

The Relationship Between Young Amateur Footballers' Ego States and Accordance Levels Based on Their Positions In The Team and Their Performance: Samsun Province Sample

Fatih Samet ATASOY^{1A}, Soner ÇANKAYA^{2B}

¹ Ondokuz Mayıs University, Institute of Social Sciences, Samsun, Turkey

² Ondokuz Mayıs University, Yaşar Doğu Faculty of Sport Science, Samsun, Turkey

Address Correspondence to FS, Atasoy, e-mail: f.samet.atasoy61@gmail.com

*This study was produced from the master's thesis completed by Fatih Samet ATASOY under the supervision of Prof. Dr. Soner ÇANKAYA.

(Received): 03.10.2019/ (Accepted): 09.04.2020

A:Orcid ID: 0000-0003-4548-0047- B: 0000-0001-8056-1892

Abstract

The aim of this study was to investigate the relationship between ego states based on Transactional Analysis (TA) and accordance levels based on team positions of footballers playing in elite U-19 young amateur league in Samsun province and their performance. The sample of the study consisted of 183 amateur football players playing in the league. For this purpose, TA Ego Status Scale, Personal Information Form and Performance Evaluation Scale were used as data collection instruments. One-way ANOVA and Tukey HSD test were used to examine the differences among the total scores of the players' ego states (Critical Parent, Nurturing Parent, Adult, Natural/Free Child and Adapted Child) for the various variables (the football players' positions on pitch, their performance etc). In addition to this, the correlation between the ego status (observed) of football players and ego status of their positions (expected) was estimated by using Pearson correlation coefficient. The results showed that the correlation between amateur team players' ego status based on transactional analysis and their positions in the team were only positively correlated with the adult ego status; however no statistically significant relationship was found between performance of football players and their ego status. In conclusion, unlike the results of studies showing that athletes' personality traits and psychological skills affect their sporting performance, this result of this study are in parallel with the results of studies which showed no a important correlation between athletes' personality traits and their sporting performance. For this reason, it is necessary to do more studies that different research methods and scales should be used on different sample groups in teams and individual sports based on TA Ego States.

Keywords: Transactional Analysis, Ego Status, Personality, Positions in Football, Performance

INTRODUCTION

Football is undoubtedly the world's most popular sport. This game, which attracts the attention of millions of people in stadiums and in front of TV screens, has gained a huge economic structure and this has given football a privilege amongst other sports branches. The footballers

who are the most important actors of this game have

always been the ones having the highest values in this economic structure and making up the significant income and expense component of the football clubs. The day-to-day technological, economic, social and educational methods of

football have increased its attractiveness and created an environment in which the winner gains more and the loser loses more. For this reason, in order to achieve sportive success and make it stable, clubs have become competing with each other to have the best technical staff and the footballers.

In-game performances of football players are very important due to the center of success in football is in the pitch. Together with the apposite training methods, good management of psychological processes of the players (10,36) and their personality traits (18) should be considered as parts of a whole to achieve the utmost performance to succeed. In other words, sportive performance in football does not only involve physical, technical or tactical performance, it also shows an integrity of the cases like imagining, utmost performance under pressure, commitment, coping with stress, competition anxiety, goal setting, attention, concentration and personality traits (4,14,30,32).

Although personality traits are regarded as important components for success in sports, there are studies that remark the fact that each position in team sports requires different personality traits (4, 14). Personality is important in terms of the work that the individual deals with. There are many studies on the fact that the harmony between the work and the personality of the individual contributes positively to performance (2, 20,35,43). "When person-position matching is provided, the individual adapts more easily to his occupation and environment and contributes more to his workplace. He takes a bright view of his work and gets proud of it, he focuses his energy on improving himself so that he can be more successful in creating a difference in the field which is one of the most necessary features these days" (15). For this reason, in the recruitment process, a number of personality tests are applied in many areas to determine whether the individual is suitable for the position or not (15,35).

When the relationship between personality and football player position is taken into consideration in this respect, many clubs pay particular attention to the personality traits of the players in addition to their technical and tactical skills in the transfer process. Because sportive

capability and personality are the two effective means throughout the individual's sports life.

There is no doubt that there is an interaction between sport and personality. (32). In addition, there are many researches in literature about the fact that different sports branches are in parallel with different personality traits (4). It is reasonable to consider that recognizing the personality of the athlete and finding suitable methods for his personality which could force him to perform the utmost performance is an effective factor in achieving sportive success. Especially the variable player profiles and game positions in football is a matter that draws particular attention to it amongst other sports.

