

The Effects of Football and Volleyball Training on Neurotic Values of 30-40 Age Group Male Police Officers

30-40 Yaş Grubu Erkek Emniyet Görevlileri Üzerinde Futbol ve Voleybol Antrenmanlarının Nevrotik Değerler Üzerine Etkisi

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ABSTRACT

Background: In this study, it was aimed to determine the effect of football and volleyball training on the neurotic values of 30-40 age group male police officers and to contribute to the studies and literature in this field. The universe of the research consists of 45 male police officers aged 30-40 working in the Altınordu district of Ordu province in 2019.

Material and Method: The research is in a quasi-experimental research design model. "Eysenck Personality Inventory" was used in the study. Statistical analysis of the data was made with the SPSS 21 program. In the study, the compliance of the data to the normal distribution was tested by using the Shapiro-Wilk test and it was observed that the applied test was suitable for the groups. In comparing the means of more than two groups, one-way analysis of variance (ANOVA) was used for unrelated samples, and one-way analysis of variance was used for repeated measures in more than two comparisons of a group.

Results: When the general evaluation is made according to the research results; In the first week of the Eysenck Personality Inventory, it was observed that the volleyball group had the lowest score, while the score of the control group was higher than the volleyball group, and the score of the football group was higher than the control group. In the fourth and eighth week applications of the post-training test, the lowest score was found in the volleyball group, the football group got higher scores than the volleyball group, and the control group got higher scores than the football group. While the overall mean scores of the groups decreased in the volleyball and football groups, fluctuations were observed in the scores of the control group. Considering the neurotic score averages of the test, the volleyball group got the lowest value according to the test applied in the first week, while the football and the control group had a high value with equal values. While the neurotic value averages of the volleyball and football groups decreased after the training was applied, the neurotic score average of the control group first increased and then decreased. In the study, it was determined that sports positively affect the neuroticism values of individuals.

Conclusion: According to the results obtained from this study, it has been revealed that doing sports is one of the most effective options for people who work under high stress, especially for police officers, to get rid of the stored negative energy and to have a more positive perspective on life. The results of the study were evaluated with similar studies, and recommendations were made based on the findings.

Keywords: Eysenck Personality Inventory, Football, Personality, Neuroticism, Sport, Volleyball

ÖZET

Giriş: Bu çalışmada 30- 40 yaş grubu erkek emniyet görevlileri üzerinde futbol ve voleybol antrenmanlarının nevroitik değerleri üzerine etkisini belirlemek, bu alanda yapılacak çalışmalara ve literature katkıda bulunmak amaçlanmıştır.

Materyal ve Metod: Araştırma evrenini 2019 yılında Ordu ilinin Altınordu ilçesinde görev yapmakta olan yaşları 30-40 arasında değişen 45 erkek emniyet görevlisi oluşturmaktadır. Araştırma yarı deneysel araştırma deseni modelindedir. Araştırmada "Eysenck Kişilik Envanteri" kullanılmıştır. SPSS 21 programı ile verilerin istatistiksel analizi yapılmıştır. Çalışmada Shapiro-Wilk testi uygulanarak verilerin normal dağılıma uyumu test edilip uygulanan testin gruplara uygun olduğu görülmüştür. İki den fazla grubun ortalamalarını karşılaştırmada ilişkisiz örneklem için tek yönlü varyans analizi (ANOVA) ve bir gruba ait ikiden fazla karşılaştırmalarda tekrarlı ölçümler için tek yönlü varyans analizi uygulanmıştır.

