effective or situational” levels. Participants with these mean points describe themselves as individuals who are social, do not doubt themselves occasionally, protect their interests and show sufficient

closeness to others. Swimmers [17] and wrestlers [7] had the personality trait of extraversion at moderate levels.

The mean points for openness to experience personality traits of tennis players aged 18 years and above were 3.59. They have the trait at “partially effective or situational” levels and display the related behavior in certain situations. This result indicates they are individuals who produce new ideas, have different areas of interest, are creative, and try not to have fixed ideas.

The lowest mean points (3.31) for tennis players aged 18 years and above were for the emotional balance personality trait. They have this trait at “not effective or low” levels and describe themselves as individuals who do not feel sufficiently positive about themselves, anger easily and have high anxiety levels. In a study assessing the personality traits of physical education teachers similar results were obtained [12].

The only significant difference between gender and personality traits of participants was found for the extraversion personality trait. This result means that female tennis players appear to be individuals who are more social, feel less self-doubt, protect their interests and display sufficient closeness to others compared to male tennis players. However for the personality traits of openness to experience, compatibility, emotional balance and sense of responsibility, no significant difference was found. Different studies of male and female physical education teachers or sports persons have found no significant difference between gender and personality traits [6, 8, 12, 18, 19, 20]. However, Noemi, Agota and Krisztina [4] stated that personality varies according to age and gender in the conclusion of their research. Karageorghis and Terry found that players playing a team sport in different regions had different personality trait, thus they stated that sportspeople in different branches had different personality traits [21].

In conclusion, it appears that players of the individual sport of tennis do not feel sufficiently positive, anger easily and are anxious sports players. However, tennis is a sports branch requiring self-confidence, carefulness, concentration and cool headedness. To reach the top levels of national and international listings these elements are important details. These results lead to the consideration that it may be important to train tennis players in stress and anxiety management, motivation techniques, anger management and self-confidence. Additionally only the personality trait of extraversion showed a difference due to gender, with women tennis players appearing to be individuals who are more social, have less self-doubt, protect their interests and show closeness to others compared to male tennis players.

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