

Examination of the Trait Anxiety Levels among Male Basketball Players in the Ages from 13 to 15 in View of Various Variables *

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* This study was presented as a poster presentation in 11. International Sport Sciences Congress.

ABSTRACT

What was intended with this study was to ascertain the Trait Anxiety levels of national team-nominee male basketball players between the ages of 13-15, and to investigate the differences thereof in view of personal variables. The study was participated by the whole of 102 national team-nominee sportspersons, having been selected from 81 cities, with an age average of 13.84 ± 0.592 , and with a sports age average of 5.12 ± 1.80 . As being the data collection tools, alongside the “Personal Information Form”, the “Trait Anxiety Scale”, which has been developed by Spielberg et al., and been adapted to Turkish by Öner & Le Compte, was used in the study. While the t-test and Single Direction Variance Analyses (ANOVA) were used in the analysis of the data, upon taking the percentage and frequency values, Kruskal Wallis Test was further used for non-parametric values, and the relevance at $p < 0.05$ level was sought. From the findings of the research, the trait anxieties were found out to be high. Besides, a meaningful relevance between the variables of family income, educational levels of the parents, and school type with the trait anxieties was further ascertained. On the other hand, no meaningful relevance was found out between the variables of age, sports year, and the positions in play with the trait anxiety scores.

Keywords: Sportsperson, trait anxiety, basketball.

13-15 Yaş Arası Erkek Basketbolcuların Sürekli Kaygı Düzeylerinin Çeşitli Değişkenler Açısından İncelenmesi

ÖZET

Bu araştırmanın amacı; 13-15 yaş arası milli takım adayı erkek basketbolcuların Sürekli Kaygı düzeylerinin tespiti ve kişisel değişkenlere göre farklılıklarının araştırılmasıdır. Çalışmaya; milli takıma aday 81 ilden seçilen ve yaş ortalamaları $13,84 \pm 0,592$, spor yaşı ortalamaları $5,12 \pm 1,80$ olan 102 sporcunun tamamı gönüllü olarak katılmıştır. Araştırmada veri toplama aracı olarak; “Kişisel Bilgi Formu” ile beraber Spielberger ve ark tarafından geliştirilen, Öner ve Le Compte tarafından Türkçe’ye uyarlanan “Sürekli Kaygı Ölçeği” kullanılmıştır. Verilerin analizinde, yüzde ve frekans değerleri alınarak t- testi ve tek yönlü varyans analizi (ANOVA), parametrik olmayan değerler için Kruskal Wallis Testi kullanılmış ve $p < 0.05$ düzeyinde anlamlılık aranmıştır. Araştırma bulgularında; basketbolcuların sürekli kaygılarının yüksek olduğu bulunmuştur. Ayrıca, aile gelir değişkeni, anne-baba eğitim düzeyi değişkeni ve okul türü değişkeni ile sürekli kaygılar arasında anlamlı ilişki tespit edilmiştir. Yaş, spor yılı ve oynadıkları mevki değişkenleri ile sürekli kaygı puanları arasında anlamlı ilişki bulunamamıştır.

Anahtar Kelimeler: Sporcu, sürekli kaygı, basketbol.

INTRODUCTION

There are numerous factors being mentioned of nowadays as affecting the athletic efficiency level. While some of these factors are being assessed under the title of environmental factors, some are being assessed under the title of internal factors. What are meant with the internal factors of the sportspersons are psychological factors. Psychological preparations of the sportspersons are important factors for success in sports. Psychological conditions of the sportspersons, and performances they would exhibit are also closely related with their anxiety levels (18,22).

Anxiety may be described as emotional conditions (27) such as worry, delusion, fear, panic and sorrow, which may lead the way to pressure and tension in a person, it may also be defined as “an emotion which may be felt in the face of a potential danger, which may originate from the outside world, or in any situation, which is sensed and interpreted as a danger by the person” (3). In the state of anxiety, the individual feels alert, and as if something is likely to happen, and feels restless (21). The state of anxiety, one of the most important reasons of which is a subliminal memory, being related with a fearsome signal (30), points to a portrait, which proceeds with

such physical symptoms as shivering, sweating, throbbing, and high pulse (10).