Bulgular: Araştırma sonuçlarına göre genel değerlendirme yapıldığında; Eysenck Kişilik Envanterinin ilk hafta uygulanmasında en düşük puana sahip voleybol grubu iken kontrol grubunun puanı voleybol grubundan yüksek, futbol grubunun puanının ise kontrol grubundan Yüksek olduğu görülmüştür. Antrenman sonrası testin dördüncü ve sekizinci hafta uygulamalarında ise en düşük puan voleybol grubunun olmuş, futbol grubu voleybol grubundan daha yüksek, kontrol grubu ise futbol grubundan daha Yüksek puan almıştır. Grupların genel puan ortalamaları voleybol ve futbol grubunda düşüş gösterirken kontrol grubunun puanında dalgalanma gözlemlenmiştir. Testin nevroitik puan ortalamalarına bakıldığında ise ilk hafta uygulanan teste göre voleybol grubu en düşük değeri alırken futbol ve kontrol grubu eşit değer olarak Yüksek değere sahip olmuşlardır. Voleybol ve futbol gruplarının nevroitik değer ortalamaları uygulanan antrenmanlar sonrasında düşüş gösterirken kontrol grubunun nevroitik puan ortalamasında önce artış daha sonra azalış meydana gelmiştir. Araştırmada, sporun bireylerin nevroitiklik değerlerini olumlu yönde etkilediği görülmüştür.

Sonuç: Bu çalışma ile elde edilen sonuçlara göre özellikle polis memurları olmak üzere Yüksek stres altında çalışan kişilerin depoladıkları negative enerjiden kurtulmaları ve daha pozitif bir ruha sahip olmaları için spor yapmanın en etkili seçeneklerden biri olduğu ortaya çıkmıştır. Çalışmanın sonuçları benzer çalışmalar ile değerlendirilmiş, bulgulara dayalı olarak önerilerde bulunulmuştur.

Anahtar kelimeler: Eysenck Kişilik Envanteri, Futbol, Kişilik, Nevrotiklik, Spor, Voleybol

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INTRODUCTION

Sport, which has preserved its existence in the social life of individuals from past to present, has been an important part of human life (Yazici, 2012). Sport is a branch that affects the growth, development and behavior of the individual in line with some physical activities of the individual (Sekertekin, 2003), that individuals do in a planned and conscious way, and that completes their physical, emotional and mental education (Tosunoglu, 2008).

The word sport (etymologically) derives from the word disport ("dis" and "portare"). It means staying away from work (Ozbaydar, 1983). The Latin word "sport" also means "to disperse, to separate". In ancient Greeks, it was used in the sense of "the occupation of noble and kind men" (Ozen, 2013).

Sports enable the person to be dynamic, develop a happy personality against the psychological and social negativities brought by daily life, and reduce the incompatibility problem of people (Duman and Kuru, 2010). Sport facilitates one's adaptation to society by providing a positive effect on phenomena such as sense of responsibility, vitality, mobility, ability to focus (Soysal, 2018), health, productivity, being creative and adventurous (Uluc, 2018).

Psychology is all of the scientific efforts that try to find and understand the main reasons underlying all the behaviors that people live as an individual from the moment they are born until their death. Psychology is a science that shows itself in every aspect of human life today. It covers a wide area from advertisements to personnel selection, the application of the latest management principles in workplaces and increasing work efficiency (Cuceloglu, 1993).

The origin of volleyball is the American continent. It was found in the USA in 1885 by a sports trainer named William G. Morgan. (Uluoz, 2015). It is not known exactly when and where football first appeared. The Romans called it Harpastum, the ancient Greeks called it Episkiros, and the Turks called it Tepük (Caglayan, 2003).

When the studies investigating the relationship between sports and personality traits (Selcuk and Aydos, 1998; Yildiz, 2009; Baseken, 2016) are examined, it is seen that the studies mostly focus on other sub-branches of psychology. In the literature, there are limited studies (Tosunoglu, 2008; Soysal, 2018) investigating the effect of sports on neurotic values. In order to clarify the situation, similar studies should be carried out on groups with different qualifications. The general purpose of this study is to determine the changes that may occur in neuroticism values after volleyball and football trainings were given to 45 male police officers aged between 30-40 years working in Ordu City Center in 2019. This study is important in terms of filling the existing gap in the literature.

