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Unveiling the link between narcissistic traits and motivation levels in wrestlers

Ünsal Tazegül*, Aytekin Soykan and Hamdi Sancaklı

School of Physical Education and Sports, Dumlupınar University, İstanbul, Türkiye.

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The aim of this study is to demonstrate the relationship between wrestlers' motivation and narcissism level by determining their narcissism and motivation tendencies. Narcissism personality scale and motivation tendency scale are used for gathering data in this study. In the analysis of the data, SPSS 15 program was used. "Kolmogorov-Smirnov" and "Anova-Homogeneity of variances" tests were applied in order to determine if the data are normally distributed. The tests results indicated that the data are normally distributed and homogeneity. Descriptive statistic test for analysing the data and Pearson correlation and regression tests for examining the relationship between narcissism and motivation tendencies of wrestlers are used in the study. At the end, while the findings show that wrestler's motivation tendency is of a fine one, findings also showed that there is a negative correlation between narcissism and abstaining from success.

Keywords: Narcissism, motivation, success, wrestling.

INTRODUCTION

Narcissistic personality is defined as the person who admires his physical and psychological characteristics and is so much full of himself (Güney 1998).

According to Freud, he describes narcissism as libidinal investment from the outside world by pulling one's self directed and he talks about two kinds of narcissism. Primary narcissism is described as the child's libidinal investment in external objects, not of self-directed and that all children have to go through such a specific maturation process. According to Freud, primary narcissism and libidinal energy are found in self/ego from the start and they are not directed to the objects. This situation is followed by swelling of the self accompanied by feelings of being powerful and precise. Freud also

defined secondary narcissism as relationship difficulties and frustrations as a result of acts of the next process, which is made of the libidinal investment in the outside World and withdrawing from people, directed to self/ego (Gençtan,2004).

According to Greek mythology, Narcissus was a young man who fell in love with his own reflection on lake and he drowned when he attempted to hug his reflection. This is the root of the word narcissism and it is described as someone's desire to his/her body (Timuroglu, 2005).

Even if Otto Rank used the term narcissism to describe self-sexual love, he also referred narcissism as arrogance and self love (Atay, 2010).

Kerten describes narcissism as a defence mechanism that a child establishes in order to tackle with the anxiety that his/her parents may leave him/her alone by the age of 3. Kerten also argues that this distorted relationship is taken to adulthood via boosted ego (Rataj, 2003).

*Corresponding Author E-mail: unsaltazegul@hotmail.com

Narcissist athletes reveal hostility and skepticism for human relations in their later relationships due to their negative experiences with their families in early childhood. As a result, pre-conditions of social feedback and self-implications, remain uncertain manner, so that doubts arise about the value of social feedback. Narcissistic athletes feel the need for testing whether the others bear appreciative thoughts or not and keep their relations under constant pressure in order to get the desired feedback. However, due to negative experiences in their early childhood not only they have distrust but also they can not really love and care the others, at the same time underestimate them (Gülmez, 2009).

Narcissistic athletes, reveal a calm and self-confident quality in their social behaviours. The fact that they seem to be trouble-free and saturated is thought to be related with their being graceful by the others. For others, this reveals immodesty, arrogance and complacency in the human relations, snobbish manners, much self-confidence and presumption. Narcissistic athletes generally use others for their own interests, exploit them, expect them for the fulfillment of their requests without beware of anything and giving anything in return. Therefore, they are seen as far from being humble, extremely self-centered and non-giver people (Tazegül, 2011).

Narcissistic athletes are the people who admire themselves physically and mentally, see themselves above, expect continuous appreciation, interest and approval, they will meet exclusive of interest wherever they go and think that they deserve the superior place. Such intense narcissistic injuries and disappointments in expectations is also often the inevitable reality. Narcissistic self-esteem of individuals are fed from outside interests, tastes, approvals. People in question can not stand criticisms and anticipate for constant praises. For this reason, their appearances and manners are formed to grasp all these. Since they make use of the others for glorifying, seem to be superior and reveal themselves; their friendships are just to get benefit from the others in this way. Narcissistic athletes are known as selfish, egocentric since they do not show empathy towards emotions, thoughts and needs of others (Rozenbaltt 2002).

