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Fair-Play Behavior of High School Students Playing Futsal and Football

Abstract

The objective of this study is to scrutinize the changes taking place in the fair-play behaviors of the high school students playing football and futsal with amateur license. The study group was constituted by the 264 high school sportspeople, being 140 involved with futsal, 124 with football, doing sports as amateurs. In identifying the fair-play behaviors, The Fair Play Scale in Physical Education and Sport, developed by Hassandra et al. (2002) and adapted to Turkish by Mirzaoglu (2015) was used to collect data. The scale has four subscales including 15 items. The scale consists of the factors of respect for teammates, cheating, respect for conventions, and sportsperson ship. The scale is the Likert type (1=Never, 2=Rarely, 3=Sometimes, 4=Often, 5=Always). Conducting the works on the diagnostic statistics of the data obtained, their variance and homogeneousness were tested and Independent Samples t test was used in pairwise comparisons and One-Way Anova test was used in multiple comparisons. No statistical alteration was determined in line with the age and year factor, in which they perform sports. No statistical difference was observed in the categories of respect for teammates and cheating. The statistical change in the categories of respect for conventions and undeserved winning was found to be statistically significant (table 1; $p<0.05$). Statistically significant changes were observed in the fair play behaviors in view of the gender factor as well (table 2; $p<0.05$). In the light of this study, it was determined that more positive values were found in the fair-play behaviors of futsal players than football players, in female sportspeople than male sportspeople, female futsal players than female football players. It is considered that such situation depends on the certain structures of sportive branches in addition to the physical and psychological factors specific to males and females.

Keyword: football, futsal, fair-play, sportspeople.

INTRODUCTION

What matters is not to win against all costs but to win without losing anything of us and what remains to us are the things we lose when winning. Eitzen (2006) emphasizes that the foundation of sports is competition and its objective is to win but a fair play spirit is required for winning ethically. Lots of senses and emotions, such as peace, friendship, fellowship, unity, and sharing come out and become reinforced thanks to sports. Yıldiran (2004) states that while the concept of fair play is expressed as honest playing, it is the attitudes and behaviors that ensure sportspeople to comply with the rules with patience, coherence, and awareness, during competitions even under the conditions becoming more and more compelling; not to accept the unfair advantages in order not to break down the equality of opportunity; not to attempt to exploit the unfair disadvantages of the opponents; to consider the opponents not as enemies but, on the contrary, as the partners and individual with equal rights; and that show their efforts of valuing.

Orhun (1992) specifies that fair play can be classified in two separate forms as formal and informal, meaning that the sportsperson uses his/her entire strength in order to win adhering to rules in the formal sense, and, while making use of that strength, he/she acts through the understanding of universal ethics in the informal one. Kicking the ball out of the field for the treatment of an injured player is a directive that is not present in written rules formally. Nevertheless, when human life is in question, rules are the designations that remain on papers and that pose inconvenience on conscience when observed in that situation. Possibility of obtaining the expected efficiency from sports is through adherence to the ethics of sports as well as their philosophical principles and rules that have come to the present times throughout history (Şahin, 1998; Erdem, 2002). The phenomenon of fair play has an importance that can be rendered central in the constitution of a sports culture and in its settlement into the internal dynamics of societies. A structure that harbors the understanding that "I must win whatever is present in its center," might cause attitudes, behaviors, and emotions that would be regarded as odd by the society. Sezen and Yıldiran (2007) highlighted the fact that the increase of the commercial and political expectations from sports pushes the ethical expectations to the backseat and causes the amateur spirit to retard against professionalism.

Tel (2014) qualifies the concept of fair play as "playing fairly and honestly; compliance with rules; respect to the opponent; avoidance of unfair advantage and not attempting to exploit the unfair advantages of the opponent; taking pleasure from not defeating the opponent but being together with him/her; and embracing it as the basic principle to appreciate the score achieved by the opponent as much as the sportsperson's own score." Adherence to ethical values in addition to the criteria required by the respective branch of sports determine the limits of the concept of sportspersonship. Boniface (2007) states that the more prior example of globalization than democracy, economy, and the internet is football. Football is a sport of the world and, thus, it is one of the branches that experience the concrete impacts of globalization first (Authier, 2002). Once football that brings together and unites billions of people and that is the source of different emotions and behaviors is established on the right foundations, it will serve for the life quality of societies. When defining football, Konter (2004) uses the expression that it is a game with which masses of people experience without causality motivation, stress, and pressure, are strained emotionally and mentally, and exhibit the behavioral reactions and anxiety, expressing the

success in football as a level acquired in line with the results of the education-training process of a footballer. Together with the process of modernization, football shifted from being a game belonging to a subculture and became a popular means of entertainment that masses of people pursue, acquiring the status of being a basic source of satisfaction to which people are attached religiously or semi-religiously (Kayaoğlu, 2000).

