

COMPARISON OF THE ASSERTIVENESS LEVELS OF INDIVIDUALS WHO PLAY FOOTBALL ON ARTIFICIAL PITCH AND EXAMINATION IN TERMS OF EXPERIENCE

Turhan TOROS¹

Çağatay DERECELİ²

Ali İlhan BARUT³

ABSTRACT

The purpose of this study is to examine assertiveness levels of individuals who play football on artificial pitches, who are licensed to football in the past and who are not licensed to football and examine in terms of duration of experience. 376 individuals who play regularly on artificial pitch participated in the study. There are 221 individuals who played football in licensed past, 155 people who did not play football in licensed past. The average age of participants was 42.19 ± 22.41 . The data was gathered by Rathus Assertiveness Inventory (RAE). In the analysis of the data, the effect of the independent variables on the assertiveness levels was analyzed in One Way ANOVA and T-test in independent groups. When test result examined, there was no significant difference between licensed football players in past and non-licensed football players in assertiveness average scores ($p > 0.05$). However, there was no significant difference between assertiveness average scores and experience of licensed football players in past ($p > 0.05$). Moreover, there was no significant difference in the assertiveness average scores in terms of the experience duration of non-licensed footballers in the past ($p > 0.05$). As a result, assertiveness level of individuals who play on artificial pitch is not important for duration of the experience.

Key Words: Football, Artificial Pitch, Assertiveness, Licensed in Sport, Duration of Experience

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HALI SAHALARDA FUTBOL OYNAYAN BİREYLERİN ATILGANLIK DÜZEYLERİNİN KARŞILAŞTIRILMASI VE DENEYİM AÇISINDAN İNCELENMESİ

ÖZET

Bu araştırmada amaç, halı sahalarda futbol oynayan, geçmişinde futbol lisanslı olan ve futbol lisanslı olmayan bireylerin, atılğanlık düzeylerinin karşılaştırılması ve deneyim süresi açısından incelenmesidir. Araştırmaya, düzenli olarak halı sahalara futbol maçı için gelen 376 kişi örneklem grubunu oluşturmaktadır. Geçmişinde lisanslı olarak futbol oynayanlar 221 kişi, geçmişinde lisanslı olarak futbol oynamayanlar 155 kişidir. Katılımcıların yaş ortalaması $42,19 \pm 22,41$ 'dir. Veriler, halı sahada futbol oynayanlara, Rathus Atılğanlık Envanteri (RAE) uygulanarak toplanmıştır. Verilerin analizinde bağımsız değişkenlerin atılğanlık düzeylerine etkisi ikiden fazla gruplarda One Way ANOVA ve bağımsız gruplarda t testi analizi yapılmıştır. Araştırma verilerine göre, atılğanlık ortalama puanları düzeylerinde geçmişte lisanslı olan futbolcu ve geçmişte lisanslı olmayan futbolcu açısından anlamlı bir farklılık bulunmamıştır ($p > 0.05$). Bununla birlikte atılğanlık ortalama puanları düzeylerinde geçmişinde lisanslı olan futbolcuların deneyim süresi açısından anlamlı bir farklılık bulunmamıştır ($p > 0.05$). Ayrıca atılğanlık ortalama puanları düzeylerinde geçmişinde lisanslı olmayan futbolcuların deneyim süresi açısından da anlamlı bir farklılık bulunmamıştır ($p > 0.05$). Sonuç olarak, halı sahada futbol oynayan sporcularda atılğanlık düzeyleri deneyim süresi açısından önemli değildir. **Anahtar Kelimeler:** Futbol, Halı Saha, Atılğanlık, Sporcu Lisansı, Deneyim Süresi

¹Mersin University Department of Physical Education and Sport

²Aydın Adnan Menderes University Department of Physical Education and Sport

³Mersin University Department of Physical Education and Sport, M.Sc. Psychologist

INTRODUCTION

The quality of the communication that interacts with individual depends on the level of individual's social skills. Assertiveness, which has an important place in communication skills, is described as a positive behavior in response to the two opposing situations (avoidance and aggressiveness) that are involved in interpersonal communication. Assertive behaviors play an active role in communication that the individual performs in his daily life¹³.

Alberti and Emmons described an assertive individual as a person who knows their rights along with what is tender to people around them¹. Taşkın (2004) defined the assertiveness as "the ability to express oneself"¹⁷

Andrew Salter, who teaches assertiveness to individuals who have high anxiety and feel guilty when not expressing their feelings freely and directly, has been the first practitioner of Assertive behavior therapy. The assertiveness behavior model created by Salter and developed by Wolpe includes intensive and long-term studies on the individual's self-expression¹⁸.