In sports psychology, there are very limited studies on the players' psychological skills and the personality characteristics required for their in-team positions (4, 19). The findings in researches about different sports branches related to in-team positions and personality traits or psychological characteristics of the players differ from each other (3,13,19,21,23,28,30,31,34, 39,40). Therefore, lack of studies in this field and the uncertainty of the findings (4,14,30) causes controversy about whether personality is related to in-team positions or not.

In order to analyze the personality traits of the team players and individual players, various scales were used based on different theoretical bases. The most commonly used scales are "Eysenck Personality Inventory" and "Five Factor Personality Model" which are clearly evident in the literature (4). Especially the Five Factor Personality Model has become the most widely accepted model in recent years. (12). This method is based on the assumption that people can understand themselves and express their personalities verbally. The Five-Factor Personality model uses the elements of the "language" (adjectives) to classify the personality, and in the international platform there are many examples of classifying personality through adjectives (33).

As a result of the literature review, it has been observed that also the Transactional Analysis theory has been used to determine the personality characteristics of individuals (3,37). In some studies it has been stated that this theory is in line with the Five Factor Personality Model and there is a mutual correlation between the

two models (24,44). However, in sports psychology, there are very limited studies in determining the personality characteristics (ego status) of the individuals based on transactional analysis (3,37). It has also been found that there is only one study in the literature which examines the relationship between the personality characteristics of the team players based on transactional analysis (ego status) and their in-team positions (3).

Transactional Analysis Theory (TA), also known as Eric Berne's Operational Analysis Approach developed in the early 1950s, is one of the widely accepted approaches to explaining the personality traits of the individual. In many areas such as personality, development, interpersonal relations and psychotherapy, TA Theory provides a clear viewpoint of understanding and expressing the thoughts, feelings and behaviors of the people (1). TA, as a personality theory, using the ego states model, helps us understand the psychological status of the people and recognize how they exhibit their functionalities and personalities behaviorally (41). The ego states model in TA includes two separate models, structural and functional. The structural model is related to the content of ego states, and the functional model is related to the process of this content. While structural model shows the personality as Parental, Adult and Child ego states, the functional model shows it as Protective Parent, Critical Parent, Adult, Natural Child, and Approved Child ego-states (1).

Kayalar (27), clarifies that TA provides important clues about ego states behavioral diagnostics and building effective teams within the TA transaction organization and management science. He states that the use of TA can provide the effectiveness while building teams. At this point, TA-based ego states provide an overview for the researchers about whether there is a relationship between the performance of the football players and the accordance of their personality characteristics with the personality traits that are required for different in-game positions in the team.

For this reason, the purpose of this study is to investigate the Samsun U-19 Elite League young amateur football players' ego states based on transactional analysis and the relationship

between their performance and the accordance level of their in team positions.

For this purpose, the following research questions were sought;

Is there any significant relationship between ego states according to the players' level of education?

Is there any significant relationship between the ego status of the footballers (observed) and the position ego status (expected)?

Is there any difference between the ego status of the footballers with regards to the end season performance evaluations?

Is there any difference between the ego status of the teams with regards to the season-end league rankings?

Is there any difference between the ego status of the footballers with regards to the position in which they mainly play in the team?

MATERIAL AND METHOD

Research Design

In the study, descriptive relational screening model which is one of the quantitative research methods was used in order to understand the differences between the ego states of the players, and comprehend the accordance between the ego states (observed) and the ego states (expected) related to their in-team positions. Relational screening model aims to determine the presence or degree of the covariance between two or more variables (26).

Population and Sample of the Research

The population of the research consists of the football players in the 2018-2019 season U-19 Elite amateur category. The sample of the research consists of a total of 183 football players playing in the teams at Samsun U-19 Elite Amateur Category (Atakum Belediyespor, Kadıköyspor, Yolspor, İlkadım Belediye Yab-pa Spor, Çarşambaspor, 19 Mayıs Belediyespor, Ladik Belediyespor, Samsun Belediyespor, Atakentspor, Gaziosmanpaşa Pınarspor, Karasamsunspor, Telekomspor).

A total of 183 football players participated in the present study are shown in Table 1.