Spielberg has treated anxiety in two forms, as being the State Anxiety and the Trait Anxiety. State Anxiety is a state of restlessness, tension, sensitivity, fear or unhappiness, which arises not in normal conditions, but in such certain conditions, which threaten the individual or the interests of the individual, but also subsides when such threatening conditions die out. Trait Anxiety, on the other hand, is the subjective fear, being felt by the individual due to the pressurizing condition he/she is in. As being a dimension of personality, it is also a state, in which the individual is more sensitive and restless than others in all conditions (44).

Trait Anxiety is an individual's affinity to anxious experiences. This may also be described as an individual's tendency to regard all the states he/she is in generally as stressful, or interpret them generally as ones leading to stress. Individuals with such high levels of anxiety are seen to be easily hurt, and fall into despair. These individuals also experience state anxiety more frequently, and more intensely than others. On the other hand, individuals with high levels of trait anxiety are supposed to display symptoms of state anxiety more quickly and frequently in another situation (for instance, before or after a competition) (14).

Anxiety is of a universal character, and may affect the performance either positively or negatively in all branches of sport. Anxiety in athletic performances significantly affects the adaptability, attention and concentration of the sportspersons, and the conditions and balances, decisions and assessments, self-confidence and worthiness, and motivation and activation thereof as well. Such effects may reveal themselves in the features of power, speed, endurance, flexibility, technique, and tactics, which would be displayed by the sportspersons (26). With high levels of anxiety, sportspersons may doubt from their skills in performing their duties, and this may cause them to abstain from performing their complex skills (25).

Anxiety may negatively affect the sportspersons' accurate decision-making skills in their behaviors. As the anxiety level rises, a sportsperson moves away from making accurate decisions, and from displaying his/her skills (9). In order to escalate performance in sports, trainers should delve into sports psychology, and investigate the ways to eliminate the psychological and physiological problems likely to happen (40).

Sieg (1971) defines adolescence as a development period, which begins when the individual feels like he/she has been deprived of his/her privileges peculiar to adults, and ends when the society bestows the power and social position of the adult to the individual. As biologic views claim that the

adolescence period is under the influence of physical and hormonal features at most, behaviorist views claim that cultural features affect it at most. The outcomes of the research reveal that psychological factors are more effective than biological factors (1).

Adolescence is one of the most turbulent periods of human life. In this period, while intensity and inconsistency, loneliness and weariness, state of insecurity and anxiety arise in the emotions of the children, who are stepping into the youth, orientation problems and intra-family conflicts may occur as well. Test anxiety, school and lesson anxiety, identity anxiety, as well as the attitudes and behaviors of the parents come to the fore among the anxiety-making factors of the adolescence period.

In light of the aforementioned information, it becomes crucial to examine the trait anxiety levels among basketball players in the adolescence period. What is intended in this study is to measure the trait anxiety levels of national team-nominee male basketball players between the ages of 13-15.

MATERIAL & METHOD

Research Model

A descriptive qualitative screening method was used in this research. Descriptive researches intend to describe the concerned situation. A screening model, on the other hand, is dealt in putting the current situation forth in its current condition, and with an objective attitude.

Population and Sample

The population of the research was comprised of 102 national team-nominee sportspersons, having been selected from 81 cities, with an age average of 13.84 ± 0.592 , and with a sports age average of 5.12 ± 1.80 . The sample thereof was the population itself, while all the sportspersons attended voluntarily.

Data Collection Tools

"A Personal Information Form", having been developed by the researcher so as to collect information about the socio-demographical features of the sportspersons, as well as Spielberg's "Trait Anxiety Inventory" was used as the data collection tools of the research.

There were 7 questions, regarding their ages, positions, sports years, monthly incomes and educational statuses of their parents and schools they graduate from, in the personal information form, having been developed by the researcher so as to collect personal information about the sportspersons.

