

THE INVESTIGATION OF THE RELATIONSHIP BETWEEN PSYCHOLOGICAL RESILIENCE LEVELS AND ANXIETY LEVELS OF JUDO ATHLETES

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ABSTRACT

The aim of this study is to examine the relationship between gender, age, educational status of the athletes dealing with judo sports, how they have been dealing with this sport for years, parental education level, income level of the family and psychological resistance and anxiety levels. The working group of the study constituted 64 athletes in the Judo National Team. In the study, Personal Information Form, Adolescent Psychological Resistance Scale, Beck Anxiety Inventory was used. In the study, Mann-Whitney U-test, Kruskal-Wallis H-Test, Pearson Product Moment Correlation Coefficient and Spearman's Rank Correlation Coefficient were applied. The result of the study showed that the psychological resistance levels of the athletes showed a significant difference according to the genders, the psychological resistance levels were significantly correlated with their ages, the psychological resistance levels had no meaningful relationship with the delivery orders, the psychological resistance levels of the athletes, There was no statistically significant difference between parental education levels and income levels. In addition, it was found that there is a significant and negative relationship between the level of psychological resistance of an athlete and anxiety levels.

Keywords: Psychological resistance, anxiety, judo

JUDO SPORCULARININ PSİKOLOJİK DAYANIKLILIK DÜZEYLERİ İLE KAYGI DÜZEYLERİ ARASINDAKİ İLİŞKİNİN İNCELENMESİ

ÖZ

Bu çalışmanın amacı, judo sporuyla uğraşan sporcuların cinsiyet, yaş, eğitim durumu, kaç yıldır bu sporla uğraştıkları, anne-baba öğrenim düzeyi, ailenin gelir düzeyi ile psikolojik dayanıklılık ve kaygı düzeyleri arasındaki ilişkinin incelenmesidir. Araştırmanın çalışma grubunu, Judo Ümit Milli Takımında yer alan 64 sporcu oluşturmaktadır. Araştırmada, Kişisel Bilgi Formu, Ergen Psikolojik Dayanıklılık Ölçeği, Beck Kaygı Envanteri kullanılmıştır. Araştırmada, Mann-Whitney U-Testi, Kruskal Wallis H-Testi, Pearson Çarpım Moment Korelasyon Katsayısı ve Spearman Brown Sıra Farkları Korelasyon Katsayısı uygulanmıştır. Araştırmanın sonucunda, sporcuların psikolojik dayanıklılık düzeylerinin cinsiyetlerine göre anlamlı bir farklılık gösterdiği, psikolojik dayanıklılık düzeyleri ile yaşları arasında anlamlı bir ilişki olduğu, psikolojik dayanıklılık düzeyleri ile doğum sıraları arasında anlamlı bir ilişki olmadığı, sporcuların psikolojik dayanıklılık düzeyleri ile judo ile ilgilenme yılları arasında, anne-baba öğrenim düzeyleri ve gelir düzeyleri arasında istatistiksel olarak anlamlı bir farklılık olmadığı bulunmuştur. Ayrıca, sporcuların psikolojik dayanıklılık düzeyleri ile kaygı düzeyleri arasında anlamlı ve negatif yönde bir ilişki olduğu bulunmuştur.

Anahtar Kelimeler: Psikolojik dayanıklılık, kaygı, judo

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INTRODUCTION

Perfection at the physical level is not enough to improve the performance of the spore alone. The psychological capacity of the athlete is at least as important as the physical aspect. For this reason that the athletes can not achieve the expected success despite being physically ready. Besides the physical capacity of many top athletes; it is revealed that psychological dimension should be ignored in order to increase the performance when it is taken into account that psychology has many competences such as motivation, focus, aim setting, and management of anxiety⁹. One of the most important reasons why many athletes can not perform at expected performance in the stressed and competitive conditions is the level of anxiety, a psychological determinant of the athlete²⁰.

The root of the anxiety word is the ancient Greek "Anxietes", which means worry, fear, curiosity. Anxiety is defined as a sense of anxiety, which is unspecified as it would have been a bad news, a disaster. The concept, was first used by Cicero, and entered the field of psychology in the first half of the century, and the first research and studies in this area were made at the end of the 1940s^{36,28}.

Spielberger et al. (1970) define anxiety as "anxiety about an objective threat". Anxiety is, in general, a versatile inner feature of psychological, physiological and behavioral reactions or events².