Even if the sport of futsal appears to be an extension of the sport of football, it has different characteristics (Altın, & Kıvrak, 2018). Barbeo-Alvarez et al. (2008) state that the popularity of futsal is increasing day-by-day and it is played by both women and men in professional and amateur leagues worldwide. While football and futsal look highly similar, either of them has its own specific structure in terms of the dimensions of the fields of the games played, the equipment used, and the differences in the rules of matches. Rodrigues et al (2011) specify that futsal is played in a narrow area and fast, while Castagna et al. (2010) point out that it consists of violent activities and that the ability of iterative sprint is important. Falcao, one of the notable names of futsal, explained the difference between football and futsal as "It took centuries for the ball to come to me when I played in normal fields." (Altın, & Kıvrak, 2018).

Regardless of the sports branch performed and of its characteristics, while the results of a contest determine merely the superior party, the only thing ensures that a finished competition is remembered even after centuries later on is our attitudes and behaviors we exhibit when we lose or win. Fair play or honest play must be handled as a term that demonstrates a particular manner of behavior even beyond the compliance with rules. Aytekin (2007) underlines the fact that the logic of "I must win in any case and losing is the end of everything" dominates sports and such manner of thinking brings along the welcoming of all kinds of wrong actions as ordinary ones on the path leading towards success.

Simon (2004) states that the reflections of sports not only increase internal attention but also brings one out of his/her own borders and that when it comes to questioning of the nature of fair play in sports, an understanding of justice in a wider social environment might help us. Godin (1994) specifies that the idea of winning at all costs would not accord with the spirit of fair play, while wishing to win is natural but it must be within a noble competitive frame. The impact of the structural and functional changes in sports on the inclinations toward and behaviors about fair play must be presented by studying in different scopes and dimensions.

In the branches of football and futsal, the factors like the rules, playfield, number of the sportspeople and supporters, and structural and cultural differences may affect the fair play understanding of sportspeople. It is contemplated that the conduct of the studies regarding fair play in different scopes and dimensions is a requirement for the domination of a universal understanding of fair play in all branches of sports without dependence on any structural and functional difference..

METHOD

The Population and the Sample

The study group was constituted by the 264 high school sportspeople, being 140 involved with futsal, 124 with football, performing sports as amateurs, and studying in the provinces of Konya, Bursa, Karaman, Niğde, Izmir, and Istanbul.

Data Collection Tool

The Fair Play Scale in Physical Education and Sport, developed by Hassandra et al. (2002) and adapted to Turkish by Mirzaoglu [2015] was used to collect data. The scale has four subscales including 15 items. The scale consists of the factors of respect for teammates, cheating, respect for conventions, and sportsperson ship. The scale is the Likert type (1=Never, 2=Rarely, 3=Sometimes, 4=Often, 5=Always).

Data Analysis

The descriptive analysis of demographic variables and exploratory factor analysis for validity were used; Cronbach's alpha coefficient was calculated for reliability. The relationships were determined by using correlation analysis, and independent t-test was used for comparison between groups. (Independent samples t test, One-Way Anova and Turkey HSD)

FINDINGS

Table 1. Fair-Play Behavioral Changes in Line with the Branch Factor

Branch	n	Respect for Teammates		Respect for Conventions		Undeserved Winning		Cheating	
		x	Ss	x	Ss	x	Ss	x	Ss
Futsal	140	3,69	0,69	3,71	0,62	2,30	0,59	2,33	0,70
Football	124	3,54	0,57	3,56	0,61	2,61	0,45	2,45	0,59
Total	264	3,62	0,64	3,64	0,62	2,44	0,55	2,39	0,65
p		,063		,046*		,000*		,154	

* Significant difference between groups (p<0.05).

