

## **Investigation of Aggression Levels of Adolescent Amateur Athletes**

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### **Abstract**

The aim of the study is to investigate whether the aggressiveness levels of amateur athletes engaged in various sports in the adolescent age differ in terms of some independent variables. A total of 135 athletes participated in the study with the sampling method and 129 people were evaluated. As a data collection tool, the Kar-Ya Aggression Scale and Personal information form, which was developed in Karataş and Yavuzer (2016), and whose validity and reliability study was carried out, were applied. The evaluation of the data was done with SPSS statistical software. Normal distribution values related to the type of tests to be used were analyzed. Independent sample t test was used for comparisons in which the data showed normal distribution. The significance level was accepted as  $p = 0.05$  for all tests. Cronbach Alpha reliability coefficient was found to be 0.95 for the entire scale. In adolescents athletes, the aggression aggregate scores and physical aggression, anger and verbal aggression subscale scores are higher than the females. In the hostility sub-dimension, there is no difference according to the gender of the participants. There is no statistically significant difference in aggression scores by age and income level. The mean scores of hostility and verbal aggression were higher in those who suffered a first degree imminent loss from the family. Physical aggression, anger and aggression total scores did not differ.

**Keywords:** Aggression, Adolescent, Amateur Athletes

## Introduction

The concept of aggression is annoying, violent behavior aimed at harming someone else, verbally or indirectly. Considering the developmental periods, the behaviors that cause aggression in childhood, adolescence, adulthood and old age may differ (Kesen et al. 2007).

Tiryaki (2000) defines it as to overcome aggression, to manage it, to display hostile behaviors to break a business. Çobanoğlu (2005), on the other hand, defines aggression not as a reaction against external stimuli, but as a stimulation that tries to emerge in the human. When the subject of aggression is examined during adolescence, adolescents struggle to determine and control their own destiny, as the process of identity development and identity confusion continues. Adolescent wants to be independent. Adolescence is the second most rapid development. It is normal for adolescents to try to adapt to a changing and developing body. Adolescence is a very colorful period when viewed from outside. While adolescents prepare for transition to adult life, they experience identity confusion and identity crisis. As a result, it is possible for them to experience some internal distress and negative emotions. These negative emotions during adolescence can sometimes be seen in the form of anger, violence and aggression. In such a situation, sports activities can be used to turn the negative emotions of adolescents into positive behaviors. It is a situation that is desired to transfer the excess energy in a positive direction. Therefore, verbal and physical aggression and feelings of hostility can often be seen in adolescence. (Bauman, 1997). In addition, lessons, exams, school life and developmental difficulties cause adolescents to experience anger and aggression. They found that sportive active youths in adolescence are more likely to be active in adulthood, and future physical activity habits are associated with adolescent physical activity habits (Türkay et al. 2019). Sport has the feature of reducing aggression and similar negative behaviors to adolescents. It may be necessary to provide social or psychological support to adolescents who cannot cope with their problems when necessary. Adolescents need to include physical activity in their daily lives. The relaxation of the sport will be reflected in their daily lives. In addition, it can be suggested that the activities be carried out within the plan and program of the courses (Yiğit and Karakaya 2010). Sport improves self-confidence and posture for adolescents. The posture is that the body is on a straight line (Karakaya 2009). The aim of this study is to examine the aggression levels of adolescent athletes in terms of some variables. The study is thought to contribute to adolescents, their families and the literature.

## Method

The aim of this study is to determine whether the aggression levels of amateur athletes in the adolescent period differ according to independent variables (age, gender, income status of the family, whether they lose close to the first degree from the family). The data were analyzed in computer environment with SPSS program, firstly, the normal distribution values related to the type of tests to be used were analyzed. Independent sample t test was used for comparisons in which the values showed normal distribution. The significance level  $\alpha = 0.05$  was used for all tests.

## Participants

In the data collection process of the research, 64 girls and 65 boys aged 14-18 participated by easy sampling. A total of 135 students were reached and the data were evaluated on 129 students since 6 of the questionnaires filled out by the participants were filled in incompletely.

## Recruitment Criteria

Active sports vapors in various branches, licensed athletes in adolescence were included in the study.

## Data Collection Tools

### Personal Information Form

In the personal information form containing socio-demographic characteristics, age, gender, class, income status of the family and whether the family lost their 1st degree relative (mother-father-brother).

