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Determination of Physical Self-Perceptions of Turkish National Freestyle Wrestlers

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Abstract

In this study, it was aimed to determine the physical perception of free wrestlers. A total of 50 male wrestlers (age = 24.24 ± 2.82) participated in the survey. The Versatile Body-Self Relationship Scale which was developed by Winstead and Cash (1984) was applied to this survey group, and SPSS 21.0 program was used in the analysis of the data. Independent Samples T-test and descriptive statistics were used in order to evaluate and interpret the data derived from the scale. As a result, body image score distribution was determined as Intermediate Level (n = 7, 14%), Good Level (n = 4, 8%), High Level (n = 39, 78%). It was seen that the physical perceptions of the athletes were high.

Keywords: Free wrestling, Athlete, Bodily Perception

Introduction

Wrestling is one of the oldest sports in the world since the beginning of human history (İğrek and Karataş, 2000), and is considered to have the same age with humankind.

Wrestling is a struggling sport between two opponents in order to put other's back to the ground using various games (Yıldırım, 1977). This sport is created by the movements developed by human beings in order to counteract wild animals such as holding, throwing, heading and suffocation, which have developed in order to meet the needs of protection and nutrition (Petrov ve Bakalova, 2011). It is developed as human beings' supremacy and survival struggle. It was later used by mankind as the most effective method in physical struggle (Toschi, 2010).

The concept of body sensation was first discussed by Paul Schilder in 1920 in terms of psychological and sociological aspects. Studies before Schilder are predominantly limited to improved perceptual body perceptions due to brain damage. In 'The Image and Appearance of Human Body' book, the author stated that body perception is not just a cognitive structure, but also a reflection of relationships and attitudes with others. According to Schilder, who deals with the resilience of body perception, body perception is defined as "the image of our body we have shaped in our mind, that is, how we look at ourselves" (Grogan, 2008).

The body sensation is expressed as a phenomenon that gradually develops and develops when it perceives the different attitudes that have emerged from the experiences that have been produced and that have often been experienced by one's body in the face of events and against the body of others in a stimulating state. At this point, recognizing and evaluating the body of the individual is supportive in the formation of its self-esteem and confidence (Uğur, 1996).

Although the body sensation is basically physiologically based, it shows a structure consisting of perception, physical, psychological and social experiences. When evaluated in this respect, body sensation does not only reveal the personality structure but also expresses a sociological meaning. The body sensation and the satisfaction that different parts of the body gives to the person is in the relation of the self-confidence of the person. The person's size, weight, body measurements, health status, likeness, value to oneself and behaviours that control the person's abilities, constitute their behaviour and all these are reflected in their social relations. When we examine the literature, body sensation can come into conflict with different terms. (Ziyalar, 1980). Within this scope, the purpose of this study was to examine the physical perception of freestyle wrestlers.

Materials and Method

Research Group: A total of 50 male athletes who attended in the Turkish Freestyle Wrestling national team camp ($24,24 \pm 2,82$ years) participated in the survey. Before the questionnaire was applied, it was discussed with the Wrestling Federation and the necessary permissions were taken and the participant athletes were informed about the content and the purpose of the research and they were collected by the questionnaire management.

Data Collection Tools: The Multidimensional Body-Self Relationship Scale was used as the data collection tool in the study. Originally developed as a 140-item scale by Winstead and Cash (1984), it was converted into a 54-item short form, 9 items related to body areas, 57 items with the addition of 6 items related to body weight, 3 items of emotional, Cognitive, behavioural, physical 3 versatile (physical appearance, physical competence, biological

integrity) Body-Self Relationship Scale (MBSRQ). In the Multidimensional Body-Self Relationship Scale, 7 subscales are formed. Sub-groups are:

- Appearance assessment
- Appearance Orientation
- Assessment of Physical Competence
- Physical Qualification Orientation
- Health Assessment
- Health Orientation
- Satisfaction in Body Areas

The sum of the points taken from the items of the scale of a trial shows total score of the scale. According to the Turkish form of the scale, a subject can take at least 57 points and at most 285 points from the scale (Er, 2015).