Table 1. Demographic characteristics of the football players and their distribution according to teams and positions

Characteristics		n	%
Age	16 year	44	24.0
	17 year	91	49.7
	18 year	45	24.6
	19 year	3	1.64
Education	Middle School	4	2.18
	High school	172	94.0
	University	7	3.82
Teams	Atakum Belediyesi	15	8.20
	Kadıköyspor	15	8.20
	Yolspor	19	10.4
	İlkadım BLD. Yap-pa	22	12.0
	19 Mayıs Belediyesi	16	8.74
	Çarşamba	11	6.01
	Atakent	12	6.56
	Samsun Belediyesi	16	8.74
	Ladik	13	7.10
	Telekom	18	9.84
	Karasamsun	11	6.01
	G. Pınar	15	8.20
	Positions	Goalkeepers	18
Fullbacks		28	15.3
Stoppers		28	15.3
Wweepers		10	5.46
Midfielders		44	24.0
Wingers		38	20.8
Forwards		17	9.29

Data Instrument

In order to determine the ego states and in-game ideal ego states of the young players the "Ego States Scale" developed by Arı (7) was applied. A "Personal Information Form" was used to obtain information about their demographic and football characteristics, and also a "Performance Rating Scale" was implemented by their coaches to evaluate the performances of the players from the beginning of the season to the end of the season.

Data Collection

This study was approved by the Social and Human Sciences Ethics Committee of the Ondokuz Mayıs University with dated 26.11.2019 and decision numbered 2018/314. Before data were collected, the trainers and players the Samsun U-19 elite amateur league category were firstly informed about the study. Secondly, the coaches were delivered the "Ego States Scale" an hour before the training and were asked to mark

each of the required (ideal) personality characteristics with regards to the in-game positions (goalkeeper, fullback, stopper, sweeper, midfielder, winger, forward). The coaches were then given the "Performance Rating Scale" and asked to fill in it with the information about the players and evaluate their seasonal performances. 20 minutes before the training, the players were asked to fill in the "Personal Information Form" and then the "Ego Status Scale". The application process was carried out in an environment in which none of the participants was affected by another.

Statistical Analysis

Data were analyzed using the Statistical Package of Social Sciences version 21 (IBM SPSS Statistics; Armonk, NY, USA) software. Firstly, normality assumption was examined using the Shapiro-Wilk method ($P > 0.05$). Secondly, one-way ANOVA and Tukey HSD multiple comparison test were used to determine the differences between the total scores about the players' ego states (Critical Parental, Protective Parental, Adult, Natural Child and Approved Child) with regards to the players' performances, team league rankings and the in-team positions of the players. Finally, Pearson correlation coefficients were calculated to examine the relationship between the ego status of the players (observed) and the in-team position ego status (expected) of the players. The findings were expressed as number (n), mean and standard deviation. The level of statistical significance was accepted as $p < 0.05$.

RESULTS

In this present study, it was found that there was a statistically significant difference only between the Adult Ego States of the players in Samsun U-19 Elite young amateur league in the season 2018-2019 with regards to their levels of education (Table 2). Adult ego states of high school and university graduates were found to be higher than the ego states of middle school graduates ($P = 0,009$). On the other hand, there was no significant difference between the ego states with regards to their ages and levels of income.

Table 2. Adult Ego States According to the Players' Level of Education

Level of Education	n	Means	Std. Deviation	P-value
Middle School	4	0.1921b	0.0199	
High School	172	0.2147a	0.0146	0.009
University	7	0.2177a	0.0132	

Table 3 shows the correlation about the accordance between the ego states of the players (observed) and their in-game position ego states (expected).

Table 3. The accordance between the ego states (observed) and the in-game position ego states of the players.

		Expected (Coach)					
		CP	PP	A	AC	NC	
Observed (Footballer)	CP	r	-0.051	0.054	-0.091	0.050	0.029
		P-value	0.492	0.469	0.223	0.501	0.698
	PP	r	0.030	-0.016	0.098	-0.020	-0.062
		P-value	0.686	0.828	0.188	0.792	0.406
	A	r	0.029	0.069	0.166*	-0.021	-0.150*
		P-value	0.696	0.351	0.025	0.782	0.043
	AC	r	-0.025	-0.023	0.049	-0.048	0.061
		P-value	0.740	0.755	0.512	0.522	0.409
	NC	r	0.053	-0.090	-0.088	-0.006	0.049
		P-value	0.474	0.227	0.239	0.932	0.509

(CP: Critical Parental Ego State, PP: Protective Parental Ego State, A: Adult Ego State, AC: Approved Child Ego State, NC: Natural Child Ego State)

This paper showed that there were no significant correlations between observed and expected ego states (the footballer's own ego state and in-game position ego states of the players evaluated by their coaches, respectively) except for Adult Ego State ($r=0.166$; $P=0.025$,) (Table 3). Also, it was determined that no statistically significant difference was found between the Critical Parental ($P=0.700$), Protective parent ($P=0.865$), Adult ($P=0.305$), Approved child ($P=0.495$) and Natural Child Ego States ($P=0.814$) of the players with regards to their performances.

