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MEASURING THE ANXIETY LEVELS OF SPORTSPEOPLE PARTICIPATING IN INTER-UNIVERSITY BADMINTON SUPER LEAGUE COMPETITIONS

¹Müge SARPER KAHVECİ, ¹Serpil SARPER

¹Kocaeli Universty, Faculty of Sport Science, Kocaeli, TURKEY

ABSTRACT

The present study aimed to determine the state and trait anxiety levels of Badminton players at Super League level during the competition. The research consists of a total of 61 sportspeople, 35 women and 26 men participating in the 2013 Inter-university Badminton Super League competition. In the research, 15-item socio-demographic information form and Spielberger's Trait-Trait Anxiety Inventory were used as data collection tools. In the research, T-Test and ANOVA Tests were used in Independent Groups. SPSS 25.0

statistical package program was used to evaluate the data and to find the calculated values, and the significance of the data was evaluated as $p < 0.05$. In conclusion, while there was no significant difference between the state anxiety scores of the sportspeople in the parameter examined in the study ($P > 0.05$); there was a significant difference only in the socio-economic status ($p < 0.005$) and the residential area ($p < 0.040$) has been identified ($P < 0.05$).

Key Words: Badminton, Super league, state anxiety, trait anxiety

INTRODUCTION

Cited Tık Yakar (2015) “The root of the word “anxiety” which means concern is “angustice” which means narrow passage in Latin. Cited Bakıntaş (2008) in Ancient Greek; it is 'anxietas' and it means “anxiety, fear, curiosity”(Aynacı, 2018). It is a tense emotional situation that usually occurs when the outcome of an event is unpredictable or when a problem occurs in the outcome of this event as desired (Genç & Yazıcıoğlu, 2018). In the Turkish Language Association (TDK, 2018); it is sadness, anxious thought, worry is a feeling of tension that usually arises with the thought that something bad will happen.

Anxiety is considered not only as an emotion but also a marker of one's humanity. Psychologists and psychiatrists have stated that anxiety has beneficial functions, confirming that it is necessary for the mobility of the organism at the moment of danger as an expression of life protection and escape reaction. However, if anxiety occurs in situations where there is no danger, it is generally not accepted as normal (Yöş, 2018).

Anxiety is divided into two parts as state anxiety and trait anxiety. State anxiety is defined as “a form of anxiety that is caused by a stress due to environmental conditions, mostly due to logical reasons, can be understood by others, and is generally related to the temporary situation in which every individual experiences” (Öner & Le Compte, 1998; Selya, 1998; Kuru , 2000). Trait anxiety has been defined as “continuing emotional reactions of the individual to threatening situations and appearing as a permanent personality trait” (Yılmaz Aydın, 2018).

In today's sports, physical capacity excellence is not seen as sufficient alone in raising the sportive performance. The psychological capacity of a sportsperson should be at least as important as their physical aspect. It is explained that sportspeople who experience emotional changes do not achieve the expected success despite being physically ready (Akarçeşme, 2004). Experts state that the increase in the level of anxiety reduces a sportsperson’s ability to make the right decision and demonstrate their abilities. In cases of excessive anxiety, it was observed that sportspeople can forget about the techniques they know very well and perform countless times during the training, and may also cause some confusion and negative movements in their emotions (Gümüş, 2002).

In the light of all this information, we have also investigated the State and Trait anxiety states during the Super League competition of sportspeople in the Badminton branch.

MATERYAL AND METOT

Study Group

The research consists of sportspeople participating in Interuniversity Badminton Super League competitions. A total of 61 sportspeople, including 35 women and 26 men, participating in the tournament, also participated in the research voluntarily.

Data Collection Tools

In the research, “Personal Information Form” developed by the researcher and “Inventory of Trait and State Anxiety” of Spielberger (1970) were used as data collection tools to collect information about the socio-demographic characteristics of the sportspeople.

