

The Determination of the Relationship between Narcissism Levels and Positive Thinking Levels of Athletes Engaged In Different Team Sports Branches

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Abstract: This study aims to determine the narcissism and positive thinking scores of athletes engaged in different team branches. Multidimensional Sportspersonship Orientation Scale and Narcissistic Personality Inventory were used as a collection tool in the study. Portable IBM SPSS Statistics v20 software package was also used to analyze the data. For analyses of the data, descriptive statistics and Pearson correlation coefficient analysis were applied in the analysis of the data. As a result of the correlation analysis carried out, it was determined that there is a statistically significant relationship between the narcissism and positive thinking scores of athletes.

Keywords: Positive Thinking, Narcissistic Personality, Team Sports

INTRODUCTION

Narcissistic individuals excessively admire themselves physically and spiritually, get above themselves and constantly expect for appreciation, attention and approval; so they believe that they immediately draw a special interest and deserve a superior position in everywhere they go. It is an inevitable fact that disappointments and hurts in such intense narcissistic expectations are not a coincidence. The self-esteem of the narcissistic individuals mostly relies on interest, appreciation and approval from outside sources. These people cannot handle criticism, but constantly seek to be praised. For this reason, their appearance and behavior are always shaped to achieve them. They make friendships in order to glorify themselves and get themselves superior, so they exploit others to achieve their goals in this direction. Because narcissistic individuals do not show empathy towards emotions, thoughts and needs of others, narcissistic athletes are also known as selfish and ego-centric [1].

Narcissistic individuals are selfish because they think that they are unique and special. Because narcissistic individuals have sense of selfishness, they believe that they deserve more than they always get. They are success-oriented. They seek opportunities to increase their self-esteem when they feel a little fear of failure. Narcissistic individuals always strive to look good, and to feel themselves special, successful, important and positive. Sometimes, these self-regulatory efforts can have spiritual considerations, such as fantasizes of power or blaming the situation rather than personal failures and sometimes, they have idea of using the others for their own interests in their relationships [2].

When narcissistic athletes fail, they argue referee decisions, incorrectness of the rules, supporters, and incorrect tactics by coaches as reasons for their failures. Therefore, they will not believe that they fail due to their own fault [3].

A specific way of thinking can be defined as the way in which individuals choose and process information when interpreting the events they face in

their lives. This style varies according to individual differences. While some individuals interpret an event in a positive way, another one may interpret the same event negatively [4]. The way of thinking is a kind of preference for the use of the talents that individuals possess. They choose a form of expressing or controlling themselves in any situation in which they meet.⁵ Individuals, who have a positive thinking and are able to positively evaluate the events that they are experiencing on their surroundings, have more positive experiences than others and they are more successful in their lives and feel more energetic and happy in their activities [6].

According to Freitag [7], an individual's thinking is one of the essential elements of her existence and has important functions like her organs. The general function of the ideas is to facilitate the adaption of the individual to the society and environment where he lives in, thereby increasing the possibility of subsistence. Individuals need to think positively depending on two important factors. Positive thinking is an important source of motivation and an important means of raising the quality of existence for the

individual to continue his daily life. Positive thinking can be considered as the way of looking on the bright side of events. Positive thinking, a concept that includes general features, can be defined as a comprehensive attitude that reflects in the individual's speech, behavior, feelings, and thoughts [8].

Positive thinking, which is a cognitive process, helps individuals to use their skills effectively, to create positive images, to develop optimistic ideas, to find solutions to problems, to make positive decisions and to find more happiness in their lives. Positive thinking can be defined as using skills but it does not ignore the need to make realistic assessments. On the contrary, positive thinking is a positive focus and interpretation after acknowledging the positive and negative aspects of events and situations that individual's face [9, 10].

This study aims to determine the narcissism and positive thinking scores of athletes engaged in different team branches.

THE METHODS

The Method of the Study

In this study, quantitative method of research was used. The quantitative method of research is defined as a method of research that can be observed, measured, and numerically expressed by objectifying phenomena and events. The main aim in quantitative studies is to examine the social behaviors of people through observation, experiment, and test, and to quantify them numerically.