No statistically significant difference was found between the Adult ($P=0.100$), Critical Parental ($P=0.404$), Protective parent ($P=0.153$), Approved Child ($P=0.364$) and Natural Child ($P=0.361$) Ego States with regards to the end of season league rankings. Although there is no statistical significance

between the end-of-season league rankings and ego states, Adult ego states has been found to be the closest to the level of significance ($P=0.100$). It was found that the champion and the team came in second in the U-19 amateur league (Atakum Belediyespor – the champion, Kadıköyspor- second place) had the highest adult ego state scores when compared to all the other teams. Also, Atakum Belediyespor had a higher adult ego states score than Kadıköyspor did (Table 4).

It was found that the champion and the team came in second in the U-19 amateur league (Atakum Belediyespor – the champion, Kadıköyspor- second place) had the highest adult ego state scores when compared to all the other teams. Also, Atakum Belediyespor had a higher adult ego states score than Kadıköyspor did.

Table 4. The Adult Ego States with regards to the end of season league rankings

		Teams	n	Mean	Std. Deviation	p-values
End of Season League Ranking	1.	Atakum Belediyespor	15	0.2182	0.0129	0.100
	2.	Kadıköyspor	15	0.2176	0.0163	
	3.	Yolspor	19	0.2147	0.0125	
	4.	İlkadım BLD. Yap-pa	22	0.2165	0.0104	
	5.	19 Mayıs Belediyespor	16	0.2146	0.0078	
	6.	Çarşambaspor	11	0.2147	0.0132	
	7.	Atakentspor	12	0.2155	0.0172	
	8.	Samsun Belediyespor	16	0.2140	0.0173	
	9.	Ladikspor	13	0.2089	0.0176	
	10.	Telekomspor	18	0.2101	0.0177	
	11.	Karasamsunspor	11	0.2003	0.0216	
	12.	G. Pınarspor	15	0.2109	0.0117	

Table 5 showed the descriptive statistics about the Critical Parental, Adult and Natural Child Ego States of the voluntary U-19 Elite young amateur league players with regards to their in-team positions.

It was found that there were significant statistical differences in the Critical Parental, Adult and Natural Child Ego States of the players with regards to their in-game positions in which they mainly play ($p < 0,05$; Tablo 5). A high level of statistical significance was found especially in Adult Ego States ($p < 0,001$). It was seen that while the goalkeepers and fullbacks had the highest average scores in terms of Critical Parental Ego States, the midfielders, wingers and forwards got the lowest

average scores ($p = 0,006$). However, in respect to the Adult Ego States, the midfielders got the highest scores while the goalkeepers had the lowest scores ($p < 0,001$). Finally, the midfielders and forwards got the highest average scores with regards to the Natural Child ego states when compared to all of the other players, and the fullbacks got the lowest scores ($p = 0,017$). According to these findings, it can be said that the goalkeepers and fullbacks mainly had an egogram of Critical Parental (CP) Ego States while the stoppers, sweepers, midfielders, wingers and forwards mainly had an egogram of Adult (A) Ego States.

Table 5. Ego States statistics of the players with regards to their in-team positions

Footballers' positions in the club	n	Mean	Std. Deviation	p-values
Critical parent ego state				
Goalkeeper	18	0.2135a	0.0319	<0.001
Fullback	28	0.2130a	0.0331	
Stopper	28	0.2030ab	0.0369	
Sweeper	10	0.2076ab	0.0464	
Midfielder	44	0.1878b	0.0336	
Winger	38	0.1899b	0.0360	
Forward	17	0.1843b	0.0271	
Adult ego state				
Goalkeeper	18	0.1991c	0.0133	<0.001
Fullback	28	0.2098b	0.0153	
Stopper	28	0.2178ab	0.0162	
Sweeper	10	0.2102b	0.0165	
Midfielder	44	0.2201a	0.0115	
Winger	38	0.2164ab	0.0135	
Forward	17	0.1893	0.0224	
Natural child ego state				
Goalkeeper	18	0.1985a	0.0238	0.017
Fullback	28	0,1794c	0,0230	
Stopper	28	0,1817bc	0,0256	
Sweeper	10	0,1963ab	0,0244	
Midfielder	44	0,1937abc	0,0258	
Winger	38	0,1940abc	0,0189	
Forward	17	0,1982a	0,0257	

^{a,b,c}Means in the same column not sharing common letters are significantly different according to Tukey test

DISCUSSION AND CONCLUSION

The results of the present study show that the players who were high school graduates or university students had rather higher Adult Ego states than the middle school graduates (Table 2). The result with respect to Ego states is in agreement with Akin (3) except for Adult Ego states. Akin (3) found that no statistically significant difference between the ego states and education levels of the professional football players. On the other hand, Gülşen (22) examined the relationship between the educational backgrounds and the problem solving skills of football players playing in different leagues,

and found out that the players who were high school graduates and university students had much better problem solving skill levels than the middle school graduates. According to the study the Adult Ego states of the students increased as their levels of education increased while Critical Parental Ego states increased as the levels of education decreased.