As can be seen in Table 1, no statistical change was observed among the football and futsal players in terms of respect for teammates and cheating category. It was determined that the futsal players' values of respect for conventions ($3,71 \pm 0,62$) are statistically higher than those of the football players ($3,56 \pm 0,61$) (p<0.05). In the case of undeserved winning category, the average value of the football players ($2,61 \pm 0,45$) was found to be higher than the average value belonging to the futsal players ($2,30 \pm 0,59$) and such change was identified as statistically significant as well (p<0.05).

Table 2. Fair-Play Behavioral Changes in Line with the Gender Factor

Gender	n	Respect for Teammates		Respect for Conventions		Undeserved Winning		Cheating	
		x	Ss	x	Ss	x	Ss	x	Ss
Female	105	3,76	0,60	3,78	0,57	2,38	0,49	2,28	0,61
Male	159	3,52	0,65	3,55	0,63	2,49	0,58	2,46	0,67
p		,002*		,003*		,096		,032*	
Female Futsal Player	54	4,01	0,53	4,00	0,51	2,19	0,48	2,31	0,63
Female Football Player	51	3,50	0,57	3,54	0,54	2,57	0,43	2,26	0,58
p		,000*		,001*		,000*		,450	
Male Futsal Player	86	3,48	0,71	3,53	0,62	2,36	0,64	2,35	0,74
Male Football Player	73	3,57	0,58	3,57	0,66	2,63	0,47	2,58	0,56
p		,421		,719		,003*		,027*	

* Significant difference between groups (p<0.05).

As appears in Table 2, no change is encountered in the undeserved winning category between females and males in the entire group, while it was determined that female sportspeople's average values of respect for teammates ($3,76 \pm 0,60$) and respect for conventions ($3,78 \pm 0,57$) were statistically higher than those values of respect for teammates ($3,52 \pm 0,65$) and respect for conventions ($3,55 \pm 0,63$) of male ones ($p < 0,05$). In the case of the cheating category, the male sportspeople's average value ($2,46 \pm 0,67$) was found to be higher than the female sportspeople's average value ($2,28 \pm 0,61$) and such difference was determined to be statistically significant ($p < 0,05$).

While no difference was encountered in the cheating category of female futsal players and female football players, it was determined that the average values of female futsal players for respect for teammates ($4,01 \pm 0,53$) and respect for conventions ($4,00 \pm 0,51$) were statistically higher than the female football players' average values of respect for teammates ($3,50 \pm 0,57$) and respect for conventions ($3,54 \pm 0,54$) ($p < 0,05$). In the case of undeserved winning category, the value of the female football players ($2,57 \pm 0,43$) was found to be statistically higher than the value ($2,19 \pm 0,48$) of the female futsal players ($p < 0,05$).

No change in a statistical sense takes place in the respect for teammates and respect for conventions categories between the male football and futsal players, while it was determined that the undeserved winning ($2,63 \pm 0,47$) and cheating ($2,58 \pm 0,56$) averages of the male footballers were higher than the undeserved winning ($2,36 \pm 0,64$) and cheating ($2,35 \pm 0,74$) average values of the male futsal players ($p < 0,05$).

Table 3. Fair-Play Behavioral Changes in Line with the Age Factor

Age	n	Respect for Teammates		Respect for Conventions		Undeserved Winning		Cheating	
		x	Ss	x	Ss	x	Ss	x	Ss
13-14 years	146	3,60	0,66	3,63	0,62	2,46	0,52	2,42	0,63
15-16 years	103	3,64	0,62	3,68	0,60	2,44	0,58	2,36	0,69
17 year and above	15	3,60	0,63	3,50	0,70	2,30	0,61	2,25	0,51
p			,915		,548		,574		,531

As it is seen in Table 3, no statistical difference was observed in line with the fair play behaviors of the sportspeople in view of the age factor.

