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## **The Investigation of Empathic Tendencies of UEFA Classification Football Coaches<sup>1</sup>**

**Erdoğan TOZOĞLU<sup>1</sup>, Gökhan BAYRAKTAR<sup>2</sup>, Öner GÜLBAHÇE<sup>1</sup>**

\*Atatürk University, Education Faculty Department of PES, Erzurum/TURKEY

\*\*Ağrı İbrahim Çeçen University, Physical Education and Sport School, Ağrı/TURKEY

**Email: [gokbayraktar@gmail.com](mailto:gokbayraktar@gmail.com)**

### **Abstract**

The basis of interpersonal relationships is constituted by social relations. In order to be able to sustain social interactions, it is necessary to obey some rules. Empathy may be also accepted as an agent that is facilitating social interactions.

This study is carried out with the aim of investigating empathetic tendency levels of Football trainers. In total 58 trainers, 18 of whom are women and 40 of them men, participating in Trainer Course from different regions of Turkey, were included in the study. As data collection tool, with the aim of measuring daily potential developing empathy of individual, Empathic Tendency Scale developed by Dökmen in 1988 (ETS) was used. In analysing of the Data, T-Test was used in comparing of two independent variables of frequency distribution, and Anova Variance Analysis technique was used in the comparison of more than two independent variables. The distinction between groups' ideas (P:0,05) was commented by considering P:0.05 significant level.

According to the results obtained, it is seen that the women's empathic tendencies have higher than those of the men according to gender distributions of the trainers numerically, but there was statistically significant result. However, there were no significant distinction between empathic tendency levels and age gender, marital status, education, duration of being sporter, the statue he or she played football, being a trainer, duration of being a trainer and variables of license level of being trainer.

**Keywords:** Empathy, Empathic Tendency, Social Interaction, Social Communication, Futbol Coaches, Training

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## UEFA Klasman Futbol Antrenörlerinin Empatik Eğilimlerinin İncelenmesi

### Öz

Bireyler arası ilişkilerin temelini sosyal ilişkiler oluşturur. Sosyal etkileşimleri sürdürebilmek için bazı kuralları yerine getirmek gerekmektedir. Empati’de sosyal etkileşimleri kolaylaştırıcı bir etken olarak kabul edilebilir.

Bu araştırma; Futbol antrenörlerinin empatik eğilim düzeylerini incelemek amacı ile yapılmıştır. Araştırmaya Türkiye’nin farklı bölgelerinden Antrenörlük kursuna katılan 18 kadın ve 40 erkek olmak üzere toplam 58 antrenör katılmıştır. Veri toplama aracı olarak, bireyin günlük yaşamdaki empati kurma potansiyelini ölçmek amacıyla, 1988 yılında Dökmen tarafından geliştirilen “Empatik Eğilim Ölçeđi” (EEÖ) kullanılmıştır. Verilerin analizinde frekans dağılımı iki bağımsız deđişkenin karşılaştırılmasında t testi, ikiden fazla bağımsız deđişkenin karşılaştırılmasında anova varyans analizi teknikleri uygulanmıştır. Grupların görüşleri arasındaki fark P:0,05 anlam düzeyi dikkate alınarak yorumlanmıştır

Elde edilen bulgulara göre antrenörlerin cinsiyet dağılımına göre sayısal olarak bayanların erkeklere oranla empatik eğilimlerinin yüksek olduđu fakat istatiksel olarak anlamlı sonuç çıkmadıđı görülmüştür. Bununla birlikte yaş, medeni durum, öğrenim durumu, sporculuk süresi, futbol oynadıđı statü, antrenörlük yapma durumu, antrenörlük süresi ve antrenörlük lisans düzeyi deđişkenleri ile empatik eğilim düzeyleri arasında anlamlı farklılık bulunamamıştır.