Trait Anxiety Inventory, having been developed by Spielberg *et al.*, was made used for calculating the Trait Anxiety Levels of the basketball players. The scale was developed by Spielberg *et al.* (1970) in order

to determine the state and trait anxiety levels of the individuals. Translation thereof into Turkish, as well as the reliability and validity works thereon was done by Öner & Le Compte (33). As being a type of self-evaluation, the scale included 40 articles, being comprised of short expressions. The scale was composed of two sections, namely as “state anxiety form” of 20 articles, which was developed so as to determine what was being felt at the moment, and “trait anxiety form” of again 20 articles, which was developed so as to determine what was felt in general. Trait anxiety form was used in this study. As being Quadruple Likert-type, the scale was said to vary from .83 to .87 in terms of Alpha reliability, from .71 to .86 in terms of testing-retesting reliability, and from .34 to .72 in terms of article (33, 5, 39). Inventory’s trait anxiety sub-scale was used in this study.

Data Analysis

Having SPSS 15.0 for Windows program used in conducting the statistical analyses of the data, and the information details, having been obtained from the sportspersons as a result of the scale, were scored in compliance with the scoring directive. While Single Direction Variance Analysis (ANOVA) was made in determining the difference between the sportspersons’ Trait Anxiety levels and the ages, sports years, household incomes, educational statuses of the parents thereof, and the positions they play in, Kruskal Wallis test among Non-Parametric tests was applied for the school type variable due to unaccomplished normal distribution and homogeneity conditions. A variance analysis was made for determining intergroup differences from trait anxiety scores. A Least Significant Difference Test was applied in order to ascertain whether the differences between the group averages were statistically significant, or not. The relevance level of .05 was chosen for a statistical relevance.

RESULTS

Having the table 1 reviewed, it was seen that 27 (26.5%) out of the group were 13 years old, 64 (62.7%) out of the same were 14 years old, and 11 (10.8%) out of the same were 15 years old. While 10 (9.8%) out of the group have been playing basketball for 1-2 year(s), 32 (60.8%) out of the same have been playing basketball for 3-5 years, and 30 out of the same have been playing basketball for 6-8 years. The household incomes of 20 (19.6%) of the group between TL 500-1500, those of the 48 (47.1%) of the same number between TL 1500-3000, those of the 23 (22.5%) of the same number between TL 3000-4500, and those of the 11 (10.8%) of the same number between TL 4500 and above. The number of those, whose fathers were primary school graduates, was 15 (14.7%), while the number of those, whose fathers were high-school graduates, was 46 (45.1%), and the

number of those, whose fathers were university graduates, was 41 (30.4%). The number of those, whose mothers were primary school graduates, was 30 (29.4%), while the number of those, whose mothers were high-school graduates, was 41 (40.2%), and the number of those, whose mothers were university graduates, was 31 (30.4%). While 32 (31.4%) out of the group have indicated that they were going to General High-Schools, 9 (8.8%) out of the same have indicated that they were going to Vocational High-Schools, 22 (21.6%) out of the same have indicated that they were going to Anatolian High-Schools, 7 (6.9%) out of the same have indicated that they were going to Science High-Schools, and 32 (31.4%) out of the same have indicated that they were going to Private High-Schools. Taking a closer look at the playing positions thereof, 18 (17.6%) of them were seen to be playing as Guard, 29 (28.4%) of them were seen to be playing as Forward, and 55 thereof (53.9%) of them were seen to be playing as Post-Pivot.

