

The research on the negative evaluation anxiety of taekwondo players by different variables

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Abstract

This research, focused on the examination of the negative evaluation anxiety of taekwondo players studying at university by different variables, is a scanning method research. This research is carried out on the players joining in Turkey Taekwon-do Championship which was held on Ahi Evran University physical education and sport faculty at 2017 by the federation of turkey intercollegiate sports. The population of study consists of 399 players joining the championship, and the research sample consists of 228 volunteer players who are 93 female and 135 male players. "Negative Evaluation Anxiety Scale" developed by Leary 1983, transcribed in Turkish by Çetin and friends was used as a data collection tool. Frequency (n) and percentage (%) depictive statistical methods was used for personal information at analyzing of the data. For the evaluation of scales, T test one of the parametric tests was used at pair groups, anova test was used at multiple groups and significance level of .05 was chosen for the statistical significance. It is determined at the result of research that the negative evaluation anxiety of Elit University taekwondo players show difference related to factors which are being national player or not and gender, and don't show difference related to factors which are weight and the grade of sport

Key words: Social Appearance Anxiety, Social Anxiety, Player, Taekwon-Do.

INTRODUCTION

Today, Humans are inherently social beings and are born to, live and die in an environment of interactions. This mutual communication and interaction can be in the form of parent-children, relatives, friends, neighbors, colleagues etc. However, what they have in common is that the persons in the relationship affect and get affected by each other (14).

People are interested in what kind of an impression they will leave on others and how they will be viewed by others when they interact with others. These evaluation expectations can be both positive and negative.

The concept of fear of negative evaluation was first introduced by Watson and Friend (1969) as being concerned about evaluations of others, uncomfortable with negative evaluations and expecting to be negatively evaluated by others (3).

An individual with fear of negative evaluation abstains from being negatively evaluated by people around them by continuously making mistakes, which makes it hard for them to express themselves by preventing them from acting at ease in social

environments. Another fear which negatively affects lives of those with fear of negative evaluation is this state of anxiety being noticed by others (20). Consequences of social anxiety are listed as failure at school, failure at work (not being able to work), working at job which requires less than their competencies, career (not thinking about advancing), restricted social interactions, not being able to have a partner, make friends and maintain friendship, financial dependency for survival, unnecessary medical examinations and search for treatment of various problems and in relation to this, increased costs, use of alcohol and medication to calm anxiety, depression, agoraphobia, suicidal thoughts and suicide attempts (26).

The concept of negative evaluation also means social anxiety the individual feels in the evaluation environment (22). When being uncomfortable with being others, avoiding social environments and expectations of negative evaluation are concerned, it might also be called social anxiety. In a social environment, individuals meet, talk, express and thus, interact. However, there are many individuals in the society who think they are not able to express themselves and speak before others, feel concerned,

that's to say, have "social anxiety" in a social environment (15).

A person with social anxiety is extremely sensitive to criticism and negative thoughts of others and tends to do his/her best to avoid them. These people who tend to be extremely self-aware and criticize themselves in these environments of anxiety have shown physical symptoms including blushing, palpitation, sweating and shivering (10).

Studies in the literature show fear of negative evaluation is closely related to the person's character (17) as well as hereditary traits (4,5).

Fear of negative evaluation or social anxiety can put an impact on behaviors and achievements of people in social life as well as their sports life (16). In today's sports, excellence in physical capacity is not considered sufficient alone to maximize athletic performance. The athlete has also a psychological capacity which should be paid as much attention as their physical aspects. It is brought as an explanation to failure of athletes who have emotional fluctuations in achieving expected results despite being physically prepared (25, 13).

Taekwon-do is a martial art and combat sport where individual performances are exhibited (19). Due to these characteristics, taekwon-do athletes can have fear of negative evaluation together with fear of losing.

MATERIAL & METHODOLOGY

This is a relational screening model study intended to evaluate the fear of negative evaluation in top level taekwon-do athletes in terms of different variables.

Population and Sample

The study population is comprised of 399 athletes who joined the Turkish Interschool Taekwon-do Championships organized at Kırşehir Ahi Evran University in 2017. The study sample is represented by 228 volunteering participants in total, 93 female and 135 male, with average height of 1.74 cm and average weight of 67.36 kg, selected randomly.

