

THE EXAMINATION OF HIGH LEVEL FIELD HOCKEY PLAYERS' EMPATHETIC TENDENCY LEVELS IN TERMS OF DIFFERENT VARIABLES*

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ABSTRACT

The research is a study with the screening model that aims to analyze the empathetic tendency levels of Field Hockey players in Turkey with regard to the different variables. The sampling of research consists of 108 players (36 women and 72 men) participating in the senior indoor competitions organized in 2009 in Alanya.

As the data collection tool, the "Empathetic Tendency Scale" (ETS) developed by Dökmen (1988) has been used. The arithmetic mean, standard deviation, t-test and Kruskal Wallis test have been used for the statistical analyses of data whereas the significance level has been found .05.

In the research findings, the empathetic tendency scale of the group has been determined as $X=70,44+9,24$. A significant relation between the gender variable and the ETS points has been detected whereas it has been found that the women display higher empathetic tendency. A significant relation between the Age variable and ETS points has been detected. In the findings, the relation between the education level variable of mothers and the empathetic tendency has also been detected whereas the relationship with the educational level of fathers has failed to be found. It has been detected that the field hockey players have higher empathetic tendencies, gender, age and the education level variable of mothers affect the empathetic tendencies positively whereas the education level variable of fathers does not have any effect.

Key Words: Field Hockey , Emphaty, High level players

ÜST DÜZEY ÇİM HOKEYİ SPORCULARININ EMPATİK EĞİLİM DÜZEYLERİNİN FARKLI DEĞİŞKENLER BAKIMINDAN İNCELENMESİ

ÖZET

Araştırma Türkiye deki Çim Hokeyi sporcularının empatik eğilim düzeylerini farklı değişkenler bakımından incelenmesini amaçlayan tarama modeli bir çalışmadır.

Araştırmanın örneklemini, 2009'da Alanya'da düzenlenen büyükler salon müsabakalarında katılan 36 bayan, 72 erkek olmak üzere toplam 108 sporcu oluşturmaktadır.

Veri toplama aracı olarak Dökmen (1988) tarafında geliştirilen "Empatik Eğilim Ölçeği (EEÖ)" kullanılmıştır. Verilerin istatistiksel analizleri için aritmetik ortalama, standart sapma, t-testi ve Kruskal Wallis testi kullanılmış, anlamlılık düzeyi .05 olarak belirlenmiştir.

Araştırma bulgularında, grubun Empatik eğilim ölçeği $X=70,44+9,24$ olarak tespit edilmiştir. Cinsiyet değişkeni ile EEÖ puanları arasında anlamlı ilişki tespit edilmiş, bayanların daha yüksek empatik eğilim gösterdiği tespit edilmiştir. Yaş değişkeni ile EEÖ puanları arasında da anlamlı ilişki tespit edilmiştir. Bulgularda ayrıca annenin eğitim düzeyi değişkeni ile empatik eğilim arasında ilişki tespit edilmiş, babanın eğitim düzeyi ile ilişki tespit edilememiştir.

Çim hokeyicilerin yüksek empatik eğilimlere sahip olduğu, cinsiyet, yaş ve anne eğitim düzeyi değişkeninin empatik eğilimleri olumlu etkilediği, baba eğitim düzeyi değişkeninin ise bir etkide bulunmadığı tespit edilmiştir.

Anahtar Kelimeler: Çim Hokeyi, Empati, Üst Düzey Sporcu

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INTRODUCTION

People have to communicate with others all their lives. They have to understand and accept themselves and others in order to succeed in these relationships. It is important that individuals learn to tolerate and respect others' thoughts and opinions to create a democratic society (Yüksel, 2004)

People ought to have necessary communication skills to be able to communicate with others properly. The conducted studies put forward that among all communication skills, such skills as being respectful, being clear, concrete and empathetic towards others are significant. As for interpersonal relationships, especially empathetic skill is accepted as an important component of general communication skill (Barnett, 1990; Cüceloğlu, 1994; Dökmen, 1995; Voltan-Acar, 1994).