Personal Information Form

It was developed by the researcher to collect personal information about the sportspeople. There are a total of 10 questions about the sections they read in the personal information form; the monthly income of their parents, the frequency of sports activities of the sportspeople, the purposes of doing sports and other personal characteristics.

Spielberger’s Inventory of Trait-State Anxiety

The scale was developed by Spielberger et al. (1970) to determine the state and trait anxiety levels of individuals. Translation to Turkish and validity-reliability studies were done by Öner and Le Compte (1983). This self-assessment scale includes 40 items consisting of short statements. The scale consists of two parts, the “state anxiety form”, which was created to determine the instantaneous feelings, and the 20-item “trait anxiety form”, which was created to determine what was felt for the last seven days. Alpha reliability of the 4-point Likert type scale is reported to vary between .83 and .87, test-retest reliability between .71 and .86, and item reliability between .34 and .72 (Öner and Le Compte 1998; Aydemir and Köroğlu, 2000 Şahin et al., 2002).

Collection of the Data

The research is planned to be applied to the sportspeople participating in inter-university Badminton Super League competitions. The "Personal Information Form", Spilberger's "State-Trait Anxiety Inventory" were distributed to the sportspeople, and the importance of the research and the necessary information were explained to ensure that the participants of the research prior to the

application were sincere when answering the information gathering tools. Survey information was reported to remain confidential and was collected by the researcher immediately after the survey was administered. Data collection was carried out between November and December 2013.

Data Analysis

The data obtained were statistically analyzed in SPSS (Statistical Package for Social Sciences) 25.0 package program, and its significance was tested at the level of 0.05. The following operations were carried out in the statistical analysis phase;

- Frequency and percentage distributions that describe the personal characteristics of badminton players have been removed.
- X and SS values were used to determine the scores of the badminton players from the anxiety scale.
- According to the normality test, the data were found to be normally distributed and independent group t-test was used for binary cluster comparisons, and one-way variance analysis (Anova) for three or more cluster comparisons.

FINDINGS

Table 1. Percentage Distribution regarding Personal Information of Sportspeople who Participated in the Study

PARAMETERS		N	%	Total %
Gender	Female	35	58,3	100
	Male	25	41,7	100
Age	19-21	38	63,3	100
	22-24	20	33,3	100
	25 +	2	3,4	100
Department	SPES	50	83,3	100
	Other	10	16,7	100
Grade	1	17	28,3	100
	2	18	30,0	100
	3	10	16,7	100
	4	15	25,0	100
Mother's educational status	Literate	3	5,0	100
	Illiterate	2	3,3	100
	Primary School	18	30,0	100
	Secodary School	12	20,0	100
	High School	18	30,0	100
Father's educational status	University	7	11,7	100
	Primary School	15	25,0	100
	Secondary School	8	13,3	100
	High School	26	43,3	100
	College	1	1,7	100

	University	9	15,0	100
	Master's Degree	1	1,7	100
Socio-economic Level	0-500 TL	2	3,3	100
	501-1000 TL	5	8,3	100
	1001-2000 TL	34	56,7	100
	2001-3000 TL	18	30,0	100
	3001 TL+	1	1,7	100
Monthly Income	Village	1	1,7	100
	Town	1	1,7	100
	District	4	6,7	100
	City	21	35,0	100
	Metropolitan City	33	55,0	100