Narcissist athletes, often see their failure's reason in the referee's attitude, "strange rules", audiences, "the wrong strategies of coach" etc. They usually do not face their failure and do not believe in their responsibility in failure (Tazegul, 2011).

Narcissism may sometimes affect the performance of the athletes positively. Narcissistic athletes themselves feel valuable, and their admiration for others to gain advantage depends on the capabilities of reveal themselves. They reveal their superiority by exhibiting the best movements that they perform in the sports field and try to attract attention. They are less interested in being loved and cared when compared to other people.

Therefore, narcissistic athletes behave combatant and self assertive during the competition in order to avoid the destruction of their self-esteem due to performance failure. The most important thing for a narcissistic athlete is to win. They also apply for unethical behaviors in order to acquire the targeted objective (Wallace Baumeister, 2002).

In case of a failure, they try to prove that it occurred due to mischance. They never believe that they lost the match due to their own failure and they related the defeat to the rules of the referee, mistakes of the rules, viewers and the wrong tactic given by the coach (Tazegul, 2011).

The narcissism types seen in athletes are divided in to two as dangerless and pathological:

Dangerless narcissism: Athlete's own struggle, and the resulting object is something that at the end of occupation. For example, a movement is learned from working with athletes that have achieved success, or due to a narcissistically compliment. Emerged as a result of their efforts to object, his excessive interest in the success of their own works of non-stop throughout the study, his interest in the materials used is balanced. Wherefore the factors that create dangerless narcissism self evaluate itself (Fromm 1994).

Dangerless narcissism, procures the athlete can deal effectively feel the expectations of the environment and the surrounding area, activities to enjoy, be proud of the achievements, errors and omissions to experience feelings of shame and anger, (Gülmez, 2009).

Pathological narcissism: Its object is not created or produced by the athlete, it is the thing owned by him. For example, his body, appearance, wealth, beauty... sickly narcissistic athletes have achieved something of a feature, not because they have also boast (Fromm 1994).

According to the psychodynamic view of General; childhood in the fear of failure, dependency needs, parental absence or neglect as a result of disease, response to criticism or ridicule is damaged, leading to the development of pathological narcissism (Güleç, Köroğlu 1998).

Extents of Narcissism seen in Athletes

Extent of Superiority: It represents self-confidence, independence, the need to be ambitious and successful.

Extent of Exploitation: It represents rebelliousness, inadaptability, spitefulness, not to respect and show tolerance towards others.

Extent of Authority: It reflects dominance, be assertive, leadership, being critical and self-confidence.

Extent of Pretension: It describes being ambitious, need for power, domination, spitefulness and recalcitrance.

Extent of Self-sufficiency: It is related with assertiveness, independence, self-confidence and need for success.

Extent of Exhibitionism: It is related with seeking for

emotion, extroversion and not controlling of the impulses.
Extend of Self esteem: The person finds himself physically attractive and for this reason he thoughts that he is judged by the others (Gülmez,2009).

The Signs of Narcissistic Athletes

1. He thinks that he is so important. (ex: He exaggerates his success and skills, he expects to be known as an extraordinary person without performing sufficient success)
2. He ponders upon boundless success, power, intelligence, beauty or flawless love fantasies.
3. He believes that he is special, unique and relies only other special people of superior ones can understand him or just he has to be friends with that sort of people.
4. He wants to be extremely admired.
5. He has an emotion that he deserves. (Has an expectation of application of a treatment type according to his thoughts or adaptation according to his expectations.
6. He takes advantage of his interpersonal relations. He takes advantage of weaker sides of the others in order to reach his objectives.
7. He is not be able to empathize. He is reluctant to identify the needs of the others.
8. Most of the time he envies the others or believes that the others envy him.
9. He reveals arrogant and supercilious behaviours or manners (Köroğlu ve Bayraktar, 2007).

The concept of motivation is derived from the Latin word "movere" , meaning " to move, to encourage, to act" (Richart, 1975).

Briefly, the motivation means "to direct and mobilize and dispose working" for the people . The motivation can be identified in the form "to act with one's own desires and wishes" to perform a certain purpose (Koçel, 2003).

Requests and needs in Psychology are examined under the heading of motivation (Arkonaç, 1998).