Today, empathy means being objectively aware of others' thoughts and feelings as well as the possible meanings of these thoughts and feelings, living others' thoughts and feelings vicariously and putting oneself into others' shoes, etc (Budak, 2000). Most generally, empathy is a process during which a person wears another person's point of view and puts himself or herself into the other's shoes and thus understands and feels that other person's thoughts and emotions correctly and convey this understanding to that person (Rogers 1983). Therefore, it is both a cognitive and an affective process and it is realized by people's visualizing themselves in the positions of others and remembering their similar experiences (Durak and Vurgun, 2006).

Empathy is a mood that starts progressing with babyhood. With increasing age, empathetic behaviors change and develop. While people show reactions like worry and sadness against an incident during childhood, they show actual reactions in the coming years.

In his study about empathy, Rogers (1975) has stated that the empathetic type

of existence can be learnt from empathetic people, the ability of showing empathy can be improved by education, therapists, parents and teachers can help being empathetic and empathy is not congenital, it is learnt and is learnt best in empathetic environment. Eisenberg (1982) asserts that the early seeds of empathy are spread in early childhood, beginning from child-parent relations. Some social learning theorists claim that empathy is gained within conditions. According to this viewpoint, it can be said that one's past experience has a total and fast impact on development of empathy.

There are some acquisitions of empathy on people. Alçay (2009) states that these acquisitions decrease the egoism, bring tolerance, dedication and communication, socialize people, make psychologically intense reformative impact and are one of the indicators of modernization.

Empathy has been divided into categories lately by the researchers. Today, the most common acceptable view is empathy's being consisted of both cognitive and affective elements. Cognitive empathy is a process that someone tries to know the feelings, ideas, needs and emotions of a person without experiencing his/her senses. Affective empathy is identified as feeling the other person's emotion and giving most proper reaction to his/her emotional status. (Ulus, 2015)

Interpersonal empathy has an important place in sports environment as much as it does in social life. Empathy affects players' communicational skill level, coach content, audience satisfaction and professional sports life (Zekioğlu and Tatar 2006).

Sports is an activity that incarnates in various branches specifying physical education activities, includes competition which has strict rules and requires physiological, psychological, aesthetical and technical qualifications when it is done at high levels and standards (Aracı, 1998). Especially, the concepts "physical education" and "empathy" identify with

each other. In some studies it is found that, people who do exercise have a higher empathetic abilities and tendency, people who have the ability of empathy are more successful in understanding the causes for the behaviors of others' as far as their owns, people who have higher empathetic abilities show more social behaviors, there is a negative relation between the basics of aggression and empathy, professionals who have a direct relations with people and could success taking the role of others during their professional educations have higher empathetic abilities than the others. (Zekioglu andTatar,2006; Yilmaz and Akyel 2008,Yigitler 2008, Yuksel, 2004).

Most people prefer many other ways to words and speeches in explaining their feelings. To be able to understand what and how others feel, it is necessary to crack down these non-verbal expressions, body postures, voice tones and many other clues. Such understanding and perceiving comes into prominence in sports. When coaches train their players to increase their performance, they should know players' personal traits, inner world, their stress-resistance level (Hatcher et al., 1994).

In sports environment, especially during sports matches and games, it is a logical suggestion that players' empathetic skills become effective in their branches. Especially, in team sports, players' empathetic approaches towards their teammates, coaches and rival players may be an important factor in forming a

team spirit and thus raising team success (Öztürk et al. 2004).

As players' empathy levels increase so do team unity levels. From this viewpoint, it can be said that it is beneficial to increase players' empathetic skills because it is possible that players with high empathetic skills have high team spirit and unity feelings and thus their teams become more successful (Durak and Vurgun, 2006).

In the light of this information, it has been thought that it is important to examine players' empathetic tendencies in field hockey teams, which have started to improve in our country in the recent years. The findings of this research are thought to contribute to improvement of field hockey sport and sport success in this sport in Turkey.

MATERIALS AND METHODS

Models of Research

The research is a study with the screening model that aims to analyze the empathetic tendency levels of Field Hockey players in Turkey with regard to the different variables.