MATERIAL and METHOD

Establishment of Participants and Working Groups

This study was carried out with the participation of 45 sedentary male police officers (healthy, not exercising regularly), aged between 30-40, working in Altınordu District of Ordu Province in 2019. After the information about the research was given orally to the participants, the application groups (Volleyball Group: VG, Football Group: FG and Control Group: CG) were formed from 15 people using a random number table. The following tables (Table 1, 2) contains information about the experimental and control groups.

Table 1. Information on the study groups of the research.

Gender	Age	Number (Person)	Control Group (Person)	Volleyball Branch Testing Group (Person)	Football Branch Testing Group (Kişi)
Male	30-40	45	15	15	15

Table 2. Average age, height, weight and body mass index of the participants.

Groups	Average age	Average height	Weight average	Body mass index average
Volleyball	33.8	177.2	83.6	26.62
Football	34.2	179.1	84	26.17
Control	35	178.8	88	27.39

To carry out the study, Van Yuzuncu Yil University Social and Human Sciences Ethics Committee approval was obtained with the decision dated 16/01/2019 and numbered 01. In addition, the necessary permission and approval were obtained from the Ordu Provincial Police Department regarding the work on the police officers. Health reports were obtained from all the subjects

participating in the study, indicating that there was no condition that would prevent them from doing sports.

Training Program

Volleyball and football groups, which are among the practice groups, were subjected to practices (one training per week) during the eight-week working period. The training units consisted of three parts, the 1st warm-up part (15 minutes), the 2nd main part (60 minutes) and the 3rd finishing part (10 minutes).

1. In the warm-up section, along with theoretical presentations and reminders about the main subject to be covered in the main part of the training unit, low-intensity 5-minute jogging or fast walking, cultural physical movements from large muscle groups to small muscle groups, including the joints (from general to specific) and stretching exercises were made.
2. A branch-specific match was held together with the training of techniques or skills to be emphasized in the main section.

3. In the finishing section, low-intensity 5-minute jogging or fast walking, stretching activities for especially large muscle groups including joints from large muscle groups to small muscle groups were performed.

During the study period, football and volleyball competitions were applied every week to support the training at the end of eight weeks of football and volleyball training.

Information on training periods is presented in Table 3 below.

Table 3. Training periods.

Warm-up Exercise	I. Main Training Program	Rest	II. Main Training Program
15 min	30 min	10 min	30 min

As seen in Table 3, in the training program of the study; There are 15 minutes warm-up, 30 minutes main training, 10 minutes rest, 30 minutes main training periods. Considering all these times, the same training programs were applied to all subjects.

The main training practices of volleyball (Table 4) and football (Table 5) were carried out as in the tables given below.

Table 4. Eight-week volleyball main training program.

W	WP	N	SCOPE OF TRAINING
1	VC	15	Basic postures
2	VC	15	Game setup for volleyball
3	VC	15	Dunk in volleyball
4	VC	15	Description of service in volleyball
5	VC	15	Serve in volleyball (resurrected)
6	VC	15	Tennis service in volleyball
7	VC	15	Pre-competition game
8	VC	15	Pre-competition game

WP:Workplace , N: Number of People, W:Week, VC: Volleyball Court).

Data Collection

The data required for the research were collected with the Eysenck Personality Test (additional document 3) developed by Eysenck and the personal information form. Eysenck Personality Inventory was applied to the experimental groups and the control group at the beginning of the eight-week training period, at the end of the fourth week and at the end of the eighth week. The Personal Information Form is the form included in the Eysenck Personality Test, which is prepared to determine the personal information of the law enforcement personnel participating in the study. The form included questions about gender, age, and which sport they were involved in.

Model of the Research

In the research, the quasi-experimental research design was used. Eysenck Personality Test was used in the study. The quasi-experimental research design is a quantitative research approach using an experimental-control group pretest-posttest (Cepni, 2014). The data of the study were collected by questionnaire method. With this method, the neurotic personality traits of the police officers who were trained in football and volleyball and the differences

in terms of age and sports branch variables were examined.

