



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 4.69
IJPESH 2016; 3(2): 260-262
© 2016 IJPESH
www.kheljournal.com
Received: 22-01-2016
Accepted: 26-02-2016

Ali Niyazi İnal
School of Physical Education
and Sports, İstanbul Gelişim
University İstanbul /Turkey.

Ünsal Tazegül
School of Physical Education
and Sports, İstanbul Gelişim
University İstanbul /Turkey.

Tekmil Sezen Göksu
School Of Physical Education
and Sports, İstanbul Gelişim
University İstanbul /Turkey.

Correspondence
Ali Niyazi İnal
School of Physical Education
and Sports, İstanbul Gelişim
University İstanbul /Turkey.

Determination of the correlation between personality types and life satisfaction levels of academicians at the İstanbul Gelişim University

Ali Niyazi İnal, Ünsal Tazegül, Tekmil Sezen Göksu

Abstract

The present study aims to determine the relationship between personality types and life satisfactions levels of academicians from the İstanbul Gelişim University. Whereas the universe of the study is consisted of all academicians employed by the İstanbul Gelişim University, sampling of study is consisted of 55 volunteer academicians. 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 homogeneity 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, Academician.

1. 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 [1-4].

Cüceloğlu [5] 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 [6].

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 [7].

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 [8].

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^[9].

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^[10].

The purpose of the present study is to determine the relationship between personality types and life satisfaction levels of academicians at the İstanbul Gelişim University.

2. Method

2.1 Universe and Sampling

Whereas the universe of the study is consisted of all academic personnel from the İstanbul Gelişim University; the study sampling group is consisted of 55 volunteer academicians.

2.2 Data Collection Tool

2.2.1 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].

3. Life Satisfaction Scale (LSS)

This is the scale consisted of 5 items and developed by Diener, Emmans, Lorse 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].

4. 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.

4.2 Findings

Table 1: Descriptive Statistic Findings

	N	Mean	Std. Deviation
Psychoticism	55	9.4865	1.07035
Extroversion	55	8.8378	1.84863
Neuroticism	55	9.9730	1.46224
Life Satisfaction	55	24.7778	6.10906

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} =9.4865 (\pm 1.07035); for Extroversion at \bar{x} =8.8378 (\pm 1.84863); for Neuroticism at \bar{x} = 9.9730 (\pm 1.46224) and for Life satisfaction at \bar{x} =24.7778(\pm 6.10906).

Table 2: Correlation analysis

		Life Satisfaction
Psychoticism	Pearson Correlation	.055
	Sig. (2-tailed)	.749
Extroversion	Pearson Correlation	.131
	Sig. (2-tailed)	.045
Neuroticism	Pearson Correlation	.119
	Sig. (2-tailed)	.489

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

5. Discussion and Result

In consequence of statistical analysis process of collected data, it was observed that Neuroticism personality dimension score of academicians was greater than their score with Psychoticism and Extroversion personality dimensions. Thus, it is possible conclude that majority of academic personnel at the İstanbul Gelişim University have generally anxious and resentful personality characteristics. When Neuroticism personality characteristic is taken into consideration, it was understood that this expression was used to refer anxious, perverse and resentful individuals who develop neurotic personality characteristic. Additionally, descriptive statistical analysis results indicated that life satisfaction score of academicians from the İstanbul Gelişim University was estimated at \bar{x} =24.7778 (\pm 6.10906).

According to the correlation analysis, a positive significant correlation was determined between life satisfaction levels and extrovert personality dimension of academicians. If this finding is considered in terms of life satisfaction and extrovert personality characteristic, it was realized that obtained result can be expected because extrovert individuals represent social and funny persons according to their general characteristics. Therefore, it was considered that life satisfaction levels of individuals who develop extrovert personality characteristic could naturally be at higher levels. In terms of emotional activeness, extrovert individuals could chase opportunity to experience positive emotions more with respect to introvert individuals. Emotionally unstable individuals could desire to

experience negative feelings more in comparison with individuals with stability^[15, 16].