Table 1. Demographical Data belonging to the Research Group

	Variables	f	%
Age (years)	13	27	26,5
	14	64	62,7
	15	11	10,8
Sports Year (years)	1-2	10	9,8
	3-5	62	60,8
	6-8	30	29,4
Household Income (TL)	500-1500	20	19,6
	1500-3000	48	47,1
	3000-4500	23	22,5
	4500+	11	10,8
Father’s Education	Primary S.	15	14,7
	High S.	46	45,1
	University	41	40,2
Mother’s Education	Primary S.	30	29,4
	High S.	41	40,2
	University	31	30,4
School Type	General HS.	32	31,4
	Vocational HS	9	8,8
	Anatolian HS	22	21,6
	Science HS.	7	6,9
	Private HS.	32	31,4
Position	Guard	18	17,6
	Forward	29	28,4
	Post-Pivot	55	53,9

Taking the table 2 into consideration, it was seen that the anxiety score average of the 13 year old sportspersons was mean=48.51, that of the 14 year old sportspersons was mean=49.29, and that of the 15 year old sportspersons was mean=49.81. As a result of the conducted analyses, it has been ascertained that, age variable of the basketball players did not cause any

meaningful difference in the trait anxiety scores ($p > 0.05$).

Taking the table 3 into consideration, it was seen that the anxiety score average of the sportspersons, having been playing basketball for 1 to 3 year(s) was mean=51.30, that of the sportspersons, having been playing basketball for 4 to 6 years was mean=49.11, and that of the sportspersons, having been playing basketball for more than 7 years is mean=48.50. As a result of the conducted ANOVA test, it has been ascertained that, sports year variable of the basketball players did not cause any meaningful difference in the trait anxiety scores ($p > 0.05$).

Taking the table 4 into consideration, it was seen that the anxiety score average of the sportspersons from households with income in between TL 500-1500 was mean=51.30, that of the sportspersons from households with income in between TL 1500-3000 was mean=48.64, that of the sportspersons from households with income in between TL 3001-4500 was mean=47.10, and that of the sportspersons from households with income amounting to 4500 and

above was mean=47.05. As a result of the conducted ANOVA test, it has been ascertained that, household income variable of the basketball players did cause a meaningful difference in the trait anxiety scores ($p < 0.05$).

In table 5, a meaningful difference [$F_{(2,99)} = 3.672$; $p < .05$] has been ascertained upon examining the trait anxiety score averages of the basketball players according to the educational statuses of their parents. It was seen that, the scores (mean = 51.53) of the sportspersons, whose fathers were primary school graduates, were higher than those (mean = 48.12) of the sportspersons, whose fathers were university graduates.

A meaningful difference [$F_{(2,99)} = 6.150$; $p < .05$] has further been ascertained in the table 5 between the mother's education variable and trait anxiety score averages. Scores (mean = 51.26) of the sportspersons whose mothers were primary school graduates were seen to be higher than those (mean = 48.80) of the sportspersons whose mothers were university graduates.

Table 2. ANOVA test results of the basketball players according to the age variable of the trait anxiety scores.

Age	N	Mean	SD	Variance Source	KT	SD	KO	F	P	Difference
13	27	48,51	4,26	Inter Group	17,05	2	8,52	,455	,636	
14	64	49,29	4,29	In-Group	1855,73	99	18,74			-
15	11	49,81	4,70	Total	1872,79	101				

Table 3. ANOVA test results of the basketball players according to the sports year variable of the trait anxiety scores.

Sports Year	N	Mean	SD	Variance Source	KT	SD	KO	F	P	Difference
1-3	10	51,30	4,44	Inter Group	58,98	2	29,49			
4-6	62	49,11	4,57	In-Group	1813,81	99	18,32	1,610	,205	-
7*	30	48,50	3,53	Total	1872,79	101				

Table 4. ANOVA test results of the basketball players according to the household income variable of the trait anxiety scores.