Analysis of Data

The Eysenck Personality Inventory developed by Eysenck was applied to the police officers participating in the study. This test consists of four dimensions: neuroticism, psychoticism, extraversion-introversion, and lying. In this study, the neuroticism dimension of the Eysenck Personality Inventory was made statistically based on 23 questions. Those who scored 11 points or more out of 23 questions were considered neurotic. Experimental and control groups in the study were randomly determined. Statistical analysis of the data was made with the SPSS 21 program. In the study, the compliance of the data to the normal distribution was tested by using the Shapiro-Wilk test and it was observed that the applied test was suitable for the groups. In comparing the means of more than two groups, one-way analysis of variance (ANOVA) was used for unrelated samples, and one-way analysis of variance was used for repeated measures in more than two comparisons of a group. In addition, Tukey, one of the multiple comparison tests, was also used in the study.

Table 5. Eight-week main football training program. (WP:Workplace , N: Number of people, W:Week,, FC: Football Court)

W	WP	N	SCOPE OF TRAINING
1	FC	15	Basic stances – dribbling
2	FC	15	Dribbling-short pass practice
3	FC	15	Dribbling-long pass practice
4	FC	15	Shooting on target
5	FC	15	Technical training
6	FC	15	Technical training
7	FC	15	Pre-competition game
8	FC	15	Pre-competition game

RESULTS

Table 6. Analysis of the test applied before starting the training.

	Sum of squares	DF	Mean of squares	F	P
Between groups	121.378	2	60.689	0.709	0.498
Within groups	3595.600	42	83.610		
Total	3616.978	44			

(Significant for $p < 0.05$) (Shapiro Wilk Test), (DF: Degree of Freedom)

In the statistical analysis of Eysenck Personality Test, which was applied to volleyball, football and control groups before starting the training, one-way ANOVA test was used for the unrelated sample in which the averages of more than two groups were

compared, a value of $p > 0.05$ ($p = 0.498$) in Table 6 according to the Shapiro Wilk test. Since it was determined that there was no significant difference between the groups, the groups were considered equal in terms of statistical values.

Table 7. Comparison of tests administered in the first week.

	N	Average	Sd	Minimum	Maximum
Volleyball	15	45.67	6.597	35	54
Football	15	49.33	11.095	31	64
Control Group	15	48.93	9.498	30	64
Total	45	47.98	9.191	30	64

(N: number of people, Sd: standard deviation) (ANOVA)

In Table 7, one-way ANOVA test was performed for the unrelated sample, in which more than two averages applied in the first week were compared,

and it was determined that the football group had the highest average (49.33), while the lowest average was the volleyball group (45.67).

Table 8. Comparison of the tests administered in the 4th week.

	N	Average	Sd	Minimum	Maximum
Volleyball	15	42.47	6.266	32	51
Football	15	47.20	10.073	30	60
Control Group	15	47.87	8.667	31	65
Total	45	45.84	8.639	30	65

(N: number of people, Sd: standard deviation) (ANOVA)

One-way analysis of variance for the unrelated sample, which was performed according to the Eysenck Personality Test administered to three groups in the fourth week, is given in Table 8. The

highest mean value was measured in the control group (47.87), while the lowest mean value was found in the volleyball group (42.47).

Table 9. Comparison of the tests applied in the 8th week.

	N	Average	Sd	Minimum	Maximum
Volleyball	15	38.00	5.745	30	47
Football	15	42.07	7.516	30	53
Control Group	15	49.33	8.740	35	65
Total	45	43.13	8.675	30	65

(N: number of people, Sd: standard deviation) (ANOVA)

According to the one-way analysis of variance for the unrelated sample of the posttest administered at the end of the 8th week given in Table 9, the test mean of individuals playing volleyball (38.00) was the lowest, while the average of individuals in the control group (49.33) was the highest.