Collection of Data: The athletes, who participated in the national freestyle wrestling team camp, were informed about the content and the purpose of the research and the data were collected by the scale management.

Analysis of Data: Survey data obtained in the research has been transferred to Microsoft Office Excel program. Transmitted data were statistically analyzed in SPSS 21.0 program. Independent Samples T-test was used for frequency, percentage analysis and parametric tests for the analysis of data that obtained from the versatile body-self relationship scale used in the study.

Findings

Table 1. Age, Height, Body Weights, Age of Training, and Number of Competitions in National Team of the Survey participants

	Average ± Standard deviation	Min.	Max.
Age (years)	24,24 ± 2,82	20	31
Length (cm)	173,58 ± 8,71	157	191
Body Weights (kg)	74,44±12,22	51	99
Training Age (years)	11,30±3,67	5	19
Number of Nationalities (number)	19,46±24,32	1	120

According to Table 1, the average age of the study group is (24,24 ± 2.82), height average is (1,73,58 ± 8,71), body weight average is (55,88 ± 4,38), body weight average , 44 ± 12,22), the age of training (11,30 ± 3,67) and the number of nationalities (19,46 ± 24,32)

Table 2. Income Status and Educational Level Distributions of the Survey Participants

		N	%
Income status	1000 - 1250 TL	4	8,0
	1251 – 1500 TL	3	6,0
	1501 - 1750 TL	13	26,0
	2501 – 2750 TL	2	4,0
	2751 – 3000 TL	16	32,0
	3001- 3250 TL	12	24,0
	Total	50	100,0
Education level	Primary education	6	12,0
	Secondary education	3	6,0
	University	39	78,0
	Graduate	2	4,0
	Total	50	100,0

According to Table 2, the "income status" of the research group is TL 1000-1250 (8%), TL 1251-1500 (6%), TL 1501-1750 (26%), TL 2501-2750 3000 TL (32%), 3001-3250 TL (24%) and "Education level" was found as primary education (12%), secondary education (6%), university (78%), post graduate (4%).

Table 3. Mean and Standard Deviation Values of the Physical Sensation Points of the Survey Participants

SUB-DIMENSIONS	N	Average	Standard deviation
Appearance Evaluation	50	25,16	4,24
Appearance Orientation	50	41,60	6,74
Assessing Physical Competence	50	24,74	4,49
Physical Talent Orientation	50	37,40	6,69
Health Assessment	50	25,04	3,75
Health Orientation	50	45,66	7,89
Satisfaction in Body Areas	50	37,94	7,08
Total	50	237,54	38,29

According to Table 3, when the body-perception scores of the research group were examined, it was found that the appearance evaluation ($25,16 \pm 4,24$), the appearance orientation ($41,60 \pm 6,74$), the evaluation of physical competence ($24,74 \pm 4,49$) ($37,40 \pm 6,69$), health orientation ($45,66 \pm 7,89$), satisfaction with body areas ($37,94 \pm 7,08$) and total score ($237,54 \pm 38,29$) were found.

Table 4. Independent Samples According to Age of Participants in the Study T-Test Results

	Age	N	Average	Standard deviation	F	p
Appearance evaluation	20-25	35	24,63	4,72	5,045	0,09
	26-31	15	26,40	2,55		
Appearance orientation	20-25	35	40,94	6,91	1,506	0,22
	26-31	15	43,13	6,27		
Assessment of physical ability	20-25	35	24,23	4,63	1,690	0,29
	26-31	15	25,93	4,06		
Physical ability orientation	20-25	35	36,66	7,26	3,738	0,20
	26-31	15	39,13	4,92		
Health assessment	20-25	35	24,60	4,16	3,876	0,23
	26-31	15	26,07	2,37		
Health orientation	20-25	35	44,71	8,44	3,570	0,14
	26-31	15	47,87	6,12		
Satisfaction with body spaces	20-25	35	37,66	7,67	2,600	0,67
	26-31	15	38,60	5,64		
TOTAL points	20-25	35	233,42	41,20	3,604	0,25
	26-31	15	247,13	29,47		

According to Table 4, when the body sickness scores of the research group were examined according to the age variable, there was no statistically significant difference in terms of appearance evaluation, appearance orientation, evaluation of physical competence, physical competence orientation, health evaluation, health orientation, ($P > 0.05$).