Table 1. Frequency and Percentage Distribution of Demographic Characteristics of Taekwon-Do Athletes

	Categories	f	%
Sex	Female	93	40.8
	Male	135	59.2
Sports Year	-5	64	28.1
	6-8	57	25
	9-11	61	26.8
	+12	46	20.2
National Athlete	Yes	75	32.9
	No	153	67.1
Weight Classes	46 kg female/54 kg male	19	8.3
	49 kg female /58 kg male	26	11.4
	53 kg female /63 kg male	28	12.3
	57 kg female /68 kg male	29	12.7
	62 kg female /74 kg male	24	10.5
	67 kg female /80 kg male	23	10.1
	72 kg female /87 kg male	33	14.5
	+73 kg female /+87 kg male	46	20.2
Total		228	100

Data Collection Tool

Two survey forms were used in the study. The first is the "Personal Data Form" created by the researchers to identify personal information of the group. The second is the "Fear of Negative Evaluation Scale" developed by Leary (18) and adapted to Turkish by Çetin et al. (7).

The Fear of Negative Evaluation Scale is a self-report measure developed to measure a person's tolerance for being evaluated negatively or hostile by others. It is a 5-point Likert type scale of 12 items. The Scale's Cronbach's Alpha value was calculated with the split half and test retest methods. The scale's Cronbach's Alpha value was 84. The value obtained with the split half method was 83. The scale was applied on 76 persons in two week intervals to determine reliability with the test retest method. As a result, the test retest reliability coefficient of the scale was 80.2.

Data Analysis

SPSS 19 statistics program was used for data analysis. Frequency and percentage distributions were taken as statistical methods in the study, as variables meet the conditions of normal distribution and homogeneity, t-test among parametric tests was used in dual groups and Anova Test was used in multiple groups, .05 significance level was selected for statistical significance.

FINDINGS

Table 2. Independent-Sample T-Test Results for the Significant Difference Between the Gender Variable and the FNES Mean Scores of Taekwon-Do Athletes

	Sex	N	\bar{X}	S	t	sd	P
Negative Evaluation	Female	93	29.54	7.96	1.126	226	0.742
	Male	135	29.88	7.22			

*p<0.05

In Table 2, no significant difference is observed between the taekwon-do athletes' gender and FNES mean scores according to $t(228)=1.126$; $p=0.742 > 0.05$.

Table 3. One Way ANOVA Results for the Significant Difference Between the Year in the Sport Variable and the FNES Mean Scores of Taekwon-Do Athletes

	Sports Year	N	\bar{X}	S	F(3-224)	p	Post Hoc (Tukey)
Negative Evaluation Anxiety	-5	64	30.32	6.76	0.832	0.478	
	6-8	57	30.26	7.40			
	9-11	61	28.45	8.66			
	+12	46	29.02	7.05			

Table 5. One Way ANOVA Results for the Significant Difference Between the Weight Category Variable and the FNES Mean Scores of Taekwon-Do Athletes

	Weight Classes	N	\bar{X}	S	F(7-220)	p	Post Hoc (Tukey)
Negative Evaluation Anxiety	46 kg female/54 kg male	19	30.57	7.52	0.364	0.922	-
	49 kg female/58 kg male	26	29.73	7.49			
	53 kg female/63 kg male	28	28.78	6.72			
	57 kg female/68 kg male	29	29.03	6.36			
	62 kg female/74 kg male	24	28.79	7.59			
	67 kg female/80 kg male	23	39.26	10.00			
	72 kg female/87 kg male	33	31.00	8.46			
	+73 kg female/+87kg male	46	30.30	6.82			

In Table 5, no significant difference is observed between the taekwon-do athletes' weight categories in competitions and FNES mean scores according to $t(228) = 0.364$, $p=0.92 > 0.05$. athletes can have the same kind of thinking as they are all top level athletes and taekwon-do is a branch of sports which improves self confidence for being a martial art and combat sport. Studies conducted

CONCLUSION & EVALUATION

In this study intended to study the fear of negative evaluation of top level university student taekwon-do athletes with different variables, no significant difference was obtained between the gender variable and FNES mean scores of the athletes (Table 2; $p > 0.05$). According to this result, it can be concluded that the taekwon-do athletes' gender do not affect their fear of negative evaluation. This can be interpreted as that all athletes can have the same kind of thinking as they

In Table 3, a significant difference is observed between the sports year and FNES mean scores [$t(228) = 0.832$; $p > 0.05$].