**Anahtar Kelimeler:** Empati, Empatik Eğilim, Sosyal İletişim, Futbol Antrenörü, Antrenman

## Introduction

Empathy is that a human understands someone's thoughts and feelings by putting himself into others. In our present day, the definition of empathy Rogers came up with in 70s has been commonly accepted. Without having a strident quality, this definition of Rogers which has been accepted and agreed on by everybody is like that: The fact that a person put himself in the place of others and that he or she understands that person's emotion and feelings accurately and that transmitting process of this situation to him or her is called as empathy (Dökmen, 2009).

Empathetic skill is a qualification including cognitive and emotional fields of Empathy (Akkoyun, 1987). Individuals having empathetic skills perceive emotions and feelings of the people they interacted truly and share them (Hançerlioğlu, 1988). Empathetic skills confront us as a factor affecting our life negatively at the level of personal and social and it is a feature developed by education (Squiver, 1990). Empathy is accepted as an ability which is available more or less at every person. The main reason of being effective of empathy is the therapeutic skills such as being sincerity, warmth, self-revelation and close interest and approaching feature as to conditions (Tanrıdağ, 1992).

Trainers are those who carry the performances and potentials of sporters to the zenith and help them to realise their physical, social, emotional and mental capabilities and prepare them (Konter, 1996, Tozoğlu, 2003). Trainers are those who carry their sporters performances to the aimed level at the media of training and competition, and help the improvement of their physical, cognitive and emotional capacities.

It is thought that the trainers can get in contact healthy relations with their sporters may come to realise by means of their perceptions of their sporters' adequately. anticipation and problems. It is thought that this situation will affect positively both the success of the sporter and occupational life of the trainer. In the result of this positive interaction, it is assumed that the success in the sport will be obtained, and this will lead to the other people who do not make sport to making sport. In order to understand for trainers to perceive the anticipation and problems, it is possible to feel himself or herself, in the place of sporter that is, he or she should empathize.

## Materials and Method

The Study is a descriptive one conducted with the aim of determining the distinctions as regards coaching license level and duration of coaching, the situation of coaching, the statue they played football ,duration of being sporter, level of education, marital statue, age and gender of the coaches 'empathic tendencies at the license level of ABC in UEFA.

In total 58 coaches coming from different region of Turkey, between 22-54 years of age, mean age 34 years, 18 of whom female, and 40 of whom male, were included in the study. The whole sample of the study was reached. In the data collection, Empathic Tendency Scale prepared by Dökmen (1988) was used.

Empathic Tendency Scale: The aim of this Scale developed by Dökmen (1988) is to measure the potential of empathizing of individuals in their daily life. The scale consisting of 20 articles is a likert type 5 –graded one. In comparing the two independent variables in the analysis of survey data, Independent sample t test was used and One-way ANOVA was used to analyze the comparison of more than two arguments.

## Results

This section is located in the comments on the findings and results of the research. Table 1 shows demographic features of the coaches, and table 2 shows the frequency distribution of the state of characteristics of sport of coaches. In this study, gender, with the values obtained from the empathic tendencies scale, marital status, to compare the football played by status and coaching to state variables t-test was used and statistical results are shown tables in 3,5,8 and 9. Age with the values obtained from the empathic tendency to scale, education, sportsmanship time, coaching time and coaching undergraduate level test ANOVA analysis of variance to compare the variables and the statistical results were given in tables 4, 6, 7,10 and 11.

**Table 1.** Demographic Features

		<b>N</b>	<b>%</b>
<b>Gender</b>	Female	18	31,0
	Male	40	69,0
	Total	58	100,0
<b>Age</b>	The age of 30 and below 30	23	39,7
	Between the age of 31-40	24	41,4
	41 and older than 41	11	19,0
<b>Marital Status</b>	Single	29	50,0
	Married	29	50,0
<b>Education Level</b>	High School	10	17,2
	Higher School/College	41	70,7
	Mastery /Doctorate	7	12,1