The results of the present study show that the accordance between the ego states (observed) of the players and their in-team position ego states (expected) had a positive correlation with regards to only Adult Ego states ($P = 0.025$; Table 3). However, when the relationship between this correlation and

the performances of the players and teams was taken into consideration, it was noticed that there were no statistically significant correlations between the performances and the accordance of the observed and expected adult ego states. This result was inconsistent with Akın's study (3) on professional football players. Akın (3) determined a statistically significant relationship between the expected ego states and the observed ego states (Protective Parental and Adult ego states), and found out that this accordance had a positive effect on the performances players. It was stated that on condition that there was accordance between the in-team position of the players and their ego states, their performances got better. On the other hand, they presented poor performance when there was no accordance between the in-team position of the players and their ego states, their performances (3). The fact that the present study did not show similarity to the study carried out by Akın (3) can be explained by the sample group in this research. The results can be identified with the fact that the participant players were either 19 years old 19 (n=3) or under 19 (n=180) playing in U-19 category in Samsun province. On the other hand, the participants in Akın's study were players all from Turkish professional leagues (Super League and 1st League) 72.8 % of which were 20 years old or over 20.

Although the accordance of Adult Edo states in the expected and observed ego states has no relation with the players' performances, this accordance has an important place in the Transactional Analysis (TA) theory (7). The development and use of a pure (with strong boundaries and not messed with other ego states) Adult can support the removal of all emotional problems in Adult control that Berne mentioned from time to time (42). It evaluates the possibilities of dealing with the outside world by processing the data and it is important for the individual to maintain his existence (11). The lack of appropriate personality and psychological characteristics or any deterioration in these can be regarded among the most important reasons that affect the success and failure of athletes in their sportive life (4,5,32). In the literature we see that the sportive performance is especially associated with the athlete's levels of "responsibility/self-discipline / balance/emotional balance" (neurotic) (5,32). Here, the Five Great Personality Factors (the Great Five), which include these two psychological features, are of great importance. As the Great Five is the most widely accepted personality trait structure that

adopts the basic characteristics theory, it makes this situation much clearer in the minds. (4,5,32). The parallelism of the Five Great Personality Factors with TA Ego States is of particular importance within the research findings. In short, Winter and Udonsak (45) compared the ego states and five factor personality dimensions using the adjective checklist (ACL: Adjective Check List). In the light of that study, it was found that there was mutual correlation between Parental Ego-Responsibility and Compatibility; Adult Ego - Emotional Balance (the opposite pole of the neurotic dimension); Child Ego - Openness and Extroversion; Approved Child - Compatibility - Neuroticity According to the findings, the Adult Ego states both turned to be significant within the in-team positions of the players and showed a positive correlation between the expected and observed ego states ($P=0.025$; Table 3), and thus, it can be considered that it will contribute positively to the performances of the players in the future it is not meaningful for now. The relation of sportive performance with "responsibility/self-discipline / balance/emotional balance" (neurotic) (32) indicates that it is associated with Adult and Parent Ego states (45). Adult Ego relates to "balance / emotional balance (neurotic)", shows individuals' emotional instability and refers to their aspects of anxiety, hostility, depression, self-consciousness, impulsivity and fragility while Parental Ego represents "responsibility / self-discipline".

According to the research findings, the highest level of significance between the position of the players (goalkeeper, fullback, stopper, sweeper, midfielder, winger and forward) and Adult Ego states was seen in the midfielders while the lowest level of significance was carried by the goalkeepers and the fullbacks (Table 5). Although there was no statistical significance difference between the ego states and the performances ($p<0.05$), it was seen that the players with an Adult Ego states egogram were closer to the level of significance. Although the findings are not a significant indicator for this study, they can be seen as valuable for future studies. It is likely to see in the literature that players with Edut Ego egogram may have sporting performance differences when compared to other players (9,32,45).