The Sample

A total of 139 athletes, 33 football players, 36 volleyball players, 40 handball players and 30 basketball players, who already ranked among the top three athletes in Turkish Championships, represent sample for the study.

Data Collection Tools

Narcissistic Personality Inventory

Narcissistic Personality Inventory (NPI-16) was formed by Daniel R. Ames, Paul Rose and Cameron P. Anderson in 2005 [11].

Positive Thinking Skills Scale

Positive Thinking Skills Scale was developed by Bekhet and Zauszniewski [12] in 2013. The Cronbach alpha value for internal consistency coefficient of the scale was found to be.

The Analysis of Data

For analyses of the data, Portable IBM SPSS Statistics v20 software package was used. The Kolmogorov-Smirnov Test was applied in order to decide whether data has normal distribution and ANOVA-Homogeneity of variance was applied to test the homogeneity of variances and it is observed that data is homogeneous and has a normal distribution.

After this initial analysis, it was decided to use the parametric test method in statistical analysis of the data. For the analysis of data, the descriptive statistics and Pearson Correlation analysis were used to analyze the collected data.

FINDINGS

Table 1: The Findings of Descriptive Statistics

	Mean	Std. Deviation
Narcissism	8,6374	1,74175
Positive Thinking	18,0707	4,29107

As a result of the correlation analysis carried out, athletes' narcissism score was found to be 8,6374 and positive thinking score was found to be 18,0707.

Table 2: Correlation analysis

		Narcissism
Positive Thinking	Pearson Correlation	-,037
	P	,041

As a result of the correlation analysis carried out, it was determined that there is a statistically significant negative relationship between narcissism levels and positive thinking levels of athletes.

DISCUSSION AND CONCLUSION

According to statistical analysis carried out, it was determined that there is a statistically significant negative relationship between narcissism levels and positive thinking levels of athletes.

This result is thought to be normal when it is evaluated according to the concept of positive thinking and narcissism. Because the readings reveal that the most prominent feature of individuals with narcissistic personality is that they perceive themselves as special and superior. Therefore, they exploit other people for their own interests because they see themselves superior to others. Individuals with a high level of positive thinking tend to empathize in general. It is normal to see a negative relationship between narcissism and the level of positive thinking, which is why it allows people to communicate well. They also try to establish close rapport, so it is thought to be normal a negative relationship between narcissism and positive thinking.

According to literature research carried out, some studies in parallel with the study data were found. Some of these studies were given below:

Tazegül [13] determined that physically disabled athletes' positive thinking score was found to be 18,9286. Tazegül [13] revealed that there is a positive relationship between narcissism levels and the positive thinking levels of physically disabled athletes. Tazegül [14] determined that it was determined that there is a

positive relationship between the extroversion personality score and the positive thinking score of the athletes and a negative relationship between the neurotic personality score and the positive thinking score. In addition, Tazegül's [15] work in 2016 revealed that the athletes engaged in tennis have a positive relationship between their positive thinking levels and body appreciation levels. In addition, the score of positive thinking of the tennis players was found to be 17,125.

Scott [16] studied the attitudes and principles of female athletes, called sub-elites, in his work. As a result, it was determined that female athletes have a greater desire to win rather than their talents. When the athletes' thoughts were examined, it was observed that they had the opinion like "you cannot do it if you do not plan to do something very well. If you really want to achieve it then you can achieve it". Therefore, women athletes have achieved success due to positive thinking.

As a result, it has been found that there is a negative relationship between the positive thinking and narcissism scores of athletes. When this result is evaluated according to the concepts of narcissism and positive thinking, it is thought that this result is normal. As a result of the literature review, insufficient number of study was found that reveal the relationship between the positive thinking and narcissism scores of the athletes. In this respect, it is thought that this study will contribute greatly to the literature and it will constitute an example of more comprehensive work to be done thereafter.

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