Household Income	N	Mean	SD	Variance Source	KT	SD	KO	F	P	Difference
500-1500	20	52,60	4,82	Inter Group	358,28	3	119,42	7,728	,000	
1501-3000	48	48,64	3,79	In-Group	1514,50	98	15,45			1-2
3001-4500	23	47,10	3,43	Total	1872,79	101				1-3
4501+	11	47,05	3,39							1-4

Table 5. ANOVA test results of the basketball players according to the parents' education statuses variable of the trait anxiety scores

	Education	N	Mean	SD	Variance Source	KT	SD	KO	F	p	Difference
Father's Education	Primary S.	15	51,53	5,13	Inter Group	129,34	2	64,672	3,672	,029	1-3
	High S.	46	49,28	4,50	In-Group	1743,45	99	17,611			
	University	41	48,12	3,39	Total	1872,79	101				
Mother's Education	Primary S.	30	51,26	4,92	Inter Group	206,96	2	103,48	6,150	,003	1-2
	High S.	41	47,85	4,15	In-Group	1665,82	99	16,82			1-3
	University	31	48,80	3,00	Total	1872,79	101				

Table 6. Kruskal Wallis Test Results of the Trait Anxiety Scores of the Basketball Players according to School Type Variable

School Type	N	Rank Average	SD	X ²	P	Difference
General High S.	32	48,08	4	6,397	,017	1-2
Vocational High S.	9	71,50				3-2
Anatolian High S.	22	43,84				
Science High S.	7	56,43				
Private High S.	32	53,48				

Table 7. ANOVA Test Results of the Basketball Players according to the Position Variable of the Trait Anxiety Scores

Position	N	Mean	SD	Variance Source	KT	SD	KO	F	P	Difference
Guard	18	48,44	3,86	Inter Group	13,10	2	6,55	,349	,706	
Forward	29	49,06	4,31	In-Group	1859,68	99	18,78			-
Post-Pivot	55	49,41	4,47	Total	1872,79	101				

Having the trait anxiety score averages examined in the table 6 according to the type of the high-school, where the basketball players did study, a meaningful difference [$X^2_{(4)} = 6.397$; $p < .05$] has been ascertained among the sportspersons from General, Vocational, and Anatolian High Schools. It was seen that, the scores of the sportspersons, studying in Vocational High Schools (S. Ave= 71.50), were higher than those of sportspersons, studying in General (S. Ave= 48.08) and Anatolian High Schools (S. Ave= 43.84).

Having the table 7 examined, the anxiety score average of the sportspersons playing in Guard position was (mean=48.44), the same of those playing in Forward position was (mean=49.06), and the same of those playing in Post-Pivot position was (mean = 49.41). As a result of the conducted analyses, it has been ascertained that, the playing position variable of the basketball players did not cause any meaningful difference in the trait anxiety scores ($p > 0.05$).

DISCUSSION

The following findings have been attained from the study, having been conducted so as to determine the trait anxiety levels of male basketball players between the ages of 13 and 15, and to ascertain whether their anxiety levels thereof vary according to the variables of age, sports age, household income, educational status of the parents, school types, and the playing positions thereof.

No meaningful difference has been ascertained in the trait anxiety scores according to the age variable of the basketball players (table 2; $p > .05$). Under such a circumstance, it may be said that the ages of the basketball players do not affect the trait anxiety levels thereof. Özbekçi (34), Arseven & Güven (4), Özusta (36), Kırmızı (23), Ocaktan *et al.* (31), Öztürk (35), Aydoğan & Gürsoy (6), Civan *et al.* (13), in their studies conducted with different groups, could not have ascertained any meaningful difference between the trait anxiety levels and age variable. Literature studies further reinforce the research findings.

No meaningful difference has been ascertained in the trait anxiety scores according to the sports year variable of the basketball players (table 3; $p > .05$). Yücel (44), Vurgun *et al.* (41), Ögüt (32), Erbaş (15), in their studies conducted with different groups, have ascertained that the sports year variable of the sportspersons do not affect the trait anxiety levels. Attained findings further reinforce the research findings.