When we look at **Table 1**, a total of 60 sportspeople were included in the research. In terms of age, the majority is between 19-23 years old (93.3%). In terms of gender; 35 (58.3%) were female and 25 (41.7%) were male. From the point of view of the department they study, 50 (83.3%) of the sportspeople were at SPES and the remaining % were at other departments. Considering their grades, 18 (30.0%) were 2nd grade, 17 (28.3%) were 1st grade, 15 (25.0%) were 4th grade, and 10 (16.7) % were 3rd grade. Educational status of mothers reads 18 people (30.0%), primary and high school; 12 people (20.0%), secondary school, 7 people (11.7%), university graduates; while 3 people (5.0%) were illiterate and 2 people (3.3%) literate. Educational status of their fathers 26 (43.3%) high school, 15 (25.0%) primary school, 9 (15.0%) university, 8 (13.3%) secondary school, 1 (1.7%) was a graduate of college and graduate degree. Considering the socio-economic income levels, 34 (56.7%) had 1001-2000tl, 18 (30.0%) had 2001-3000tl, 5 (8.3%) had 501-1000tl, 2 (3.3%) had 0-500tl; and 1 (1.7%) had 3001 TL and above income. On the other hand, 33 (90.0%) of them lived in metropolitan cities and the remaining (10%) people in villages, towns and districts.

Table2. Percentage Distribution of the Sportspeople regarding their Sports Experiences

PARAMETER		N		TOTAL	
		N	%	N	%
How many years have you been doing sports?	2-5 years	9	15,0	60	100
	6-9 years	15	25,0		
	10-13 years	36	60,0		
What is your purpose of doing sports?	Physical appearance	5	8,3	60	100
	Be healthy	33	55,0		
	Earn money	12	20,0		
	Spend time with friends	7	11,7		
	Other	3	5,0		

When we look at Table 2, the 60 sportspeople we included in the research; when asked how many years they have been pursuing their branches, those who say 2-4 years, 6 (10.0%) say 5-7 years, 9 (15.0%) say 8-10 years, 27 (45.0%) 11-13 years were 18 (30.0%). When asked for what purpose they were doing sports, 33 people (55.0%) stated to be healthier; 12 people, (20.0%) to earn money; 7 people (11.7%) to spend time with friends; and 5 people (8.3%) stated that they were doing sports for good physical appearance and 3 people (5.0%) for other reasons..

2. Mean and Standard Deviation Scores of the Sportspeople regarding their Sports State and Trait Anxiety

Table2.1: Mean and Standard Deviation Scores of Sportspeople regarding their State and Trait Anxiety

PARAMETERS		State Anxiety	Trait Anxiety
		MEAN ± SD	MEAN ± SD
GENDER	Female	43,17 ± 6,05	45,42 ± 6,77
	Male	41,92 ± 4,45	42,56 ± 4,06
	P	0,384	0,064

When looking at the mean and standard deviation scores of the state anxiety scale in **Table 2.1**, it was determined that there was no statistically significant difference between the state anxiety means of female and male scores, and 41.92 ± 4.45 anxiety scores.

When the average and standard deviation scores of the trait anxiety scale were examined according to gender, the trait anxiety point averages of women were 45.42 ± 6.77 , and the mean anxiety score of men is 42.56 ± 4.06 . it was determined that there was not a significant difference.

Tablo-3.1: The Age, Grade and Family Education Status and their State and Trait

PARAMETERS		State Anxiety	Trait Anxiety
		ORT. ± SS	ORT. ± SS
AGE	19-21	43,11 ± 5,49	44,45 ± 6,09
	22-24	41,82 ± 5,30	44,08 ± 5,90
	25-28	44,00 ± 8,48	42,00 ± 5,65
	P	0,643	0,845
WHAT IS THE EDUCATIONAL STATUS OF YOUR MOTHER?	Illiterate	39,33 ± 7,09	49,00 ± 14,17
	Literate	47,50 ± 3,53	42,50 ± 4,94
	Primary School	43,83 ± 7,03	44,16 ± 5,84
	Secondary School	43,58 ± 3,62	42,50 ± 3,47
	High School	40,50 ± 3,61	44,55 ± 5,99
	University	43,57 ± 6,02	45,00 ± 5,88
	P	0,226	0,669
	Primary School	44,80 ± 6,75	45,26 ± 7,31
	Secondary School	41,75 ± 4,83	44,12 ± 6,35

WHAT IS THE EDUCATIONAL STATUS OF YOUR FATHER?	High School	42,19 ± 5,02	44,80 ± 5,93
	College	44,00 ± -	40,00 ± -
	University	41,11 ± 5,08	41,77 ± 2,63
	Master's Degree	42,00 ± -	41,00 ± -
	P	0,633	0,708

When the mean and standard deviation scores of the state anxiety scale in **Table 3.1** were examined, there was no statistically significant difference according to the age variable. Additionally, when the mean and standard deviation scores of the trait anxiety scale were analyzed, there was no statistically significant difference according to the age variable.