Individuals' stressful and anxious reactions to life and strategies to cope with these situations vary. It seems that some individuals are more successful than others in confronting and overcoming stressful situations while they are facing and using better coping strategies. On the other hand, some individuals feel so weak in the face of these negative experiences and live various psychological troubles and physical disorders. It is explained by the concept of "psychological resistance"

that individuals can get rid of negative experiences and quickly return to their former situation¹.

Psychological resistance is derived from the Latin word "resiliens", meaning that a material is flexible, elastic and can easily be restored to its original state¹⁴. Garnezy (1993); has considered the concept of psychological resistance as the power to return to the old state after the individual has faced any stress situation^{12,13}. Luthar, Cicchetti and Becker (2000); have identified the resistance as a dynamic process in which individuals demonstrate healthy compliance despite severe difficulties or trauma lives²¹. Resistance does not only refer to personality traits; moreover, it aims to specify the process of healthy adaptation in the event of risk, which arises as a result of individual factors, environmental factors, or mutual interaction of the two.

Kobasa, Maddi and Kahn (1982) stated that psychologically stable individuals have three characteristics¹⁹. First, durable individuals depend on life; that is, they tend to deal with their daily activities. Moreover, durable individuals believe that change is normal from stagnation, and they enjoy fighting. In this respect, the barriers of life offer opportunities to increase one's ability and self-knowledge. Finally, psychological resistance requires the ability to control life conditions. The belief that a person can directly affect the fate of life and the feeling of autonomy provide these components.

It is known that psychologically resistant individuals are more likely to approach stressful situations more positively. Individuals with this characteristic view stressful situations not as threats to well-being but as opportunities for growth and development. They also use more proactive coping strategies and are therefore more reactive to stressful life events. The ability to recover after stressful experiences is also faster and more effective²².

In psychological resistance studies, factors that are effective in the development of psychological resistance have been tried to be identified and put forward and these factors are called "protective factors". Protective factors define conditions that reduce or eliminate the effects of risk or difficulty, promote healthy adaptation, and improve individual competence²⁴.

For example, Benard (1991) mentioned four factors related to psychological resistance: social competence, problem solving skills, autonomy, purpose and future perception⁴. Wright and Masten (2005) mentioned family and community-related variables such as positive family climate, education, socio-economic advantages, social activities, responsible friends, effective health and care services as well as individual factors³⁹.

When it is examined in the literature, it is seen that sport and physical activity increase the physical and psychological resistance in coping with stress, as well as supporting protective factors that are effective in the development of psychological resistance³³. Gilligan (1999) stated that social and cultural activities as well as sporting activities are very important in the development of psychological resistance in young people.

METHOD

Research Model

The research is a relational screening model based on volunteerism aiming to examine the relationship between anxiety and psychological resistance levels of athletes interested in judo sports.

Research Group

The universe of the research consists of 64 (32 girls, 32 boys) athletes in the Judo National Team who have ages ranging from 16-18. In the study, the universe has been reached.

Data Collecting Tool

Martinek and Hellison (1997) have stated that physical activity and sport are very appropriate tools for improving the psychological resistance of young people, that they have developed their social competence and autonomy and that they have overcome hope and optimism. Worsley (2005) stated that any skill that the individual has learned and enjoyed the exhibiting has provided him with support in coping with the difficulties and stated that sports activities are one of these protective factors besides playing a certain art, technical skills and hand skills³³. Recently, anxiety and psychological resistance have attracted considerable attention and researches in this field are increasing rapidly. However, in the literature review, it is seen that there is not any study on this issue in sportsmen who are interested in judo sports. Within this scope; it is aimed to contribute to the field by examining the relationship between the psychological resistance which is considered as an important component of anxiety and spiritual power in the sportsmen who are interested in judo sports which is a sports field where a great deal of mental and physical skill is required and where a great deal of mental and physical skill are required.

In the research, the personal information form by the researcher was prepared by examining the related field text. Information on the gender, age, educational status, how many years they have been working with this sport, parental education level and income level of the parents have been collected by using the Personal Information Form. The "Psychological Resistance Scale" developed by Bulut, Dogan and Altundağ (2013) was used to determine the psychological resistance levels of the athletes. Beck, Epstein, Brown and Beck Anxiety Inventory developed by Ster (1988) and originally named "Beck Anxiety Inventory" was used.