**Tablo 2.** Sportmanship and Coaching Features

		N	%
<b>How many years did you play football?</b>	Age of 8 and below an	14	24,1
	Between the age of 9-14	27	46,6
	The age of 15 and older	17	29,3
	Total	58	100,0
<b>In which statue did you play?</b>	Amateur	34	58,6
	Professional	24	41,4
<b>As actively are you a coach?</b>	Yes	47	81,0
	No	11	19,0
<b>Coaching duration</b>	The age of 3 and below	6	10,3
	Between the age of 4-8	30	51,7
	The age of 9 and older	11	19,0
	I do not do	11	19,0
<b>Coaching licence level</b>	UEFA C	5	8,6
	UEFA B	29	50,0
	UEFA A	24	41,4

**Table 3.** The Comparison of Empathic Tendency Scores as Regards Gender Variable

Gender	N	X	Ss	t	p
Male	18	71,0556	6,55719	1,620	,111
Female	40	67,7250	7,52428	1,708	

When table 3 is examined, it is seen that the distribution of the female gender of the coach is numerically higher compared to men, but the empathic tendencies showed that a statistically significant outcome. Men and women between the average of the scores they receive from coaches empathic tendencies scale shows no significant difference at the  $P=0.05$  level.

**Table 4.** The Comparison of Empathic Tendency Scores as Regards Age Variable

Age	N	X	Ss	F	P
Age of 30 and below	23	70,0435	5,95039	,636	,533
Between the age of 31-40	24	68,2083	7,27700		
41 age and older	11	67,2727	10,05078		
<b>Total</b>	58	68,7586	7,34682		

When Table 4 is examined, it is seen that with the advancement of age tend to fall empathic level. However, between the average of the scores obtained from their empathic tendencies scale of coaches in different age groups, and it is observed that there were significant differences at the P= 0.05 level.

**Table 5.** The Comparison of Empathic Tendency Scores as Regards Marital Status

Marital Status	N	X	Ss	t	p
Single	29	69,6207	6,51051	,892	,439
Married	29	67,8966	8,12116	,892	

When table 5 is examined, the average of the scores obtained by the empathic tendencies scale marital status of the coach show no significant difference at the P=0.05 level. Together with the relevant numerical results have been found to have high single empathic tendencies of coaches.

**Table 6.** The Comparison of Empathic Tendency Scores as Regards Education Level

Education level	N	X	Ss	F	P
High School	10	68,4000	10,21111	,615	,544
Higher School/College	41	69,3171	6,59333		
Mastery/Doctorate	7	66,0000	7,43864		
<b>Total</b>	58	68,7586	7,34682		

When Table 6 is examined, the average of the scores obtained by the empathic tendencies scale educational status of the coach show no significant difference at the P= 0.05 level.

**Table 7.** The Comparison of Empathic Tendency Scores as Regards Duration of Sportmanship

Education Status	N	X	Ss	F	P
8 years and below	14	69,0714	5,53957	,243	,785
Between 9-14 years	27	69,2593	7,20359		
15 years and longer	17	67,7059	9,01918		
<b>Total</b>	58	68,7586	7,34682		

When table 7 is examined, the average of the scores obtained from their empathic tendencies of scale by the time soccer coach play shows no significant difference at the P= 0.05 level.

**Table 8.** The Comparison of Empathic Tendency Scores as Regards Variable of Thier Playing Status

The status Heorshe Plays	N	X	Ss	t	p
Amateur	34	67,6765	6,70920	-1,345	,608
Professional	24	70,2917	8,06215	-1,302	

When Table 8 is examined, when we look at the status they play football coaches,it is seen that professionals have higher scores numerically, but statistically between the mean scores obtained from the empathic tendencies scale, shows no significant difference at the P=0.05 level.

**Table 9.** The Comparison of Empathic Tendency Scores A Regards Coaching Variable.

The status of coaching	N	X	Ss	t	p
Yes	47	68,2766	7,66046	-1,033	,203
No	11	70,8182	5,65364	-1,247	

When table 9 is examined, the average of the scores they receive from the state of empathic tendency to scale with active coaching coaches shows no significant difference at the P=0.05 level.