When the mean and standard deviation scores of the state anxiety scale were analyzed, there was no statistically significant difference according to the educational status of the mother. When the mean and standard deviation scores of the trait anxiety scale were analyzed, there was no statistically significant difference according to the educational status of the mother.

When the mean and standard deviation scores of the state anxiety scale were analyzed, there was no statistically significant difference according to the educational status of the father. When the mean and standard deviation scores of the trait anxiety scale were analyzed, there was no statistically significant difference in the educational status of the father.

Tablo-3.2. Economic status, Residential area, Monthly income, Frequency of doing sports and their State and Trait Anxiety Scores;

PARAMETERS		State Anxiety	Trait Anxiety
		Mean ± SD	Mean ± SD
WHAT IS YOUR SOCIO-ECONOMIC STATUS?	0-500TL	36,00 ± 4,24	54,50 ± 14,84
	501-1000TL	40,80 ± 7,59	37,60 ± 6,54
	1001-2000TL	42,47 ± 5,18	45,11 ± 4,88
	2001-300TL	44,38 ± 5,10	43,44 ± 4,94
	3000 TL and above	40,00 ± -	741,00 ± -
	P	0,225	0,005*
WHAT IS YOUR RESIDENTIAL AREA?	Village	38,00 ± -	41,00 ± -
	Town	35,00 ± -	52,00 ± -
	District	41,50 ± 7,04	36,25 ± 5,56
	City	42,04 ± 5,20	44,80 ± 6,45
	Metropolitan City	43,54 ± 5,40	44,69 ± 5,02
	P	0,410	0,040*
HOW LONG HAVE YOU BEEN DOING SPORTS?	2-5 years	44,88 ± 4,83	46,11 ± 4,10
	6-9 years	42,14 ± 6,41	42,42 ± 6,29
	10-13 years	42,29 ± 5,19	44,45 ± 6,11
	P	0,413	0,330

When the mean and standard deviation scores of the state anxiety scale were analyzed, state anxiety mean scores regarding socioeconomic status were lower 36.00 ± 4.24 , lower-medium 40.80 ± 7.59 , medium 42.47 ± 5.18 , medium-upper $44, 38 \pm 5,10$, upper $40,00 \pm -$. There was no statistically significant difference between the state anxiety scores.

When the mean and standard deviation scores of the trait anxiety scale were analyzed according to socioeconomic status, state anxiety score means were lower than 54.50 ± 14.84 , lower-middle 37.60 ± 6.54 , medium 45.11 ± 11.48 , middle-upper $43, 44 \pm 4.94$; and upper $41.00 \pm -$. There was not a statistically significant difference between trait anxiety scores ($p = 0.005$ $p < 0.05$).

When the mean and standard deviation scores of the state anxiety scale are analyzed, the state anxiety point averages of those who stated their residential area as village were $38.00 \pm -$; town; $35.00 \pm -$; district, 41.50 ± 7.04 ; city, 42.04 ± 5.20 ; and metropolitan was found to be 43.54 ± 5.40 . There was not a statistically significant difference between the state anxiety scores.

When the mean and standard deviation scores of the trait anxiety scale are analyzed, the trait anxiety point averages of those who stated their settlements as a village were $41.00 \pm -$ $52.00 \pm -$; district were 36.25 ± 5.56 ; city, 44.80 ± 6.45 ; and metropolitan city were 44.69 ± 5.02 . There was not a statistically significant difference between trait anxiety scores ($p = 0.040$ $p > 0.05$).