### Kar-ya Aggression Scale

It was developed by Karataş and Yavuzer (2016) to measure aggression levels in high school and university students. Kar-Ya Aggression Scale consists of 23 items. It is a 5-point Likert type scale. It measures physical aggression in scale (1, 2, 3, 4, 5, 6, 12) with items. It was determined that it measured the sub-dimension of hostility (35, 36, 38, 39, 40, 43, 44), anger in 5 items (8, 22, 27, 32, 33) and verbal aggression in 4 items (15, 18, 19, 20). The Cronbach Alpha reliability coefficient of the scale was 0.92 for the entire scale, 0.87 for the physical aggression subscale, 0.81 for the hostility subscale, 0.71 for the anger subscale, 0.71 for the verbal aggression subscale. In this study, Cronbach Alpha reliability coefficient was found as 0.951 for the whole scale, 0.896 for the physical aggression subscale, 0.88 for the hostility subscale, 0.854 for the verbal aggression subscale.

## Results

In this section, there are findings from the study.

**Table 1.** Socio-Demographic Features of Participants

	N	%
<b>Gender</b>		
Female	65	50,4
Male	64	49,6
<b>Age</b>		
14	41	31,8
15	30	23,3
16	32	24,8
17	13	10,1
18	13	10,1
<b>Economical situation</b>		
Poor	4	3,1
Medium	90	69,8
Good	35	27,1
<b>Death of someone close to the family</b>		
Yes	25	19,4
No	104	80,6
Total	129	100

**Table 2.** Average Aggressiveness Scale of Participants

	$\bar{X}$	Min	Max	ss
<b>Physical Aggression</b>	17,3333	7,00	35,00	7,89
<b>Hostility</b>	17,4186	7,00	35,00	7,22
<b>Anger</b>	15,5194	5,00	20,00	3,33
<b>Verbal Aggression</b>	10,2558	4,00	20,00	4,04
<b>Aggression Total</b>	60,52	29	110	16,75

**Table 3.** Comparison of Participants' Aggression Levels by Gender

	Gender	$\bar{X}$	t	p
<b>Physical Aggression</b>	Female	14,8769	<b>-3,728</b>	<b>,000</b>
	Male	19,8281		
<b>Hostility</b>	Female	16,2615	-1,851	,066
	Male	18,5938		
<b>Anger</b>	Female	16,3385	<b>2,895</b>	<b>,004</b>
	Male	14,6875		
<b>Verbal Aggression</b>	Female	9,3385	<b>-2,656</b>	<b>,009</b>
	Male	11,1875		
<b>Aggression Total</b>	Female	56,81	<b>-2,592</b>	<b>,011</b>
	Male	64,29		

When participants' aggression levels are compared by gender. It is seen that aggression total scores of men and physical aggression, anger and verbal aggression sub-dimension scores are higher than women and this difference is statistically significant. In the hostility sub-dimension, there is no difference according to the gender of the participants.

**Table 4.** Comparison of Participants' Aggression Levels by Age

	Age	$\bar{X}$	F	p
<b>Physical Aggression</b>	14	15,9512	2,025	,095
	15	17,8000		
	16	16,0000		
	17	22,2308		
	18	19,0000		
<b>Hostility</b>	14	15,9024	,735	,570
	15	18,1000		
	16	18,4688		
	17	18,3077		
	18	17,1538		
<b>Anger</b>	14	14,7561	1,175	,325
	15	15,6000		
	16	15,5938		
	17	16,6923		
	18	16,6923		

	18	16,3846		
	14	9,7805		
	15	10,4000		
<b>Verbal Aggression</b>	16	10,1250	,381	,822
	17	10,8462		
	18	11,1538		
	14	56,3902		
	15	61,9000		
<b>Aggression Total</b>	16	60,1875	1,476	,213
	17	68,0769		
	18	63,6923		

When the aggression levels of the participants were compared by age, it was found that aggression total scores and physical aggression, hostility, anger and verbal aggression sub-dimension mean scores did not differ according to age.

**Table 5.** Comparison of Participants' Aggression Levels by Economy

	<b>Economic Status</b>	$\bar{X}$	<b>t</b>	<b>p</b>
<b>Physical Aggression</b>	poor-medium	17,1915	-,333	,740
	good	17,7143		
<b>Hostility</b>	Poor-medium	17,2660	-,392	,696
	good	17,8286		
<b>Anger</b>	Poor-medium	15,4574	-,345	,731
	good	15,6857		
<b>Verbal Aggression</b>	Poor-medium	10,1383	-,539	,591
	good	10,5714		
<b>Aggression Total</b>	Poor-medium	60,0532	-,525	,600
	good	61,8000		

When the aggression levels of the participants according to their families' income status are analyzed, it was found that aggression total scores and physical aggression, hostility, anger and verbal aggression sub-dimension mean scores did not differ according to family income status.