It was found that the midfielder position had the highest average score when compared to the other positions in the Adult ego states ($P=0.001$; Table 5), which has the highest level of significance between in-team positions and ego states. The

midfielders organize and direct the football game and establish the connection between the attackers and the defenders. They are primarily responsible for the game controlling. For this reason, they should provide good interaction with other players should have good coordination skills. They are responsible for the changes in the rhythm of the game, slowing it down or accelerating it. The midfielders should be creative, confident, self-controlled and balanced, controlled and energetic, challenging, diligent and they should have leadership characteristics, sophisticated game intelligence, complex technical and combination skills, limited aggressive structure, strong motivating power, dense and continuous concentration ability, developed environmental and directional attention, ability to think quickly and accurately, tactical in-game skills, strong analyzing ability (6,8,16,22,29). All these features, which have a positive effect on the performances of the players, can be ensured with the coherence of the all other ego states which undergo adult ego control and selectivity. It is because a personality with a weighted adult ego status can respond to events and situations with a suitable attribution and show the most convenient behavior and attitude (7). However, the fact that there is no statistical significance between the adult ego status and performance does not confirm that the ego states expressing the aspects of the personality have a meaningful relationship with sporting performance. In other words, it does not support the idea that personality has a positive effect on sportive performance (3,4,5,32).

There was no statistically significant difference between the end-season league performances of the teams and their ego states ($p>0,05$). However, the first two teams in the league Atakum BLD. (the champion) and Kadıköyspor (the second) which had the right to participate directly in the championship had a higher average score than the other football teams in the league and it was also seen that Atakum BLD. (the champion) had a higher Adult Ego states score than Kadıköyspor (the second) ($P=0,100$; Table 4). Although this may indicate a positive relationship between success and Adult ego status, it is quite difficult to say that there is a relationship between the success rating of the league and adult ego states when we consider all the teams in the league. Team performance is multidimensional and it is assumed that different personality traits cause different performance results (17). For this reason, it is natural that there may not

be any relationship between league performances and ego states of the teams. Team performance can be achieved through the development of psychological processes such as in-team social cohesion, social integrity, emotional balance and extroversion (4). At the same time, Van Vianen and De Dreu (44) found that a high level of responsibility and suitability in the team could be associated with a higher level of engagement in the mission. However, the relationship between personality and team performance relates to the relationship between team success and a series of moderate variables such as the kind of the task, confidence in the team, team stability, and interdependence levels of technical management. An introverted and emotionally unstable individual can disrupt the team and adversely affect the performance of the others (17). At this point, Transactional Analysis (TA) can be seen as very important. TA is not only a personality theory but also a communication theory that examines the interpersonal relationship (41).

Kayalar (27), in his study which examines the effect of Transactional Analysis on creating an effective team, states that TA provides ego states behavioral diagnosis and the types of Transactions provide important clues. Thus, he mentions that the application of TA in creating teams increases the effectiveness of the teams. However, as there is no meaningful relationship between the player/team performances and their ego states, it becomes difficult to be interpreted in terms of TA which is both a personality and interpersonal communication theory.

In consequence, in contrast to research which remark the fact that the personality traits and psychological skills of the players have an effect on sporting performance, this study turned out to be in parallel with the studies that could not find any a important relationship between personality traits and psychological skills of the players and their sporting performance.

Limitations and Recommendations

The sample of the study has composed of U-19 elite players of amateur teams in Samsun. In this respect, future studies on this theoretical framework with the players who play in the infrastructure of professional teams can give different results in terms of the relationship between the performances of the position-ego states of football players.

In order to obtain data on how the positions within team relate to the ego status of the players only the Ego Status Scale developed by Arı has used. There are different scales in determining the ego

status of the individual (s) in the literature. In this respect, the use of different scales in the literature may give different results in terms of the relationship between the performances of the position-ego states of football players.

Various research methods are used to determine the personality traits or psychological skills of athletes. The studies examining the relationship between the positions played by footballers and their personality traits or psychological variables has seen to be based on quantitative methods. The use of qualitative research or integrated / mixed research methods using both quantitative and qualitative research patterns may provide different findings and perspectives in terms of determining the ego status of football players.

It has considered that the validity of the findings obtained from the application of personality tests to athletes that are not designed for sports-specific subjects is limited. Also the ego status scale used in this study is not designed for athletes or football players. The development of data collection tools designed specifically for the athlete or the football player and which have been validity and reliability can give different results in terms of how the position-ego status relations is related to the performances of the players.