Table 5. Body Perception Score Distribution of the Survey Participants

LEVEL	POINT RANGE	N	%
Low	57- 114 point	-	-
Intermediate	115 - 171 point	7	14,0
Good	172 - 228 point	4	8,0
High	229 - 285 point	39	78,0
TOTAL		50	100,0

According to Table 5, when the body-perception score range distribution of the research group was examined, it was determined as Intermediate Level ($n = 7$, 14%), Good Level ($n = 4$, 8%) and High Level ($n = 39$, 78%).

Discussion and Conclusion

A total of 50 men (age = 24.24 ± 2.82), who attended Turkish National Wrestling national team camp, participated in the survey. The aim is to examine the physical perception of free wrestlers.

According to the results, it was determined that there was no statistically significant difference in terms of appearance evaluation, appearance orientation, assessment of physical competence, physical competence orientation, health evaluation, health orientation, satisfaction with body areas and total points when the body sensory scores of the research group were examined according to age variable

According to Table 5, the body image perception score range of the study group was determined as Intermediate Level (n = 7, 14%), Good Level (n = 4, 8%), High Level (n = 39, 78%). It is thought that one of these factors is the satisfaction that the persons provide from their own body senses. Individuals whose body sense is high; They can trust themselves more, express themselves more easily in interpersonal relationships, and defend their rights better. Akyol et al. (2015) said that individuals 'physical self-esteem is quite high in dancers' work. This supports our research.

It is seen that the physical perceptions of the athletes in our study are high. In this context, in almost all societies, for the individual, the human body has a meaning of being a "physical" organism. Within the concept of body sensation, there are many concepts such as the experiences, attitudes and feelings of individuals about their bodies. In addition to these, it is known that individuals recognize the changes in their bodies and in the bodies of other people, and that the interpretation of these changes is influenced by the cult. Thus, they are able to distinguish the differences between being healthy or unhealthy, being disabled or not disabled, being able to perceive or expressing any disease, and which parts of the body will not be exposed to discomfort in the society (Aslan, 2004).

Sportsmen are the basis of success in sports. In addition to being important for the physical structure of the athletes, their behavior also plays a major role. Successful athletes were found to be highly self-confident, emotionally valuable, outward-looking, and responsible, with high social relationships (Alagül, 2004). Pickett, Lewis, and Cash (2005) reported that elite and amateur bodybuilders had a much better appearance rating score than other active individuals due to the results of a study that exams muscle and body image in men. According to a research done by Tazegül (2016) it is stated that the body sensory level of bodybuilding athletes competing in the 90 kg and less categories was better than the other category athletes.

Güclü and Yentür (2008) showed that as the level of female athletes' perception of their bodies increased, the levels of personal and social cohesion also increased. They point out that body-self perception influences body-self perception in personal and social harmony as well as personal and social harmony. Kuru and Baştuğ (2008) stated that females' appearance evaluation, appearance orientation, physical competence evaluation, physical competence orientation, health evaluation and body-self relationship scores were higher than males in the study entitled "Examining the level of perception of the personality traits and bodies of footballers".

As a result, the physical perceptions of the athletes were high (n = 39, 78%). Athletes engaged in wrestling sports can expect their own body senses to be high. Wrestlers are confronted with heavy training conditions and competition. Therefore, the perception of their bodies may be high if they are physically at a high level and in a fit state.

Conflict of Interest

The authors have not declared any conflicts of interest.

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