**Table 6.** Comparison of Participants' Aggression Levels According to Their First-Degree Close Loss from the Family

	<b>Death of someone in the family</b>	$\bar{X}$	<b>t</b>	<b>p</b>
<b>Physical Aggression</b>	Yes	18,5200	,978	,333
	No	17,0481		
<b>Hostility</b>	Yes	20,5600	<b>2,946</b>	<b>,005</b>
	No	16,6635		
<b>Anger</b>	Yes	15,3600	-,265	,791
	No	15,5577		
<b>Verbal Aggression</b>	Yes	11,8400	<b>2,214</b>	<b>,029</b>
	No	9,8750		

<b>Aggression Total</b>	Yes	66,2800	1,933	,056
	No	59,1442		

When the aggression levels of the participants according to the first degree imminent loss of the family are analyzed, it was found that the mean scores of hostility and verbal aggression were higher and the difference was statistically significant. Physical aggression, anger and aggression mean scores were not different from the family compared to having a first degree imminent death.

### Discussion

The findings obtained in this study, which examines the aggression levels of amateur athletes who are in adolescence and dealing with various sports, are discussed in the light of the literature.

The aggression levels of the participants were significantly higher than the gender, the aggression total scores of the men, and the sub-dimension scores of physical aggression, anger and verbal aggression compared to the women. In the hostility sub-dimension, there is no difference according to the gender of the participants. Considering the aggression levels of the participants according to the first degree imminent loss of the family, it was found that the average of hostility and verbal aggression score of those who experienced the first degree imminent loss from the family was higher and this difference was statistically significant. Physical aggression, anger and aggression averages were found not to differ. When the literature is analyzed, we frequently encounter similar studies and many studies support our findings. In the study of Bostancı et al. (2017), in a study where the aggression and optimism status of adolescent students according to whether they are doing sports are examined, significant differences were found in terms of aggression in terms of gender. This finding coincides with our study. In a different study than our findings; Güner (2006), in his study on 240 athletes, did not find a significant difference between the aggression score of male athletes and the aggression scores of female athletes. Research shows that catharsis does not always reduce aggressive behavior. For example; Patterson (1983) found that high school footballers' hostility behavior during the season increased rather than decreased. Generally, in our society, boys prefer to play destructive and disruptive games. The fact that physical strength is higher in boys than girls also increases boys' tendency to aggression. This is how we can interpret the conclusion we found about our study. But we cannot generalize. When the aggression levels according to the first degree imminent loss of the family were examined, the aggression tendency of the athletes with close losses was found to be higher than those without. In the literature, Köknel (1982) supports our research findings in adolescents with loss of parents or siblings, in children who do not have parents, who are disdainful, anxious, anti-social and aggressive, and that they are protected from being subjected to anger, aggression, and aggressive behavior. deprivation and sadness caused by death and separation trigger verbal aggression and feelings of hostility. When the aggression levels of the participants were compared by age, it was found that aggression aggregate scores and physical aggression, hostility, anger and verbal aggression sub-dimension scores did not differ.

When the aggression levels were analyzed according to the economic status of the participants, it was found that aggression aggregate scores and physical aggression, hostility, anger and verbal aggression were not different.

When the literature is examined; In a study conducted by age variable, a significant positive relationship was observed in general aggression levels as the age of adolescents increased. This can be related in proportion to the individual's entry into adolescence and that he should now take his own responsibility. On the other hand, no significant relationship was found between age and verbal aggression. This study partially overlaps our findings. (Bauman1994), Riche, 1989). A similar study did not find significant differences according to the age of adolescents engaged in sports. Unlike our study, there was a significant difference in income level in terms of aggression (Bostancı et al. 2017).

According to the income level, Yiğitbaş revealed that there was no statistically significant difference between the monthly income of the families and the aggression scores of the children of athletes (Yiğitbaşı 2002). Considering the income level in the sports environment, it has been revealed that the income level does not have an effect on aggressive behaviors; however, in studies conducted outside the sports environment, when the income level is taken into consideration, the findings show that adolescents grown in the lower income families have more aggression levels (Şahin 2003).

### **Conclusion**

As a result, in this study, in which the aggression levels of amateur athletes in the adolescent period were examined; According to the gender variable of the athletes and the first degree imminent loss from the family, the aggression level was differentiated. It was observed that age and income level did not affect aggression level in adolescents. It is normal to see some unwanted behavior during adolescence, which is called restless period. Aggressive behaviors are frequently observed, especially in athletes. For this reason, the energy excess in the adolescent should be transferred in a positive direction before the anger moves to aggression. With some social and sports activities, the adolescent's excess energy can be reduced. These activities help remove negative thoughts. Adolescent should be taught by keeping alive, not by explaining the concept of good or bad, and to be a good role model. These measures are thought to be effective in preventing and reducing problems.



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