REFERENCES

- Akkoyun, F..Transaksiyonel Analiz. 4. Baskı. Nobel Yayın, Ankara, 2011
- Akpınar, H. Beş büyük kişilik modeli kapsamında çok kriterli karar verme teknikleri aracılığıyla işgören sınıflandırma. Yayımlanmamış Yüksek Lisans Tezi.İzmir Katip Çelebi Üniversitesi Sosyal Bilimler Enstitüsü, İzmir, 2017
- Akın, T. Futbol oyuncularının ego durumlarıyla takımlardaki pozisyonlarının uyuşma bağdaşıklık düzeyinin saha içi performansları ile ilişkisi. Yüksek Lisans Tezi, İstanbul Arel Üniversitesi Sosyal Bilimler Enstitüsü. İstanbul, 2015
- Allen, M. S., Greenlees, I., & Jones, M.. Personality in sport: A comprehensive review. *International Review of Sport and Exercise Psychology*, 2013; 6(1), 184-208.
- Allen, M. S., & Laborde, S. The role of personality in sport and physical activity.*Current Directions in Psychological Science*, 2014; 23(6), 460-465.
- Alves, P. The journey to becoming a professional soccer player a manual.canada: iUniverse, 2014.
- Arı, R. Üniversite Öğrencilerinin Baskın Ben Durumları ile Bazı Özlük Niteliklerinin, ben durumlarına, atılganlık ve uyum düzeylerine etkisi. Doktora Tezi. Hacettepe Üniversitesi Sosyal Bilimler Enstitüsü Ankara, 1989
- Başer, E. Futbolda Psikoloji ve Başarı. İstanbul: Yayınevi Yayıncılık, 1994.
- Baştuğ, G. Histerik kadınların ve eşlerinin kendilerini ve birbirlerini algılamalarının karşılaştırılması (TA Ego Durumları bakımından). Yüksek Lisans Tezi. Ankara Üniversitesi Sosyal Bilimler Enstitüsü. Ankara, 1993.
- Bayraktar, B. ve Kurtoğlu, M.. Sporda performans, etkili faktörler, değerlendirilmesi ve artırılması.*Klinik Gelişim*, 2009; 22(1), 16-24.
- Berne, E. İnsanların Oynadığı Oyunlar. 1. Baskı. (Çev. Handan Ünlü Haktanır), İstanbul: Koridor Yayıncılık, 2015.
- Bilgin, M. Ergenlerin Beş Faktör Kişilik Özelliği İle Bilişsel Esneklik İlişkisi. *Electronic Journal of Social Sciences*, 2017; 16(62), 945-954.
- Cox, R. H., & Yoo, H. S. Playing position and psychological skill in American football.*Journal of Sport Behavior*, 1995; 18(3), 183.
- Çekiç, Ö. & Kurt, C. Farklı mevkilerde oynayan futbolcularda hedef yönelimi ve algılanan motivasyonel iklim arasındaki ilişki.*International Journal of Sport, Exercise & Training Sciences*, 2017; 3(3), 93-102.
- Demir, A.Z. & Yılmaz, Ç. İşe Alım Öncesi Testleri ve Firma Performansı.*International Journal of Academic Value Studies (Javstudies)*. 2017; 3 (10), 87-96.
- Dooley, T. & Titz, C. Soccer: 4-4-2 System. UK: Meyer&Meyer Sport, 2011.
- Driskell, J. E., Goodwin, G. F., Salas, E., & O'Shea, P. G. What makes a good team player? Personality and team effectiveness. *Group Dynamics: Theory, Research, and Practice*, 2006; 10(4), 249-271.
- Erdoğan, N. ve Kocaekşi, S.. Elit sporcuların sahip olması gereken psikolojik özellikler.*Türkiye Klinikleri Spor Bilimleri Dergisi*, 2015; 7(2), 57-64.
- Goswami, S., & Sarkar, L. N. Psychological Characteristics of Football Players According to Their Playing Positions.*Innovative Thoughts International Research Journal*, 2016; 3 (6), 13-23.
- Gökdeniz, İ. ve Merdan, E. Kişilik ile kariyer seçimi arasındaki ilişkinin incelenmesi.*Aksaray Üniversitesi İktisadi ve İdari Bilimler Fakültesi Dergisi*, 2011; 3(2), 23-36.
- Grobelaar, H. W., & Eloff, M. Psychological skills of provincial netball players in different playing positions.*South African Journal for Research in Sport, Physical Education and Recreation*, 2011; 33(2), 45-58.
- Gülşen, D. Farklı lig düzeyinde oynayan futbolcuların oynadıkları mevkilere, öğrenim durumu ve spor yaşlarına göre problem çözme becerilerinin incelenmesi.Yayımlanmamış Yüksek Lisans Tezi, Çukurova Üniversitesi Sosyal Bilimler Enstitüsü. Adana, 2008.
- Güvendi, B., Güçlü, M., & Işım, A. T. Korumalı Futbol (Amerikan Futbol) Sporcularının Kişilik Özellikleri ve Psikolojik Performans Stratejileri İle Karar Verme Stilleri Arasındaki İlişki, İstanbul Üniversitesi Spor Bilimleri Dergisi, 2018; 8(2), 83-99.
- Hadesman, S.M. A comparative study of ego-state prevalence and personality traits of alcohol problematic and non-alcohol problematic repeat offenders.Unpublished Doctoral Thesis, Fielding Graduate Institute, Santa Barbara, 2003.
- James, M., & Jongeward, D. Kazanmak için doğarız.(Çev.Edt. Şenruh Tülin). İstanbul: İnkılâp Kitapevi, 1993.
- Karasar, N. Bilimsel Araştırma Yöntemi. Ankara: Nobel yayın Dağıtım, 2006.
- Kayalar, M. Transaksiyonel Analizin Etkili Takım Oluşturmada Kullanılması.Süleyman Demirel Üniversitesi İktisadi ve İdari Bilimler Fakültesi Dergisi. 2002; 7 (1), 265-275.
- Kirkcaldy, B. D. Personality and sex differences related to positions in team sports.*International Journal of Sport Psychology*, 1982; 13(3), 141-153.
- Koger, R.L. The New Coach's Guide to Coaching Youth Soccer: A Complete Reference for coaching young players ages 4 through 8. Newyork: Skyhorse Publishing, 2007.