Table 10. Between groups and in-group evaluation of the test administered at the end of the 8th week.

	Sum of squares	DF	Mean of squares	F	P	Significant difference
Between groups	988.933	2	494.467	8.943	0.001	Football-control Volleyball-control
Within groups	2322.267	42	55.292			
Total	3311.2	44				

(Significant for $p > 0.05$. Sd: Degree of Freedom, F: Frequency, P: Difficulty)

According to the multiple comparison test (Tukey) performed, the difference between the groups was found to be significant since $p < 0.05$ ($p = 0.001$) between the football-control groups and volleyball-control groups in Table 10.

Table 11. Eysenck Personality Test general averages obtained at the end of the study.

Test applications	Groups	N	Mean	Standart deviation
Initial test	Volleyball	15	45.67	6.597
	Football	15	49.33	11.095
	Control	15	48.93	9.498
4th week test	Volleyball	15	42.47	6.266
	Football	15	47.20	10,073
	Control	15	47.87	8.667
8th week test	Volleyball	15	38.00	5.745
	Football	15	42.07	7.516
	Control	15	49.33	8.740

(N: Number of people) (ANOVA).

When the Eysenck Personality Test general score averages and standard deviations of the volleyball, football and control groups are examined in Table 11, it was observed that the scores of the volleyball and football groups decreased while the scores of the control group fluctuated.

Table 12. Comparison of neurotic values of tests applied before starting training.

	N	Mean	Sd	Minimum	Maximum	P
Volleyball	15	13.60	2.261	10	19	
Football	15	13.87	2.800	10	19	0.946
Control Group	15	13.87	2.475	11	18	
Total	45	13.78	2.467	10	19	

(N: Number of people, Sd: Standard deviation) (ANOVA).

According to the statistical analysis of the test applied before starting the training in the first week of the process, it was determined that the football group and the control group had the highest average (13.87), while the lowest average (13.60) was found in the volleyball group, and it is given in Table 13.

Table 13. Comparison of neurotic values of the test administered in the 4th week.

	N	Mean	Sd	Minimum	Maximum	P
Volleyball	15	11.20 ^b	2.597	7	16	
Football	15	11.87 ^b	2.774	7	16	P<0.05
Control Group	15	14.07 ^a	2.086	10	18	
Total	45	12.38	2.741	7	18	

N: Number of subjects, Sd: Standard deviation (ANOVA), a,b,c: Shows the difference between groups (Tukey post-hoc test).

Statistical analysis of neurotic tendencies of individuals according to one-way analysis of variance for unrelated sample according to Eysenck Personality Test score applied to three groups in the first week is given in Table 14. The highest mean

value was measured in the control group (14.07), while the lowest mean value was observed in the volleyball group (11.20). The neurotic score average of the football group (11.87) remained in the intermediate value.

Table 14. Comparison of neurotic values of the test administered at the 8th week.

	N	Mean	Sd	Minimum	Maximum	P
Volleyball	15	7.87 ^c	1.356	6	10	
Football	15	10.33 ^b	2.769	7	14	0.0001
Control Group	15	14.00 ^a	2.104	10	17	
Total	45	10.73	3.306	6	17	

N: Number of subjects, Sd: Standard deviation (ANOVA) a,b,c: Shows the difference between groups (Tukey post-hoc test).

In the statistical analysis of the neurotic scores of the post-test administered after the training at the end of the 8th week given in Table 15, the test average of the individuals who played volleyball for which one-way analysis of variance was applied for the unrelated sample was found to be the lowest (7.87),

while the neurotic score average of the individuals in the control group (14.00) was the highest. value was found. The standard deviation of the test was found to be the highest in the football group (2.769), while the lowest standard deviation was measured in the volleyball group (1.356).

Table 15. General averages of neurotic score values obtained at the end of the study.