In the relevant literature review, findings of the present study were compared with studies which display parallel alignment. King and Broyles^[17] found highly significant correlation between positivity orientation and life satisfaction ($r=0.63$). Kümbül, Güler and Emeç^[18] reported a positive significant correlation between “life satisfaction” and “being positive”. Eryılmaz and Ögülmüş^[19] estimated “life satisfaction level” at 23.26, and extroversion personality score at 43.00. Additionally, they determined a positive significant correlation between subjective well-being and extrovert personality dimension. Morsünbül^[20], in his study conducted on university students, estimated “life satisfaction” score at 21.23. Finally, a positive and significant relationship was determined between extrovert personality characteristic and life satisfaction scores of academicians from the Istanbul Gelişim University. This emerging scene reveals that the obtained result can be considered normal when extrovert personality is evaluated according to the life satisfaction scale.

6. References

1. Tazegül Ü. Determination of the Correlation between Personality Characteristics of Wrestlers and Their Way of Handling with Stress. Published Master Thesis, Dumlupınar University, Institute of Health Sciences, Department of Physical Education and Sport, Ankara, 2012.
2. Güney S. Behavioral Sciences and Management Psychology Dictionary. Nobel Press Distribution: Ankara, 2000.
3. Hançerlioğlu O. Psychology Dictionary, 2nd Edition. Remzi Press: Istanbul, 1993.
4. Geçtan E. Psychology and Beyond. Metis Press: Istanbul, 2004.
5. Cüceloğlu D. Human and Behavior, 10th Press, Remzi Press: Istanbul, 2002.
6. Şahin Ş. Exhaustion and Life Satisfaction Levels of Physical Training Teachers. Master Thesis. Mersin; Mersin University, 2008.
7. Myers DG, Diener E. Who is happy? Psychological Science 1995; 6(1):10-19.
8. Sahranç Ü. Stres Kontrolü, Genel Öz-Yeterlik, Durumluk Kaygı ve Yaşam Doyumuyla İlişkili Bir Akış Modeli, Yayınlanmamış Doktora Tezi, Ankara: Gazi Üniversitesi Eğitim Bilimleri Enstitüsü, 2007.
9. Veenhoven R. The Study of Life Satisfaction (Ed.: W. E. Saris, R. Veenhoven, A. C. Scherpenzeel and B. A Bunting), Comparative Study of Satisfaction with Life in Europ., Eötvös University Press, 1996, 11-48.
10. Peterson C, Park N, Seligman MEP. Orientations to Happiness and Life Satisfaction: The Full Life versus the Empty Life, Journal of Happiness Studies. 2005; 6:25-41.
11. Aydemir Köroğlu Ö. Psikiyatride Kullanılan Klinik Ölçekler. Ankara: Hekimler Birliği Yayınları, 2009.
12. Yıldız M, Tekin M, Lök S. A Research on Personality Types of Soccer Players in Different Status, Selçuk University, Institute of Social Sciences Periodical, 2009, 22.
13. Diener E, Emmons R, Larsen RJ, Griffin S. The satisfaction with life scale. Journal of Personality Assessment. 1985; 49:71-75.
14. Aysan F. Some Variables Regarding Life Quality of A Group of High School Students. Selçuk University, Faculty of Education Periodical, 2001, 12.
15. Rusting CL. Personality, mood, and cognitive processing of emotional information: three conceptual frameworks. Psychological Bulletin, 1998; 124:165-196.
16. Rusting CL, Larsen RJ. Extraversion, Neuroticism, and Susceptibility to Positive and Negative Effect: A Test of Two Theoretical Models. Personality and Individual Differences. 1997; 22(5):607-612.
17. King LA, Broyles SJ. Wishes, Gender, Personality and Well-Being, Journal of Personality. 1997; 65:49-76.
18. Kümbül Güler B, Emeç, H. Life Satisfaction and Effect of Optimism on Academic Success, D.E.Ü.İ.İ.B.F. Periodical, 2006; 21(2):129-149.
19. Eryılmaz A, Ögülmüş S. Subjective Well-Being in Adolescence and Five-Factor Personality Model, Ahi Evren University, Faculty of Education Magazine 2010; 11(3):189-203.
20. Morsünbül Ü. Attachment Styles and Personality Types of Internet Addicts and Its Correlation with Loneliness and Life Satisfaction, International Journal of Human Sciences. 2014; 11(1):357-372.