When the mean and standard deviation scores of the state anxiety scale were analyzed, it was determined that there was no statistically significant difference among those who stated how many years they have been doing sports. When the mean and standard deviation scores of the trait anxiety scale were analyzed, there was no statistically significant difference among those who stated how many years they have been doing sports.

DISCUSSION AND CONCLUSION

According to the gender variable of the state and constant anxiety of the sportspeople; the present study revealed that although the state anxiety level was not different in terms of gender, female sportspeople experienced higher anxiety than male sportspeople in terms of trait anxiety. While some studies have shown that there was no difference in terms of both state and trait anxiety (Develi, 2006; Engür, 2002; Tezer, 2018; Cangir, 2019; Beyaztaş, 2019); in some studies, females are more anxious than males (Ateş et al. 2018; Dicle Yenyol, 2018; Öztürk, 2019). In the light of these studies, high level of anxiety in females compared to males was thought to be due to the fact that females were more emotional than males. In their study of 2003, Enoch et al. based the psycho-physiological reason for

being more emotional on the fact that catholamine mechanisms controlling the parasympathetic and sympathetic systems of women were different pathogenesis than of men.

When the state and trait anxiety of the sportspeople were analyzed according to the age variable, the results were not significant. The literature shows there studies which report that the state and trait anxiety do not differ significantly in each age group (Yıldız, 2019; Ögüt, 2004). Accordingly, the present study revealed that the sportspeople's state and trait anxiety scores were not influenced by the age variable.

Considering the educational status of the parents, there was no significant difference in both state and trait anxiety. When the mean scores were analyzed, it was found that the sportspeople whose parents' education status were poor, had a higher trait and state anxiety. In the literature, there were studies (Boz, 2019) in which parental education status was considered and there was not a significant difference in state and trait anxiety scores (Boz, 2019); therefore the present study concided with the literature.

As a result of comparing the state and trait anxiety of the sportspeople according to the socio-economic status variable, a significant difference was found in trait anxiety states. While there were studies in the literature which argue that the socio-economic status variable does not have an influence on anxiety (Yıldız, 2019; Aksu, 2018; Elmas and Birol 2018), there are also many studies which found significant differences (Gürsoy, 2006; Üngüren, 2007; Oktay and Yıldız, 2018; Arslan, 2019). The literature review revealed that the considerable influence of low socioeconomic status on anxiety was mentioned in every subject (Landy, 2005). Although it has emerged as a profession nowadays, many high level sportspeople have not been able to provide a financial income to guarantee their future and make them comfortable or many of them were not financially secure in certain parts of their sports careers. This is seen as an important stress creator for a sportsperson (Civan, 2001).

According to the residential area variable, a significant difference was found regarding trait anxiety. In literature there were studies with significant differences (Çevik and Baloğlu, 2007; Arslan, 2019). According to Ayan et al. (2013), as the size of the place of residence increased, the anxiety decreased because the social interaction environment also increased. The mean scores in the present study revealed that higher level anxiety was found in sportspeople living in settlements such as towns and villages. In this case, our study coincided with the literature.

No significant difference was found when the state and trait anxiety of the sportspeople were compared according to the year of doing sports. However, when the mean scores were evaluated, it was seen that both state and trait anxiety scores of the sportspeople with little years of doing sports were high. The literature review showed that there were studies which did not find a significant difference as in our study (Boz, 2019; Engür, 2002; Kaplan & Şentürk, 2019; Aksu, 2018); while other sources showed the level of trait anxiety decreased as we do sports. It is observed that as professionalism and age increased, anxiety decreased; emotional dominance increased accordingly (Koç, 2004; Mancevska et al. 2018); and that training age influenced anxiety (Erbaş, 2005).

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