30. Konter, E. Profesyonel Futbolcuların Oynadıkları Pozisyonlara Göre Psikolojik Becerilerinin Araştırılması. *Türk Psikolojik Danışma ve Rehberlik Dergisi*, 2005; 3(23), 21-28.
31. Kurt, C., Çatıkkaş, F., Ömürlü, İ. K., & Atalağ, O. Comparison of Loneliness, Trait Anger-Anger Expression Style, Self-esteem Attributes with Different Playing Position in Soccer. *Journal of Physical Education & Sport*, 2012; 12(1), 39-43.
32. Laborde, S., Allen, M. S., Katschak, K., Mattonet, K., & Lachner, N. Trait personality in sport and exercise psychology: A mapping review and research agenda. *International Journal of Sport and Exercise Psychology*, 2019; 1-16.
33. McCrae, R. R., & Costa, P. T. Validation of the five-factor model of personality across instruments and observers. *Journal of personality and social psychology*. 1987; 52(1), 81.
34. Najah, A., & Rejeb, R. B. The psychological profile of youth male soccer players in different playing positions. *Advances in Physical Education*, 2015; 5(03), 161-169.
35. Özsoy, E., ve Yıldız, G. Kişilik kavramının örgütler açısından önemi: bir literatür taraması. *The Journal of Business Science*, 2013; 1(2), 1-12.
36. Raglin, J. S. Psychological factors in sport performance. *Sports Medicine*, 2001; 31(12), 875-890.
37. Slater, S. K. Using transactional analysis in sports coaching. *Transactional Analysis Journal*, 2002; 32(3), 184-189.
38. Sindik, J.. Differences between top senior basketball players from different team positions in Big Five personality traits. *Acta Kinesiologica*, 2011; 5(2), 31-35.
39. Steyn, B. J., Van den Berg, L., & Jooste, J. Psychological skills, playing positions and performance of African youth soccer teams. *South African Journal for Research in Sport, Physical Education and Recreation*, 2014; 36(1), 85-100.
40. Stewart, I. ve Joines V. Günümüzde TA, Transaksiyonel Analiz'e Yeni Bir Bakış. 2. Baskı. (Çev.Edt. Füsün Akkoyun). Ankara: Eksi Kitaplar, 2017.
41. Steiner, C. M. The OK Position: Freedom Equality and the Pursuit of Happiness. *TAJ*. 2012;42(4). 294-297.
42. Türkmen, M. Bireysel Kariyer Yönetiminde Kişilik Faktörü: Manisa Gençlik ve Spor İl Müdürlüğü Çalışanları Üzerine Bir Uygulama. *CBÜ Beden Eğitimi ve Spor Bilimleri Dergisi*, 2010; 5(2), 38-45.
43. Van Vianen, A. E. M., & De Dreu, C. K. W. Personality in teams: Its relationship to social cohesion, task cohesion, and team performance. *European Journal of Work and Organizational Psychology*, 2001; 10(2), 97-120.
44. Winter, S., & Udomsak, N. Gender stereotype and self among transgenders: Underlying elements. *International Journal of Transgenderism*, 2002; 6 (2), 2.