Participants

Participants were randomly chosen among 372 players in 31 clubs (19 man, 12 woman) which competed in senior indoor field hockey event held in Alanya in 2009.

The sampling of research consists of 108 players (36 women and 72 men) participating in the senior indoor competitions organized in 2009 in Alanya.

Table 1. Demographic Data About The Study Group

Variables		f	%
Gender	Female	36	33,3
	Male	72	66,7
	Total	108	100
Age	17-19	60	55,6
	20-22	40	37,0
	23*	8	7,4
	Total	108	100
Sportive Age	1-4	58	53,7
	4-6	41	38,0
	7*	9	8,3
	Total	108	100
Mother's Education	Primary School	25	23,1
	High School	67	62,0
	University	16	14,8
	Total	108	100
Father's Education	Primary School	26	24,1
	High School	56	51,9
	University	26	24,1
	Total	108	100

Data Collection Tools

“Empathic Tendency Scale (EEÖ)”, having been developed by Dökmen (1988), was used as the data collection tool of the research. Empathic Tendency Scale (ETS) was developed to measure people's empathy potentials in their daily lives. It is a Likert type scale with 20 questions. Each question is marked with points between 1 and 5. The 3rd,6th,7th,8th,11th,12th,13th,15th questions are reverse-coded. Minimum score is 20 while maximum score is 100. Total score indicates participant's empathic tendency score. Higher scores point out higher empathic tendency whereas lower scores point out lower empathic tendency. As the result of the analysis, reliability of the scale was found to be .82. Split half reliability

between scores obtained by the participants in the uneven and even items was found to be .86.

Data Analysis

For the statistical analysis of the data obtained in the study, arithmetic mean and standard deviation were calculated. Furthermore, to determine the relationship between participants' sex and school type and empathetic tendencies t-test was utilized; to find out whether there is a significant relationship between age, sportive age, mother's education, father's education and empathetic tendencies Kruskal Wallis test was used in non-parametric groups and all the results were presented as tables. For the statistical significance, .05 significance level was chosen

FINDINGS

Table 2. Results of the t-test regarding the Empathic Tendency Levels of research group according to the gender variables

Variables	n	\bar{X}	s	t	p
Female	36	72,65	9,40	,852	,049
Male	72	70,03	9,22		

As seen in Table 2, participants' empathetic tendency points display a significance difference according to gender variable [t(106)= ,852; p< ,05]. It

was observed that female participants have higher points (\bar{x} = 70,65) than male participants (\bar{x} = 70,03).

Table 3. The relationship between the Empathic Tendency Levels of Research Group according to the age variable

AGE	EEÖ	
	r	,247**
	p	,010
	N	108

In Table 3, it is clear that there is a positive significant relationship between participants' ages and their empathetic

tendency levels at a middle level [r2= ,247; p<,05].

Table 4. The Results of Kruskal Wallis Test regarding Empathic Tendency Levels of Research Group according to sportive age variable

Değişkenler	N	Mean Rank	sd	X ²	p	Differences
1 1- 3 year	58	54,41	2	1,786	,409	-
2 4- 6 year	41	51,83				
3 7* year	9	67,22				

As can be understood from the Table 4, participants' empathetic tendency levels indicate a significant difference according to their sportive ages [t(106)= 1,786; p>,05]. However, when average points are examined in the table, it can be seen that

participants doing sports for more than 7 years have higher points (\bar{x} = 67,22) than the ones who do sports for 4-6 years (\bar{x} = 51,83) and the ones who do sport for 1-3 years(\bar{x} =54,41).

Table 5. The Results of Kruskal Wallis Test regarding Empathic Tendency Levels of Research Group according to mother-father education variable

	Değişkenler	N	Mean Rank	sd	X ²	p	Differences
Mother's Education	Primary School	25	39,92	2	7,961	,019	1-3
	High School	67	52,22				
	University	16	60,49				
Father's Education	Primary School	26	48,73	2	1,385	,500	-
	High School	56	57,44				
	University	26	53,94				

As can be seen in table 5, participants' empathetic tendency levels show a significant difference according to mother's education variable [$t(106)= 7,961$; $p<,05$]. In Table 5, it is clear that participants whose mothers are primary school graduate have lower points ($\bar{x}= 39,92$) than the ones whose mothers are high

school graduate ($\bar{x}=52,22$) and university graduate ($\bar{x}=60,49$)

It is obvious that there is no significant relationship between participants' empathetic tendency levels and their fathers' education levels [$t(106)= 1,385$; $p>,05$].