Test Applications	Groups	N	Mean	Sd
Initial test	Volleyball	15	13.60	2.261
	Football	15	13.87	2.800
	Control	15	13.87	2.475
4th week test	Volleyball	15	11.20	2.597
	Football	15	11.87	2.774
	Control	15	14.07	2.086
8th week test	Volleyball	15	7.87	1.356
	Football	15	10.33	2.769
	Control	15	14.00	2.104

(N: Number of people, Sd: Standard deviation) (ANOVA Test).

In Table 17, one-way analysis of variance for repeated measurements of a group was applied separately for all groups, and when the neurotic score averages and standard deviation values of the volleyball, football and control groups were examined in general, the average neurotic scores of

the volleyball and football groups decreased. Although the score of the control group increased in the 4th week and decreased in the 8th week, it was observed that the average score increased compared to the first week.

Table 16. T-test for pretest-posttest neuroticism values of volleyball and football groups.

	Group	N	X̄	Sd	Standard error	p	T
Difference	Volleyball	15	0.26	3.69	0.95	0.955	-1.69
	Football	15	2.46	3.39	0.87		

(Significant for $p < 0.05$) (N: number of people, X̄: mean, Sd. Standard deviation, p: significance, t: effect).

In Table 18, there is a descriptive analysis of the neuroticism values of the volleyball and soccer groups, pretest-posttest score differences, and a t-test for unrelated samples. Considering the average of the difference scores, it was seen that the average of the volleyball group ($X_{\text{volleyball}}=0.26$) was lower than the average of the football group ($X_{\text{football}}=2.46$). This shows that volleyball training is more effective than soccer training in terms of effect on neuroticism ($t=-1.69$, $p < 0.05$).

DISCUSSION

Tosunoglu et al. (2016) examined the personality traits of secondary school students who do team sports by gender. When the tests performed in the study were compared according to gender and within themselves, the psychotic values of the athletes in the volleyball branch were lower than the athletes in other branches. When the neurotic scores according to the branches were examined, it was determined that the highest average score was in the athletes dealing with the football branch. When the branches are compared according to gender within themselves, the neurotic score averages of basketball players were higher than the neurotic score averages of basketball players. While the psychotic values of male athletes in the volleyball branch were higher than the female volleyball players, the psychotic values of the female athletes were found to be higher than the male handball players in the handball branch. In general, it has been stated that female athletes show more neurotic tendencies than male athletes. In this study, neurotic score averages of individuals dealing with the football branch were higher than the neurotic point averages of the individuals dealing with the volleyball branch, while it was lower than the neurotic score averages of the individuals in the control group.

Researching the relationship between the personality traits of athletes and their commitment to life, Tazegul (2012) worked with volunteer students studying at a university's physical education and sports college and used the Eysenck Personality Test. In his study on 175 athletes, it was seen that the relationship between extroversion, personality dimension and commitment to life was positive. In this study, we studied 45 male individuals, 15 of whom were in the control group, and the positive decrease in Eysenck personality test scores of individuals playing football and volleyball was similar to Tazegul's (2012) study.

Arslan (2006), on the other hand, compared the personality traits of individuals who do sports professionally and amateurly and those who do not do active sports, and as a result, Professional and

amateur athletes have more extroverted values in terms of extrovert values than individuals who do not do active sports, and professional athletes have more extroverted values than amateur athletes concluded that . concluded that. The study of Duman and Kuru (2010), which supports these findings, compared the personal adjustment levels of Turkish students living in Germany between the ages of 13 and 16 who do sports and those who do not. As a result of the study, when the Hacettepe Personality Inventory (HCI) subscale mean scores were analyzed in terms of gender, age and school type; It has been observed that students who do sports are more adaptable than students who do not. In this study, individuals who do sports and individuals who do not do sports were evaluated together. As a result, it was understood that the findings of Arslan (2006) and Duman and Kuru (2010) were in the same direction with the findings of this study.