The factors affecting to continuation of the sport or gaining continuity of the sport are called as the sport-motive. Thanks to these motives, the process causing to continue the sports activity is called the motivation in the sport. There are many different ways to motivate the individuals. In the context of sport and participation, it is also very important to understand what the motivation is. The motivation is the process to obtain and use the resources which is possible such as the ability, time and energy (Martin, 1996).

How to be perceived by individuals the external factors and effects on motivation is important. So , what motivate the Athletes to sport? Each individual has different the motives directing the participation in terms of the physical fitness sport and social relations. The extrinsic motive is one of them (Brasile, 1991; Helland, 1998).

The individuals are motivated with the extrinsic motives in terms of the rewarding and social appreciation (Hatfield, 1998).

Types of Motivation

Intrinsic Motivation, briefly is that person's self-motivated. People who are intrinsically motivated in order to be competent (skillful) have an internal hunger. These people have the ability to manage themselves in order to be successful (Nicholas and Robert,1992).

People intrinsically motivated are addicted the game and their dignities. This inherent dignity motive to reveal the best of them. That many people around them is not critical for them. They continue by enjoying single-handed (Konter, 2004).

Extrinsic motivation is the strengthen or reinforce ,which can be appeared in the negative and positive effects through other people,and based on the material and moral values reducing or increasing the possibility of behavior's recurrence. Extrinsic rewards can be financial materials (for example: coupe, money, medals and so on extrinsic rewards). Extrinsic rewards can also come from immaterial sources .(For example, be appreciated, be praised and so on.) (Konter,1995).

Extrinsic motivation is not a situation which is directly related to the athlete . The simplest way to understanding the motivation of the external environment is to accept it as a process and to divide into (needs, motivations, goals,)the basic parts constituting it . The basic motivation process is usually expressed as follows (Gülen, 1998).

The purpose of this study is to reveal the relationship between the levels of narcissism and motivation levels ,by determining the levels of narcissism and motivational trends of free-style wrestler.

MATERIAL AND METHOD

Universe and Sample

The sample of this study constitutes a total of 145 free-style wrestler which is selected by random sampling method and participated in Youth championship Turkey 2012.

Research Data Collection

1- The validity and reliability study in Turkey developed by Willis (1982) and Sport-Specific Success Motivation Scale made by Tiryaki ve Gödelek have been used in. The scale of Willis constitutes of two sub-dimensions.The first of these sub-dimensions is the demonstration of power motive (power motive, POW) , latter the

Table 1. Wrestling ' motivation trend and descriptive statistical findings of narcissism

	N	Minimum	Maximum	Mean	Std. Deviation
Power motive	140	25,00	81,00	40,9143	6,77117
Reach to Success	140	37,00	79,00	60,6786	7,66123
Avoid failure	140	11,00	57,00	34,3357	7,32652
Narcissism	140	0,00	13,00	6,7071	2,77579

Table 2. Correlation Analysis

		Narcissism
Power motive	Pearson Correlation	,015
	P	,859
	N	140
Reach to Success	Pearson Correlation	-,120
	P	,159
	N	140
Avoid failure	P	-,190*
	Sig. (2-tailed)	,025
	N	140

motivations regarding the success. The motives regarding success; are the motive to approach success, (MAS) and the motive to avoid failure (MAF). As a result of reliability analysis made by Tiryaki and Gödelek, it was determined as $r=0,81$ for the power demonstration sub-scale and $r=0,82$ for the approach failure sub-scale and $r=0,80$ for the Avoidance of failure sub-scale depending on the alpha reliability coefficients. The high of scores obtained from the dimension of "Power Demonstration "and " Approach to Success"; the motivation of athlete is high in related to motivational aspects and if score is low, it indicates the opposite situation. The high score from "Avoidance of failure" dimensions indicates the athlete's fear of failure and having more stress (Tiryaki and Gödelek, 1997).