There is a positive link between assertive behavior and self-confidence. The positive impact of assertiveness and self-confidence also leads to a positive impact of self-confidence and assertiveness²⁰.

Some behavioral characteristics of assertive individuals are as follows; To express his emotions correctly and well, to be honest with him/herself, to reach his/her goals in an appropriate and ethical way, to make his/her own decisions, to make his/her own choices him/herself, to have self-confidence in himself," to express his thoughts in a fluent style, to develop appropriate behavior⁷.

An important feature of assertiveness behavior is the differences observed among cultures. It is expressed as a form of practical behavior that is appropriate for

the cultural structure of the assertive society. It is expressed that West culture has the idea that it is a pattern of assertiveness, culture-dependent attitude learned with appropriate education, and positive behavior formed by social skills⁹. In Eastern cultures; they can not be encouraged in accordance with the norm values of the country and society which they are in, and even the aggressive behavior can not be tolerated by environment¹⁶.

Individual expresses negative feelings without hiding them, but expression is used to prevent those who communicate with whom they feel guilty, advocate or lead to aggressive behavior¹⁵. Different studies has been done in sport with above study. The positive gains of the individual to the sport are rather high. In addition to increase in physical and physiological effects in sports, there are many psychological gains with it. It is known that athletes have an emotionally balanced structure that is more mobile, more vibrant, energetic, outward-oriented, hardworking, patient, difficult to establish social relations, more harmonious, able to adapt quickly to new environment⁶. There is so many literature research that shows sporting has improved the level of assertiveness^{2,10,11}.

The purpose of this study is to compare assertiveness levels of individuals who play football on artificial pitches, who are licensed to football in the past and who are not licensed to football and examine in terms of duration of experience.

Sport is of great importance in planning the future of a society, increasing the level of prosperity, and achieving a level of contemporary civilization. The majority of our country's population is young population. These young generation suppose to get very well sports training, it is proportional to qualities of sports clubs and trainers who will train them. In this context, it is important to evaluate the level of assertiveness of football players in terms of their experience and to contribute to realization of literature and information in the area.

The concept of assertiveness, which is the subject of multi-dimensional research with its social-cultural and psychological nature, is also called as initiative; evaluated the improvement of the quality and quantity of interpersonal relations as a basic harmony and gained importance in the context of social skills. Man is a constantly redefined entity within relationships; a person who has no relation to other people is unthinkable. When we look at this framework, it can be seen that

the inertia can change, decrease or increase depending on a wide variety of variables. In this study, relationship between assertiveness levels of football players and duration of their experience is given.

The results of research will give important clues to evaluation and development of football players themselves. With the findings of this study, it is thought that researchers will be guided in the studies to be done in future.

MATERIAL AND METHOD

Participants

Variable referred to as duration of experience in the study shows playing football as licensed and unlicensed. It is indicated in Tables 2 and 3.

376 individuals who play regularly on artificial pitch participated in the study. There are 221 individuals who played football in licensed past, 155 people who did not play football in licensed past. The average age of participants was 42.19 ± 22.41 .

Measures

Rathus Assertiveness Schedule

Rathus Assertiveness Schedule (RAE), developed by Rathus, was used to determine assertiveness levels of football players on artificial pitch. The validity and reliability study in Turkey was carried out by Voltan¹⁹. Voltan determined alpha consistency coefficient of inventory as 0.70 and test retest reliability as 0.92. This

inventory can be applied to both adults and adolescents contains 30 items. 17 of them were negative and 13 were positive. Individual who rates with a total score of below "+10" from the inventory are avoidant, above "+10" are considered assertive.

Analysis

It is a study in the quantitative and relational screening model which is planned to determine the assertiveness levels of the individuals who play football on artificial pitch who are licensed soccer and who are not licensed to soccer. The relational screening model is considered as a study aiming to determine the coexistence and level of coexistence between two or more variables in a past or current situation (Karasar, 2015).

In the analysis of the data, the effect of independent variables on the assertiveness levels was analyzed in One Way ANOVA in multiple groups and T-test in paired groups.

RESULTS

Table 1. Difference Analysis between Football Players on Artificial Pitch and Assertiveness Levels

| Football Players on Artificial Pitches | n | Assertiveness Mean X | SD | t | p |
|--|-----|----------------------|-------|--------|-------|
| Licensed to Football in the Past | 221 | 19.56 | ±1.54 | -1.457 | 0.232 |
| Not Licensed to Football in the Past | 155 | 22.29 | ±1.82 | | |

According to results, there is no significant difference between licensed football players in the past and non - licensed football players in terms of assertiveness average scores ($p > 0.05$).