Table 4. Fair-Play Behavioral Changes in Line with the Sportive Background Factor

Sports Period in Years	n	Respect for Teammates		Respect for Conventions		Undeserved Winning		Cheating	
		x	Ss	x	Ss	x	Ss	x	Ss
1-3 years	126	3,69	0,66	3,70	0,60	2,43	0,57	2,43	0,67
4-6 years	118	3,55	0,62	3,59	0,63	2,46	0,52	2,36	0,64
7 years and above	20	3,53	0,62	3,53	0,67	2,39	0,58	2,32	0,63
p			,175		,278		,831		,626

As can be understood from Table 4, no statistical difference was observed in the fair play behaviors of the sportspeople for the background of them doing sports.

DISCUSSION AND CONCLUSION

No change was observed in the category of respect for teammates and cheating among the football and futsal sportspeople. This result shows that the sportspeople engaged in both branches of sports respect their teammates and are unwilling to win competitions by

cheating. It was determined that the average value of the category of respect for conventions of the futsal players is higher than that of the football players and that the averages of their category of undeserved winning is statistically low ($p < 0.05$; table 1). Each branch of sports has its own unique properties and that specific structure may affect the direction and category of the studies conducted and be the reason for such variability. In a study, Kalkan (2017) specifies that fair play behaviors might vary in line with the branches of sports. Gürpınar and Kurşun (2013) mention the fact that fair play is taken less seriously in the contact sports than the non-contact sports. Miller and Jarman (1988) stress that the team sports like basketball have less sportsperson ship properties compared to the individual sports like swimming and that basketball players care about fair play to a lesser extent than the volleyball players. Bozdemir (2017) reports a significant positive relation between the fair play behaviors and empathy skills of the students playing basketball, in a sportive environment. While football and futsal look similar characteristically, they differ in terms of the properties of the playfields and the specific nature of the rules of games. Sezen (2003) states that as long as the importance of the sportive matches increases, the formal and informal understanding of ethics loses its importance and that deliberately-made mistakes violating rules have started to be interwoven into football. It is possible to encounter studies in the literature, regarding the fact that footballers have lower fair play score averages than other branches (Teke, 2018; Yıldiran, & Sezen, 2006). The findings of our study concerning the football players and futsal players in the case of undeserved winning appear to be similar to those studies. It can be said that such condition can arise from the fact that a football field is larger and its alternatives are more and from the unique nature of the respective sports branch. Possession of a statistically higher average value by futsal players than footballers in terms of the category of respect to teammates and conventions is considered due to the specific structure of the indoor sports and their characteristics as well as the obligations of exhibiting selective behavior in the environments that are narrower and more in sight.

In the literature, studies asserting that impact of gender on the fair play behaviors is found and that females have more positive values than males, exhibiting higher-level of fair play and sportsperson ship behavior, can be encountered (Yapan, 1992; Coulomb-Cabagno, & Rasclé, 2006; Papageorgiou, 2008; Shields et al., 2007; Satcher, 2006; Tsai, & Fung 2005; Koç, 2013; Teke, 2018; Esentürk et al., 2015; Efe, & Yıldiran, 2012). It appears in our study that the changes in the averages of the female sportspeople in the categories of respect to teammates and conventions and cheating, as compared to the male sportspeople, are similar to those studies. It is also possible to see studies reporting no difference between males and females (Miller et al., 2004; Shileds et al., 2007). In this study, no change between males and females was observed in the undeserved winning category, while Zorba (2018) states that males are more prone to undeserved winning behavior than females. It is contemplated that the reason for such changes is the sociocultural structure as well as the variables connected with the population in the study area and properties of the study group. Gender roles are shaped in line with social and cultural structure. It can be said that the roles and statuses of males as the head of the family earning its livelihood and security and the motherly nature of women ensuring equilibrium for the family and housework depend on unwritten sociological norms. It is observed that in the Turkish society, the ethical and belief-oriented values of children are shaped mainly by the impressions from the mother and that the father mainly has a regulatory and controlling impact.

Fair play behaviors might be shaped and they exhibit different tendencies through the impact of numerous environmental and personal factors. Teke (2018) provides that those

with lower ages have more fair-play behaviors than older ones. Kotan (2004) reports in a study that the fair play averages of the age group of 13-17 are statistically higher than the other age groups. In this study, no statistical change was encountered in the fair play behaviors of the sportspeople in view of their ages. The findings of Teke (2018) and Kotan (2004) and those of our study are supportive of each other. Such condition is considered dependent upon the study group, sociocultural and psychological disposition as well technological developments.