2-Narcissistic Personality Inventory composed of 16 questions and translated into Turkish by Salim Atay in 2009 was used as a scale factor. NPI composed of 16 questions was arranged by Daniel R. Ames, Paul Rose ve Cameron P. Anderson in 2005 translated into Turkish by Salim Atay. After the pilot application by Atay Cronbach's Alpha value was determined as 0,57 in the first performed study. Reliability coefficient below the values expected due to the presence of each factor scale, the negative correlation is detected and evaluated and determined not provide additive scale of four, were revised statement. After the measurements performed this change Cronbach's Alpha value was raised to 0,652. The questions in 16 questions scale factor translated into Turkish by Atay also distributed in 6 factors as superiority, authority, pretension, self sufficiency and exploitation similar to the 16 questions NPI English version. The points that can be gained from NPI are: extent of authority 0-2, extent of exhibitionism 0-3, extent

of exploitation 0-3, extent of pretension 0-2, extent of self-sufficiency 0-3, extent of superiority 0-3, total narcissism is between 0-16 points. As the point increases the level of narcissism also increases (Atay, 2009).

Data Analyses

SPSS 15 package software was used for the data analysis. The test of Kolmogorov-Smirnov to determine whether the data had a normal distribution , the test of Levene was applied to determine the homogeneity of variances and it was determined that the datas had an homogeneous and normal distribution. Descriptive statistics and Pearson correlation and regression analysis were used in the analysis of the datas.

FINDINGS

In this chapter, the findings obtained after the research are presented as 3 different tables and are tried to be explained.

In the Table 1, when the descriptive statistical findings showing the motivation orientation sub-dimensions and narcissism levels of the wrestlers within the scope of the study are examined, 'display of power' motives of the wrestlers are designated as ($\bar{x}=40.914\pm6.771$), 'reach the success' motives of them are designated as ($\bar{x}=60.678\pm7.661$), 'escape from success' motives of them are designated as ($\bar{x}=34.335\pm7.326$), narcissism is designated as ($\bar{x}=6,707\pm2.775$).

In the Table 2, at the end of the correlation analysis carried out between Narcissism and motivational sub-

Table 3. Regression Analysis

	R Square	F	Beta	t	p
Power motive	,000	,032	,015	,178	,859
Reach to Success	,014	2,01	-,120	-1,418	,159
Avoid failure	,036	2.010	-,190	-2,270	,025

dimensions, a slightly negative correlation is determined between 'escape from success' motive and narcissism.

In the Table 3, at the end of the regression analysis carried out between Narcissism and motivational sub-dimensions, a statistically significant correlation is determined between 'escape from success' motive and narcissism ($p < 0,05$).

DISCUSSION

In the Table 1, when the descriptive statistical findings showing the motivation orientation sub-dimensions and narcissism levels of the wrestlers within the scope of the study are examined, 'display of power' motives of the wrestlers are designated as ($\bar{x} = 40.914 \pm 6.771$), 'reach the success' motives of them are designated as ($\bar{x} = 60.678 \pm 7.661$), 'escape from success' motives of them are designated as ($\bar{x} = 34.335 \pm 7.326$), narcissism is designated as ($\bar{x} = 6,707 \pm 2.775$) and after the descriptive statistical findings are examined, the motivation levels of the wrestlers are determined to be high. When these findings obtained are evaluated according to the motivation orientation scale, it can be said that the wrestlers within the scope of the study are ambitious, determined and desire the success. In the literature review made, the studies which parallel with this study are not encountered.

Çekin, Tatar, and Afyon (2001) found that the motives of athletes in the age group 14-16 engaged in individual sports are to prove himself, to obtain a good place in society and to be healthy (Tazegül, 2013).

Moreover, the athletes's social status to be achieved through the championship and awards are the important factors to be high of young athletes motivations. Rewarding is one of the most effective among the motivating factors. (Wampbell, 1994).

Kuru and Abakay (2009), identified as follows in their studies; power motive of non-degree wrestlers is $\bar{X} = 38,40 \pm 3,97$, those with degree in Turkey $\bar{X} = 39,30 \pm 5,08$, those with degree in the international tournament $\bar{X} = 37,42 \pm 4,59$. it is identified as follows for non-degree wrestlers in the motive to escape from

success ; the motive to escape from success $\bar{X} = 34,45 \pm 5,99$. Those with degree in Turkey $\bar{X} = 35,48 \pm 5,40$. those with degree in the international tournament

$\bar{X} = 35,37 \pm 4,57$. Aktop (2002) in study, examined the sub-dimensions of success motivations and found as follows; Individual athletes's sub-dimensions of power motive is $\bar{X} = 37,89$, the sub-dimension of the approach motive to success is $\bar{X} = 62,50$, the sub-dimension of the motive escape from success is $\bar{X} = 28,17$.