Table 2. Difference Analysis Between Duration of Experience and Assertiveness Level of Licensed Footballers in the Past

| Duration of Experience | n | Assertiveness Mean X | SD | F | p |
|------------------------|----|----------------------|-------|-------|-------|
| 0-5 years | 61 | 18.79 | ±2.54 | 1.234 | 0.340 |
| 6-10 years | 51 | 18.91 | ±0.67 | | |
| 11-15 years | 51 | 19.46 | ±0.19 | | |
| 16-20 years | 58 | 19.83 | ±9.52 | | |

According to results, there is no significant difference in the assertiveness average scores in terms of experience of licensed football players in the past ($p > 0.05$).

Table 3. Difference Analysis Between Duration of Experience and Assertiveness Level of Non-Licensed Footballers in the Past

| Duration of Experience | n | Assertiveness Mean X | SD | F | p |
|------------------------|----|----------------------|-------|-------|-------|
| 0-5 years | 45 | 18.98 | ±2.00 | 1.311 | 0.423 |
| 6-10 years | 38 | 18.02 | ±0.32 | | |
| 11-15 years | 31 | 19.77 | ±0.60 | | |
| 16-20 years | 41 | 19.20 | ±8.52 | | |

According to results, there is no significant difference in the assertiveness average scores in terms of experience of non-licensed football players in the past ($p > 0.05$).

DISCUSSION&CONCLUSION

The purpose of this study is to examine assertiveness levels of individuals who play football on artificial pitches that are licensed to football in the past and are not licensed to soccer in terms of duration of experience. As a result, there is no significant difference between licensed football players in the past and non-licensed football players in terms of assertiveness average scores.

There is no study to support our findings in this issue. In same literature screening, existence of findings that do not support to this view was determined. As a result of the screening, Inceoğlu and Aytar compared assertiveness levels of high school athletes and college athletes; they found that high school athletes were more assertive than university athletes¹².

In addition to findings at sport environment Büyükyazı and colleagues⁴ compared assertiveness levels of sedentary and veteran athletes over the age of 40 in terms of various variables. According to research result; there is no significant difference between sedentaries and veteran athletes in terms of gender. It is also determined that assertiveness levels of sedentaries and veteran athletes are "adequate" and individuals engaged in sports are more assertive than sedentaries.

Two studies were found to support above results in the screening study. Ersan and Doğan⁸ emphasized that levels of assertiveness in physical education and sport college students were higher in males than females in terms of destructive aggression, and this could be due to cultural factors, especially the gender discrimination in child nurture.

According to results, there is no significant difference in the assertiveness average scores in terms of experience of licensed football players in the past. Also there is no significant difference in the assertiveness

average scores in terms of experience of non-licensed football players in the past.

In the study of related literature Kaya¹⁴ found that age growth in adolescents affects positively assertiveness and self-confidence increases with experience at the same time. The growth of adolescent age does not mean increases to experience. So no difference will be observed. Again, Alagül³ found that assertiveness levels of athletes in different sports branches were investigated; it was seen that assertiveness level of the athletes was not influenced by rate of winning and playing in national teams or not. According to findings, there is no significant difference in levels of assertiveness in terms of duration of experience.

Tegin¹⁸ compared the data obtained from 265 female and 346 male participants in four different faculties of Hacettepe University by comparing the assertiveness behaviors of university students in terms of gender and faculty. Among the faculties, Faculty of Education has shown that students are less aggressive than other faculty students.

Aktaş³ investigated levels of self-esteem and assertiveness of the students in different departments in the university. A total of 392 students attending Karamanoğlu Mehmetbey University in different departments participated in the research in 2015-2016. As a result, it was determined that the self-esteem levels of students participating in the research are in the middle level and students participating in the research have high level of assertiveness. It is thought that the social, economic and cultural characteristics of sample group are ultimately influenced by the society in which the study was carried out in order to obtain different results in the studies. It is recommended that researchers address a broader and more comprehensive survey of the same issues.

In the future studies, researchers should look at the different demographic characteristics of both male and female athletes as the research on gender, age, experience and level of education with the athletes is insufficient. Other variables

such as level of education of athletes, economic income, life standards, physical, demographic and economic characteristics of life environment will contribute to the field.

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