Adolescent Resilience Scale

The scale is a measurement tool developed by Bulut, Doğan, Altundağ (2013) to measure the psychological resistance levels of adolescents and based on the principle of giving information about the individual. The scale consisted of six dimensions including family support (7 items), peer support (5 items), school support (5 items), compliance (4 items), struggle ambition (5 items) and empathy (3 items). The highest score that can be obtained from the scale is 116 and the lowest score is 29. The high score from each subscale of the scale indicates that the individual has the relevant psychological resilience. The scale also gives the total adult psychological resistance score. Rising scores indicate a high level of adult psychological resistance. Scores 10, 11, 14, 15, 16, 17, 22, and 23 are scored inversely. For the answer, the most appropriate option for the teenagers is for me⁷.

Beck Anxiety Inventory

In the Beck Anxiety Inventory, the items related to the physiological indications of distress are the majority. The scale is a likert type measure that measures signs of

autonomic nervous system, motor tension, general anxiety, panic symptoms, anxious mood, and general anxiety symptoms. For each item, the score is given in the range of "0" to "3", the inventory consisting of "Never", "Mild grade", "Mid grade" and "Serious grade". The score range is 0-63. The height of the total points on the scale indicates the severity of the individual's loss (Beck et al., 1988). In addition, the Beck Anxiety Inventory was found to be stronger than the Statefulness and Trait Anxiety Inventory (Fydrich et al., 1992). The validity and reliability study of this scale was made by Ulusoy in 1993 and adapted to Turkish³⁴.

Analysis of the Data

Data from data collection tools were analyzed using SPSS 20.00 for Windows package program. The normal distribution of the variables is tested by the Kolmogorov-Smirnov Test. $\alpha=0.05$ was selected for significance level. As the analysis method; Mann-Whitney U Test for binary comparisons, Pearson Product Moment Correlation Coefficient and Spearman's Rank Correlation Coefficient were used to determine the direction and level of the relationship with Kruskal-Wallis H-Test for multiple comparisons.

FINDINGS

Table 1. Comparison of Judo National Team Scores According to Their Genders from the Psychological Resistance Scale

	Gender	N	Median (Min-Mak)	Order Av.	U	P
Psychological Resistance	Woman	32	89 (62-108)	38.75	312.000	.007**
	MAAn	32	82 (70-101)	26.25		

**p<0.05

As shown in Table 1, the scores of the Judo National Team players on the

psychological resistance scale show a significant difference according to gender

($U=312.000$, $p<0.05$). Taking into consideration the average of the rankings, it is seen that the level of

psychological resistance of female students is higher than that of male students.

Table 2. Judo National Team Relevance of Scores Received from Psychological Resistance Scale to Age*

		Age
Psychological Resistance	Correlation (r)	-.444(**)
	Significance (p)	.000
	N	64

*Spearman Brown Rank Correlation Coefficient ** $p<0.01$

As shown in Table 2, a statistically significant relationship was found between the psychological resistance levels of the Judo National Team players

and ages ($r=-.444$, $p<0.01$). This relationship appears to be significant and negative between psychological resistance and age.

Table 3. Judo Umit National Team's Relation to Birth Rank of Scores Received from Psychological Resistance Scale*

		Birth Order
Psychological Resistance	Correlation (r)	-.019
	Significance (p)	.884
	N	64

*Spearman Brown Rank Correlation Coefficient

As shown in Table 3, no statistically significant relationship was found between the psychological resistance

levels of the players in Judo National Team and the birth orders ($r=-.019$, $p=0.884$).

Table 4. Comparison of the scores of the Judo National Team players from the Psychological Resistance Scale compared to the Year of Judo Play*

	Year of Judo Play	N	Median (Min-Mak)	Order Av.	Sd.	X ²	P
Psychological Resistance	1-3 yıl	6	101 (80-102)	43.50	3	5.29	0.151
	3-5 yıl	28	84 (62-108)	34.86			
	5-7 yıl	16	86 (71-96)	31.38			
	7-9 yıl	14	82 (70-94)	24.36			

*Kruskal Wallis Test

When Table 4 is examined, no statistically significant difference was found between the psychological

resistance levels of Judo National Team players and the years of dealing with judo ($p>0.05$).

Table 5. Judo National Team's Scores on the Psychological Resistance Scale compared to the Mothers Education Level*

	Maternal Learning Level	N	Median (Min-Mak)	Order Av.	Sd.	X ²	P
Psychological Resistance	Literate and primary school graduate	32	84 (62-108)	33.56	2	2.46	0.291
	Secondary school graduate	16	88 (71-106)	36.38			
	Graduated from high school, college or university	16	82 (70-96)	26.50			

*Kruskal Wallis Test

When Table 5 was examined, it was found that there was no statistically significant difference between the

psychological resistance levels of the Judo National Team players and the mother education levels ($p > 0.05$).