Soysal (2018), examining the effect of volleyball and basketball training on the neurotic value of 10-12 age group students, divided 60 people into groups to form basketball, volleyball and control groups. The Eysenck Personality Test was applied at certain intervals while the training continued. When the data obtained as a result of the test were examined, there was no difference between the genders, but there was a significant difference between the neurotic scores of the control group and basketball and volleyball groups. For investigating the effect of sports on personality, Tazegul (2014) had individuals do sports activities at certain periods for three months and determined the decrease in neuroticism scores. Our study is similar to these two studies in that individuals who do sports show less neurotic characteristics than individuals who do not do sports, according to the statistical analysis data made as a result of regular training and Eysenck Personality Inventory.

Sen (2015), on the other hand, compared individuals between the ages of 13-18 who play and do not play professional football in terms of stress, anxiety and depression, and found that there are significant differences in the levels of stress, anxiety and depression between individuals who do sports and those who do not. In this study, we studied on police officers between the ages of 30-40, and it was seen that these individuals played football and volleyball regularly and had a positive effect on neurotic values compared to individuals who did not do sports.

Yarimkaya (2013) examined the effects of volleyball training on self-confidence levels in 12-14 age group

students. As a result, it was determined that there was a statistically significant difference between the experimental and control groups in the comparison of the self-confidence of the male and female subjects of the 12-14 age group primary school students. In our study, a statistically significant difference was observed between the experimental and control groups, similar to the study of Yarimkaya (2013), as a result of the training applied at regular intervals with male police officers in the 30-40 age group.

Examining the personality types and styles of anger expressions of amateur and youth football players, Yildiz (2008) analyzed the Eysenck Personality Test used on 67 football players playing in amateur and youth leagues of some cities, and it was determined that there was a significant difference between trait anger-anger styles and personality types in football players have been done. Eysenck Personality Inventory was used in this study. The neurotic values of the police officers who are engaged in volleyball and football and not interested in any sports branch were measured. While it was observed that the neurotic values of the individuals who do sports were positively affected, no positive or negative effects were found on the neuroticism values of the individuals who did not do sports.

The findings obtained from this study, which was conducted to determine whether football and volleyball trainings have an effect on the neurotic values of male police officers, show that football and volleyball have a positive effect on the neurotic values of individuals.

The research findings showed that training in both football and volleyball fields gradually decreased the neurotic scores of the individuals, while fluctuations occurred in the neurotic scores of the control group. According to the Eysenck Personality Inventory, which was applied before starting sports activities, the volleyball group's score was the lowest, while the control group's score was lower than the football group's score and higher than the volleyball group's score. According to the test applied in the fourth week, the lowest score was found in the volleyball group and the highest score in the control group, while the value of the football group was found to be between the scores of the two groups. The final test was administered in the eighth week. According to this test applied in the last week, the volleyball group had the lowest score, while the football group scored higher than the volleyball group and lower than the control group. When examined in general, the average score of the volleyball group is lower than the other groups.

According to the results obtained with this study, it has been revealed that doing sports is one of the most effective options for people who work under high stress, especially for police officers, to get rid of the stored negative energy and to have a more positive perspective on life. When the data of this study are evaluated, it is thought that the social life of sports will also be affected in terms of neurotic values. This study is restricted as it covers only a part of the male

police officers of the Altınordu District Police Department of Ordu Province. In order to obtain deeper information on similar subjects, studies based on qualitative research methods can be carried out, or similar studies can be planned and implemented in different institutions and fields in order to reveal the efficiency of the study. For employees of institutions with high work stress, for example, health workers may be included in this group and a similar study may be implemented. We are of the opinion that every research that will be planned and conducted by taking the study as an example can make greater contributions to the literature in this field.

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Conflict of Interest

The authors declare that there is no conflict of interest.

Ethics Approval

To carry out the study, Van Yuzuncu Yil University Social and Human Sciences Ethics Committee approval was obtained with the decision dated 16/01/2019 and numbered 01

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