A meaningful relevance has been determined between the household income variable of the basketball players and the trait anxieties thereof (table 4; $p < 0.05$). Basketball players from families with lower household incomes have higher trait anxiety scores. Under such a circumstance, it may also be said that, the higher the income level rises, the lower the trait anxiety drops. Inadequate fulfillment of needs of a teenager, who has difficulty in coping with the tribulations of the adolescence period, due to financial difficulties, feeling himself/herself under negative conditions more than those of other teenagers due to adverse environmental conditions, may altogether lead to the development of inferiority complex, thereby causing the development of negative-ego and anxiety (43). Besides, the socio-economical and cultural structure of a family also affects the mental health significantly; its effects are thereby reflected in the behaviors of a teenager (29). While stating that the socio-economical resources of a family play an important role in the emotional development of the child, thus in his/her thoughts about him/herself, White & Rogers (42) have thereby pointed out the fact that the lower the socio-economical level drops, the higher the teenager's anxiety about his/her future rises.

From the studies of Sargın (37), Akboy (2), Girgin (17), Sekmenli (38), Gürsoy (20), having been conducted with different groups, the subjects with higher anxiety scores were seen to be coming from lower levels of income. This information further reinforces the research findings.

A meaningful relevance has been determined between the parents' educational statuses variable of the basketball players and the trait anxieties thereof (table 5;

$p < 0.05$). Basketball players, having parents with lower levels of education, have higher trait anxiety levels. Under such a circumstance, it may also be said that, the higher the parents' education levels rise, the lower the trait anxiety drops. From the studies of Berengi (11), Gümüş (19), Yücel (44), Bjelland *et al.* (12), having been conducted with different groups, the subjects with higher anxiety scores were seen to be coming from lower levels of income. These support the research findings.

A meaningful relevance has been determined between the school type variable of the basketball players and the trait anxieties thereof (table 6; $p < 0.05$). It has been ascertained that the sportspersons studying in vocational high-schools have the highest levels of anxiety, while those studying in private high-schools and science high-schools have the lowest levels of anxiety. Nowadays, students are enrolled in vocational high schools due to economical reasons with the intent of finding a job sooner, and contribute to their households financially, or due to the respective guidance of their families, or in parallel with the students' own interests and abilities. However, the students studying in vocational schools do have serious anxieties about the university entrance exam. It may be thought that, lower ÖSS (Student Selection Examination) contribution points of the vocational high-school students than those of the students from other types of high-schools, their responsibility to become knowledgeable from the lessons they have lesser knowledge in the exams, together with vocational high-school students' inability to choose the departments they would prefer, and their falling into future anxiety may be given as results.

No meaningful difference has been ascertained in the trait anxiety scores according to the playing position variable of the basketball players (table 7; $p > .05$). However, the sportspersons playing in the Guard position have been found out to be with the lowest anxiety scores. The anxiety scores of Forward and Post-Pivot players are quite close to each other. This difference may be thought to arise from the different features of the Guard players in comparison to those of the other players (A good Guard player ought to possess the following features in particular, including decision-making skill, field vision, acting in balance, leadership quality, self-confidence, strong athletic mind, accurate direction of the game, quick-thinking for choosing where to and when to pass and choosing the type of the pass for the fine flow of the game, and the accuracy of these decisions. He/she also has to have such a cool-headed character, in which he/she is able to control his/her feelings, without losing his/her control even under pressure, and act as a role-model for the team) (17).

Konter (1997), in his research by making use of the trait anxiety scale, has grouped the anxiety levels of the footballers under the three groups. They are indicated as low – medium (optimal) – high. Medium anxiety level is

shown between the points 31 – 47. According to this result, the anxiety score averages of the basketball players, who have participated in our study, are seen to be as high (49.14 ± 4.30). Taking the related literatures into consideration, the studies, in which Başaran *et al.* (8) have found the trait anxiety score average of male basketball players within the age group of 14 as (39.46 ± 6.91), and Adalı (1) has found the trait anxiety score average of male basketball players between the ages of 14 and 18 as (41.52 ± 5.47), all of them reinforce the findings of the research.

As a consequence, the trait anxieties of the basketball players have been found as high. Besides, a meaningful relevance has been found between the household income, educational status of the parents and school type variables, and the trait anxieties. No meaningful relevance has meanwhile been found between the age, sports year, and playing position variables, and the trait anxiety scores.

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