DISCUSSION

In the study, participants' average empathetic tendency point was calculated as $\bar{x}= 70,44\pm 9,24$. As the score interval of the scale is from 20 to 100, it can be said that participants have high empathetic tendency levels. Erkmen (2007), Yılmaz and Akyel (2008) in the studies they conducted found similar results. These results are parallel with the findings of this research.

In this research, it was observed that there is a significant relationship between participants' empathetic tendency levels and their gender. Female participants have higher empathetic tendency levels than male participants. Eisenberg and Lenon (1983), Krein (1993), Schireman and Gundy (2000), Karakaya (2001), Korkmaz et al. (2001), Myyry and Helkama (2001), Duru (2002), Toussaint and Webb (2005), Durak and Vurgun (2006), in their studies with different groups suggested that women have more empathetic tendencies than men. These findings support the results of this study. This can be explained by the fact that women give more emotional reactions to the events than men, by the pre-supposed behaviours taught to the women by the society and the "women sensibility" (Dökmen, 2005).

It was observed that there is a positive significant relationship between participants' empathetic tendency levels and their ages at a middle level. In the positive relationships, if one of the variable increases, the other variable increases, too. For this reason, it can be said that as the players grow older, their empathetic tendency levels increase. Therefore, older

players have more empathetic tendency levels than younger players. In their studies with different groups, Kalliopuska (1984), Cotton (2001), Özbek (2002) put forward that there is a significant relationship between age and empathetic tendency; the young show more empathetic tendencies than kids and the old have more empathetic tendencies than the young. These studies recommended supportive results to this research.

It was found that there is no statistical relationship between participants' sportive age and their empathetic tendency levels. This result can be due to the fact that field hockey is a team sport and players do this sport willingly. In the studies they conducted with different groups, Öztürk (1994), Çimer (1998), Sevimligül (2002), Barut (2004), Yiğiter (2008), Çelik and Çağdaş (2010) suggested that there is no relationship between sportive age or professional seniority and empathetic tendency level. They found supportive results for this research.

Another result of the research is that there is a significant relationship between empathetic tendency level and mother's education whereas there is no statistical relationship between empathetic tendency level and father's education. In the study, it was observed that as the education level of the participants' mothers increase, their empathetic tendency levels increase as well. This result proves the importance of the mother figure in child rearing and mothers having higher education level affect their children's empathetic tendency levels positively. In the related literature, it is stated that women have higher empathetic tendencies than men.

Therefore, it is usual that the children they bring up have high empathetic tendency levels. Durak and Vurgun (2006), Çetin (2008), Ekici (2009), in their studies with different groups, reached the conclusion that mothers having high education levels increase the empathetic tendency levels, which is parallel with the findings of this research.

In the study, no significant relationship between father's education level and empathetic tendency level was observed. This result can mean that in child rearing,

CONCLUSIONS

As a conclusion, it can be said that there is a significant relationship between field hockey players' empathetic tendency levels and their age, gender and mothers' education whereas there is no significant relationship between their empathetic tendency levels and their sportive age and their fathers' education.

Empathy is an inseparable part of social life. Besides its importance in the

fathers' education levels cause no difference in their children's empathetic tendencies. In the studies they conducted, Genç and Kalafat (2008), Tazegül et al. (2009), Köksal (1997) alleged that there is no meaningful relationship between father's education level and empathetic tendency. These studies have similar results of this research. This result can be caused by the fact that men have low empathetic tendency levels and father can spend less time with their children than women.

environment of education, its importance in sport environment for peace, comfort and success is indisputable. There are need for studies to define sportsmen's empathetic tendencies including different age groups and different branches. With this, seminars and workshops to improve empathetic abilities for sportsmen, trainers and executives should be enhanced.

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