Sports are a culture and the best gift that can be conveyed to the subsequent generations is the habit of performing sports in a regular and scheduled manner. According to Erdemli's emphasis (2006), sports are a phenomenon that requires body, intellect, intelligence, will, emotion, self-control system, specific ethical concern, and life attitude are to be working hand-in-hand and that, hence, a sportsperson is not a person endeavoring only for sportive success; he/she strives to present ethical and aesthetic values in addition to the struggle oriented to sportive success. It is the basic principle of the ethics of sports that sportspeople adopt the universal ethical values and reflect them in their actions in the sports competitions (Charles et al., 1999). Doğal (2007) expresses that fair play is an international call symbolizing a humanly uprising against ethical warps and corruptions encountered particularly in performance and competitive sports. Aripınar and Donuk (2011) mention that fair play accommodate the demonstration of behaviors that are essentially self-devoted and far from the sense of self, toward the competitor and surrounding people, without considering the respective person's own life, future, family, and interest.

Confucius has construed the wisdom of living humanly in the most beautiful way by saying, "If you govern by regulations and keep them in order by punishment, the people will avoid trouble but have no sense of shame. If you govern them by moral influence, and keep them in order by a code of manners, they will have a sense of shame and will come to you of their own accord," (Yıldırım, 2005; Yatkın, 2015). Obuz (2009) states that while sports and unethical behaviors seem to be inversely related with each other, the fact that sports are becoming more and more professional, their material gains are increasing, and accordingly, the significant values constituting the universal spirit of sports are becoming less important, has increased the significance of the studies oriented to ethics in sports. Such condition is in the form of an evidence of the fact that, in addition to the football and futsal players, all the persons, institutions, and factors involved with that sports branch have impact on the concept of fair play.

Barbeo-Alvarez et al. (2008) specify that 13,7% of the distance traveled in a futsal game contains high-intensity conditions and 8,2% fast sprint-type conditions. Sportspeople slog a lot on choosing the accurate alternatives of movement carrying toward the target in short timeframes. However, it appears in our study that the futsal sportspeople have more sportsperson like and positive fair play scores than footballers. Gastin (2001) mentions that in the sports like futsal and handball performed indoors, in a substantial part of the activities with high level of intensity, the muscular energy is created by anaerobic glycolysis. In consideration of the fact that the brain cells need oxygen in making healthy decisions, such condition becomes more and more difficult in the case futsal where an anaerobic energy system is needed. When sportspeople are aware of their own psychological and physical condition, their control of their emotions and behaviors will be easier. Lima et al (2005) state that in indoor sports, possession of knowledge about their own anaerobic strength and capacities by sportspeople for evaluating their exercise and contest performances is

important. Football is defined in the sports literature as a sports branch that is important in terms of determining the anaerobic performance (Bangsbo, 1996; Mohr et al., 2003; Weston et al., 2007). It is known that the movements performed differently from each other and in irregular intervals in football affect numerous properties of the sportspeople, such as aerobic, anaerobic, strength, power, coordination, and speed (Açıkada et al., 1996). In futsal, the categories of the playfield and the number of the players make it mandatory for the futsal players to become engaged in the game more and more than footballers (Katis, & Kellis 2009). Such differences demonstrate that the dominant energy systems used are also different, in addition to the differentiation of futsal and football merely through the playfield and rules of performing them. In our study, the reason for the possession of lower fair play behavior averages by football players than futsal players can be considered as the size of the playfield, higher number of the football players along with the higher number of alternatives, and accommodation of a heterogeneous social structure by the players. Football must be a type of social structure design, which is regulated with rules, and in which all kinds of score would bring along a pacifistic result (Can, & Can, 2002). Loland (2002) mentions that the concept of fair play is used in relation with the demonstration of generosity in a game and exhibition of temperate behaviors in the case of both success and failure and that such responsibilities apply to all participants of the sports, such as the contestants, families, coaches, executives, leaders, and supporters. Unless and until the awareness and understanding of fair play are embedded into the educational system and sports culture, rules, directives, punishments, and sanctions will remain lack of quality and be understood only quantitatively. Fair play must be perceived as a lifestyle that is much beyond behaviors and internalized as a behavioral pattern inured by societies.

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