Table 6. Judo National Team Scores on the Psychological Resistance Scale of the Sportsmen According to the Level of the Father's Education*

	Father's Education Level	N	Median (Min-Mak)	Oder Av.	Sd.	X ²	P
Psychological Resistance	Primary school graduate	14	79 (62-97)	22.93	3	7.40	0.060
	Secondary school graduate	10	93 (81-106)	42.70			
	Graduated from high school	22	83 (71-105)	31.23			
	Graduated from college or university	18	85 (70-108)	35.83			

*Kruskal Wallis Testi

When Table 6 was examined, there was no statistically significant difference between the psychological resistance

levels of the Judo National Team players and the father education levels ($p > 0.05$).

Table 7. Judo National Team Compared to Income Level of Sportsmen 's Psychological Resistance Scores*

	Income rate	N	Median (Min-Mak)	Order Av.	Sd.	X ²	P
Psychological Resistance	Very good	16	80 (70-108)	27.63	2	1.49	0.475
	Good	28	85 (62-106)	33.79			
	Medium	20	84 (73-101)	34.60			

*Kruskal Wallis Test

When Table 7 was examined, there was no statistically significant difference between the levels of psychological

resistance and income levels of the Judo National Team players ($p > 0.05$).

Table 8. The Relevance of Scores Received from the Psychological Resistance Scale of Judo National Team Players to Anxiety*

	Correlation (r)	Anxiety
Psychological Resistance		-.359(**)
	Significance (p)	.004
	N	64

*Pearson Product Moment Correlation Coefficient

**p<0.01

As shown in Table 8, there was a statistically significant relationship between the levels of psychological resistance and anxiety levels ($r=-.359$, $P<0.01$) in the Judo National Team

players^{12,13,15}. This relationship seems to be significant and negative between psychological resistance and anxiety.

CONCLUSION AND DISCUSSION

According to the findings obtained from the survey, there is a significant difference between the scores of the Judo National Team players and the psychological resistance scores according to the gender variable. According to this, female students' psychological resistance levels are higher than male students. The findings of some of the studies that have been made are supported by this end result whereas others do not support the end result.

In the researches carried out by Hannah and Morrissey, 1987; Garmezy, 1993; Cole, Field and Harris, 2004; Önder and Günay, 2008; Tanrikulu, Sülükoğlu and Meşeli, 2015 and Akkuş, 2015 in different sampling groups, psychological resistance scores differ significantly according to gender variable. In some of the results of this research, girls have higher levels of psychological resistance, but in some cases the situation is just the opposite^{11,27,35,1}.

On the other hand, it was found that psychological resistance did not change according to the gender in various studies^{5,16,10,23,25}.

In the study, there was a significant and negative relationship between age and

psychological resistance level. Accordingly, it can be said that as the age increases, the level of psychological resistance decreases.

In the related field, studies related to the influence of age factor on psychological resistance are included. In some of these studies, psychological resistance increases as age increases^{37,40}, while psychological resistance decreases as age increases^{15,1}.

Chan, 2003; Sezgin, 2010; Harvatın, 2009; In the studies conducted by Harrison et al., 2002, it is indicated that the level of psychological resistance does not differ according to the age variable^{8,31,17,16}.

In the study, no significant difference was found between birth order and psychological resistance level. Bahadır, 2009 and Akkuş, 2015 work done by these end results are supported. Oktan, Odacı and Çelik, 2013 and Parinyaphol and Chongruksa, 2008 found that the birth order was influential on psychological stability^{3,1,26,29}.

In the study, there was no significant difference between the year of care with judo and the level of psychological resistance. In the summer, there was no research on this result.

In the study, there was no statistically

significant difference between mother and father education level and psychological resistance level. Akkuş¹ supports this end result of the work done by 2015. Unlike our work, Werner and Smith, 1982; Jarrett, 1997; Serbin and Karp, 2004 found that psychological well-being was influenced by parents' level of education^{38,18,30}.

In the study, there was no statistically significant difference between income level and psychological resistance level. Akkuş¹ supports this end result of the

work done by 2015. Unlike our study, in many articles about children and young people, "low socio-economic level, economic difficulties and poverty" were considered as a risk factor for psychological stability^{38,12,13,6,32}.

In the study, a statistically significant relationship was found between anxiety level and psychological resistance level. This relationship seems to be significant and negative between psychological resistance and anxiety. In the summer, there was no research on this result.

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