Tazegül, Kalkavan, and Ersoy (2012), in their study, determined as follows; the power motive of the wrestlers that are Turkey's champion is ($= 39,055 \pm 3.749$), the power motive for the boxers that are Turkey's champion in the branch of boxing is ($= 37,900 \pm 5,258$). While Soyer, Can, Güven, Hergüner, Bayansalduz, and Tetik (2010) haven't found a significant relation between the ages and success motivations of the athletes, they found a significant relation in the gender factor. In the research made by Engür (2002) for determining its effect on the success motivation in elite athletes state anxiety levels, found that the succes motivation of male athlete is higher than female athletes.

Aslan and Kuru (2002), in their study, found a relationship in the positive low level of significance between the motives to avoid failure and the sporting experiences of the first league footballers and also in the negatif low level of significance between the power motive and the sporting experiences in the second league footballers. Turkmen (2005) found the requirement for success professional football players found higher than the requirements for success amateur soccer players. As a result of the study determining the factors of the motivation influencing to the Ural (2008) 's team performance, it was determined that the motivation level of athletes engaged in sports for less than 5 years is lower than and athletes engaged in sport for less than 10 years. In comparing the motivations of sport-specific success of female and male athletes made by Erman, Bahan, and Can (2004), it was not be found significant differences in terms of sub-parameters of achievement motivation between male and female athletes.

Karabulut, Kirazcı, and Ađçı (2000) determined the following values; the value of the power motive of

experienced athletes $\bar{X} = 40.87$, inexperienced athletes $\bar{X} = 39.49$, and the motive approach to success of experienced athletes $\bar{X} = 64.23$, inexperienced $\bar{X} = 64.41$, the motive to avoid failure of experienced athletes $\bar{X} = 31.02$, inexperienced $\bar{X} = 32.71$. However, there was a significant difference between the two groups.

Tazegül (2011) found as follows; Weightlifters narcissism level (7.283 ± 2.786), boxers (7.216 ± 2.584) and the level of narcissism of Greco-Roman wrestlers ($6,750 \pm 2,777$). Tazegül (2012) found as follows; the level of narcissism of the athletes in kick boxing branch ($6,533 \pm 2,849$), the level of narcissism of the athlete in freestyle wrestling branch ($6,333 \pm 3,578$).

Elman ve ark. (2003), found as follows; soccer narcissism level (19.4), basketball and rugby (17.8), and non-athlete narcissism level (15.2).

Tchanz and his colleagues (1998) assert that males are more narcissistic and females.

Tammy and his colleagues (2007) also agree with this notion.

Porcerelli and his colleagues (1995) found that weightlifters and body builders who take steroid drugs are more narcissistic than weightlifters and body builders who do not take such drugs.

Correlation analysis showed that while there is no meaningful correlation between narcissism and boosting and aiming success mechanisms, there is a negative correlation between narcissism and abstaining from success drive. It is also found that as the wrestlers' narcissism level increases, their abstaining from success drive decreases. According to narcissism and motivation scales, these findings are normal. The reason is that while abstaining from success indicates a low level of motivation, narcissism symbolizes ambition, being decisive, determined and leader. Furthermore, narcissistic persons are always willing to show their talents and abilities and not willing to miss any chance to demonstrate that.

CONCLUSION

In conclusion, findings indicate that wrestlers' motivation levels are normal and as the level of athletes' narcissism increases, their abstention from success decreases. It is also found that these findings justify the scales which have been used in this study.

In the modern understanding of sport, it is understood that athletes' performance can be improved by physical exercise up to a point and then the psychological mood of athletes plays a significant role to improve their performance even more. One of the most significant elements of performance which is affected by psychological mood is the motivation level of athletes in sport. When success is wanted and a high level of performance is asked from athletes, internal motivation of athletes should be improved by external material and non-material incentives. It is thought that this study can contribute to other researchers who work on similar issues like motivation and sport success, and athletes in terms of identifying motivation elements and therefore their performance.

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