Table 4. Independent-Sample T-Test Results for the Significant Difference Between the National Athlete Status Variable and the FNES Mean Scores of Taekwon-Do Athletes

	National Athlete	N	\bar{X}	S	t	sd	p
Negative Evaluation Anxiety	Yes	75	32.00	8.16	0.300	226	0.001*
	No	153	28.64	6.95			

*p<0.05

In Table 4, a significant difference is observed between being a national athlete and FNES mean scores according to $t(228) = 0.300$, $p = 0.001 < 0.05$.

are all top level athletes and taekwon-do is a branch of sports which improves self confidence for being a martial art and combat sport. Studies conducted with different groups by Stopa & Clark (24), Demir et al. (9), Sevimli (22), Çağlar et al (6), Karabulut & Bahadır (16), Çetinkaya & Honca (8) support the study findings.

In table 3, no significant difference was obtained between the athletes' year in the sport and their FNES mean scores. Considering their mean scores, however, it can be seen that the older the athletes get, they fear less of being evaluated negatively. Sportive experience increases with the year in the sport. Experienced individuals have less social anxiety. Increased experience might lead the athletes to act more comfortable before the audience, have higher self confidence and think individually. This can also be said to reduce social anxiety in the athletes (12, 2). Studies conducted by Karabulut &

Bahadır (16), and Doğan (11) with different groups support the study findings.

According to the findings in Table 4, there is significant difference between the national athlete status of the athletes and their FNES mean scores. It was determined that individuals on the national athlete level in taekwon-do had higher fear of negative evaluation compared to those who were not on the national team.

We can interpret this result as that national taekwon-do athletes put the burden of their failures on themselves, are more concerned about what other people are thinking of them, the title of being a national athlete brings more responsibility and they fear of negative evaluation more for the fear of not being selected to the national team again. The concept of success in sports is perceived as a status measure in the sports community. Therefore, achievements in competition and the title of "national athlete" are of great importance. This importance is considered to be a product of humans being social beings. Because, individuals consider their social circle's perception about themselves as important as their own thoughts and attitudes, likewise, athletes consider the perception of their peers, trainers, adjudicators and managers in the sports community about themselves very important (20).

Among these studies, no study was parallel to our findings. Ahçı & Göçmen (1), Subaşı (23) found out high anxiety levels negatively affected individual success levels, and Karabulut & Bahadır (16), Çetinkaya & Honca (8) determined that athletes who were not on the national team had more fear of negative evaluation compared to those on the national team.

Another finding in the study is that there was no significant difference between the weight category and FNES mean scores of the athletes. Considering their mean scores, however, athletes competing in the 67 kg female / 80 kg male category had the highest mean score in fear of negative evaluation and those competing in the 53 kg female/63 kg male category had the lowest mean score in fear of negative evaluation.

In the literature, no study into the correlation between fear of negative evaluation and the weight group variable was identified. Nonetheless, it can be suggested that the 67 kg female / 80 kg male category had a high anxiety level as the category

required having a solid body, the athletes had very competitive opponents and the weight category included numerous competent and powerful male and female athletes in Turkey, and the 53 kg female / 63 kg male category had a low anxiety level as they did not have very strong and challenging opponents in their category. Athletes' physical condition and strength improve with higher weight categories. In this case, the athletes in higher weight categories need a more solid bodily structure and more powerful techniques, when these requirements are not fully met, their fear of negative evaluation might increase.

In conclusion, the taekwon-do athletes' mean scores in the fear of negative evaluation scale do not vary by the gender variable, the year in the sport variable or the weight category variable ($p>.05$). Significant difference was obtained between the national athlete status variable and the athletes' mean scores in the fear of negative evaluation scale ($p<.05$). The athletes on the national team had higher mean scores in fear of negative evaluation compared to those who were not on the national team.

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