

The Effect of Personality Features of University Students on Participation in Recreation Activities: Example of Afyon Kocatepe University

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Extensive Summary

Various factors such as speeding up technological developments and reducing working hours have increased people's leisure time and people who have free time have started to turn towards various recreational activities in order to spend free time usefully. Free time is the period of time that a person be able to move freely after satisfy his/her physiological needs. The interests, abilities, personal expectations, social and economic conditions of the person are extremely important determinants in determining the recreational activity chosen to make use of the leisure time well (Güçer and Başar, 2014, p. 382). Another factor affecting the preferences of individuals to redeem the their leisure time is their personality traits. In this study, it was tried to determine the level of participation of individuals in recreational activities within the Five Factor Personality Model developed by Goldberg (1981), where the personality traits of individuals are handled in five different factors (neuroticism, extraversion, openness, agreeableness, conscientiousness). In line with many studies, it is observed that individuals with higher extroversion, agreeableness and openness dimension participate more in the selection of leisure activities, but individuals with high conscientiousness and neuroticism dimension are more passive in leisure time assessment (Akyıldız, 2013, p.55). Therefore, it can be said that individuals are associated with the

personality traits they have in participating in recreational activities, and that individuals prefer recreational activities in accordance with their personality traits in their activities.

The aim of this study is to determine the level of participation of students studying in the Faculty of Tourism at Afyon Kocatepe University, how effective their personality traits are in the preference of recreational activities. This study was carried out to determine the education period of university students, out-of-school time, and if they are working in any job, the leisure activities they do during the time out of business time and the effect of their personality on their level of participation in these activities. For this purpose, 450 questionnaires was distributed to students studying at the Faculty of Tourism of Afyon Kocatepe University, 60 questionnaires excluded from analysis due to missing and mistakes, 390 questionnaires were taken into consideration. The data obtained in the surveys were analyzed with the SPSS package program.

As a result of the study, it was determined that the students of Tourism Faculty showed the most conscientiousness personality traits and the least neurotic (emotional balance) personality traits. Apart from neurotic personality traits, positive, significant and weak relationships were found between all other personality traits (extraversion, openness, agreeableness and conscientiousness) and leisure time motivation levels scale and the dimensions (intellectual, social, competence-mastery, driving-attractive factors). In the study, it was determined that the leisure motivation levels of the students of the Faculty of Tourism were above the intermediate level. As another result of the study, it can be said that students who are extroverted, openness, agreeableness, and who have conscientiousness features may be more social and tend to participate in recreational activities more frequently. Also, students want to learn new things in their lives when they are open to new ideas; however, it is seen that students do not participate in recreational activities in order to make others look nice. It is seen that the recreational opportunities of the university and the campus where the university is located and the rate of students' own time frame are effective in increasing the level of participation in recreational activities. Accordingly, the increase of participation and diversity by both local administrative and university administration units can increase the low-profit social facilities and recreation areas. It can be beneficial to make more detailed comparisons by expanding the studies to determine the level of participation of university students in recreational activities to include different faculties or universities.