**Table 10.** The Comparison of Empathic Tendency Scores as Regards the Variable of Coaching Time

Coaching Time	N	X	Ss	F	P
3 Years and below	6	67,5000	7,23187	,409	,747
Between 4-8 years	30	68,6333	7,69453		
9 years and longer	11	67,7273	8,42723		
I do not do	11	70,8182	5,65364		
<b>Total</b>	58	68,7586	7,34682		

When table 10 is examined, the average of the scores obtained from their empathic tendencies of scale with coaching duties coach rides shows no significant difference at the P=0.05 level.

**Table 11.** The Comparison of Empatic Tendency Scores as Regards the Variable of Coaching License Level

Level of License	N	X	Ss	F	P
UEFA C	5	71,0000	4,12311	,504	,607
UEFA B	29	69,2069	7,66895		
UEFA A	24	67,7500	7,53687		
<b>Total</b>	58	68,7586	7,34682		

When Table 11 is examined, the average of the scores they receive from the coaching license scale empathic tendency levels of coaches shows no significant difference at the P= 0.05 level. In terms of numerical, relevant results are outstanding that undergraduate level is low with high empathic tendency scores of coaches.

### Discussion and Conclusion

58 coaches, 18 females and 40 males, who attended the coaching training from different parts of Turkey participated in the study.

According to the findings in which women are compared to men, the empathic tendencies of coaches were numerically higher, but was found to be statistically significant results out. In the study titles as analyzing the emphatic tendencies of the parents in terms of several variables, which was conducted by Ceyhan (1993), it was determined that the emphatic tendency levels of the mothers were higher than those of the fathers. Kalliopuska (1984) stated that the emphatic tendency levels of the girls are higher than the emphatic tendency levels of the boys (cited by Dökmen, 1987). In Yılmaz's (2008) study titled as analyzing the emphatic tendency levels of the pre-service teachers of physical education, it was determined



on analyzing the emphatic tendencies in terms of gender that the emphatic tendency levels of the female students are higher than those of the male students. Considering the results of the related studies, it can be said that their results show similarities with our study.

However, there was no significant difference between empathic tendency levels and age, marital status, education, sportsmanship time, playing-football status, coaching participation, coaching time and coaching graduate-level variables. Korkmaz (2003) determined in his study which compare the emphatic skills of the students from the department of physical education and sports of education faculty in Bursa Uludağ University according to age that it was determined that there is no statistically significant relation between the emphatic skill scores of the students in terms of age groups. In the study conducted by Çelik (2008) in which the emphatic tendencies of the preschool teachers in terms of some variables, it was determined that there is no statistically significant difference between the emphatic tendency levels of the preschool teachers in terms of seniority and age.

Bulut and Düşmez (2014) determined in their study in which the emphatic tendencies of the teachers were compared according to their marital status that there was a significant difference between the groups, and the emphatic tendencies of married teachers were higher than those of the single teachers. Even though it was not determined that there was a significant difference between the emphatic tendency levels of the married and single coaches, it is seen that the scores of the single ones are higher numerically. The related results are contrary to the results of our study.

Although there were no statistically significant results, remarkable results between empathic tendency levels were obtained. These results are; With age, the coach that fall in the empathic tendency levels have decreased coaching in the championship soaring coaches empathic tendency level, when we look at the status they play football coaches as the professional-level sports that coaches score was numerically higher, undergraduate level has emerged results to be lower than high coach of empathic tendency scores.

Coach of empathy is important in terms of professional success and social communication, the fact that it is also important in the coaching profession in mind, giving empathy training through courses to coaches need and reading various literature related to empathy coaches can be expressed as the recommendation of our work.

### **Conflict of Interest**

The authors have not declared any conflicts of interest.

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