

An examination of anger levels of the individuals doing extreme sport

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Abstract

This study has been conducted in order to identify the trait anger and the manner of expressing anger of extreme sport participants. "Trait Anger and Anger Expression Scale" that was developed by Spielberger et al. (1983) and adapted to our language by Özer (1994) has been used in the study. The questionnaires have been applied to a total of 175 participants as 121 people doing extreme sport and 54 people doing any sport except for the extreme ones. When the data have been investigated, it is seen that there is a meaningful difference between the participants doing extreme sport and the ones doing team sports in terms of trait anger, control of anger and anger - in. Moreover, it has been observed that there is a meaningful difference between age groups in terms of trait anger and control of anger and also a difference between genders in terms of trait anger levels. When the results of the participants doing extreme sports and doing any other sports have been compared, it is seen that the level of trait anger is lower in the participants doing extreme sport and that they do not bottle up their angers and they can control it easily. Also, it is seen that the level of trait anger is lower between the ages of 22 to 27 and the level of anger is higher in females.

Keywords: Anger, anger expression, extreme sport.

INTRODUCTION

The rise and development of the sport throughout the history starts with the struggle of human with nature and it continues to develop in this struggle. A set of actions such as being protection, feeding and sheltering in order to survive in difficult life conditions underlie the integrity of actions known as sport nowadays with changes and some rule patterns in the course of time (1,2).

The desire of people to live together with nature and to struggle with it has caused the emergence of new sports called extreme sports recently and the differentiation of the expectancy from sport.

Extreme sport activities by nature include speed, height, physical effort at high levels and risk. Extreme sport activities are different than traditional sports because the number of variables that cannot be controlled naturally is high. Extreme sport participants stand out against sports and strict norms of the society in terms of gamboling, overflowing the borders and becoming contrary.

Apart from being organized, a successful participant of extreme sport shows a strong resistance in respect to standing against in the meanwhile s/he is devoted to the equipment and artistic expression. Extreme sport participants show that they do not care the authorities while allying with apparent dangers and risk during the self-discovery process (16).

Nowadays, some factors such as the necessities of modern life, stress based on business life, various roles that the individual has to play within the day and the concern of earning a living affect the mood negatively and cause the individual to get angry at the those powers s/he cannot control.

In the course of life, the thoughts and emotions of the individual are attempted to be led and controlled by external environment (15). In this case, the first reaction of the individual is "to refuse this control offered to him/her and resist to it". It occurs as "getting angry and showing anger behavior". In other terms, the individual gives reaction by getting angry at external control directed to him/her. The second reaction of the individual facing this kind of communication can emerge as "bottling up his/her

anger and accepting the control of external factors that want to control him/her" (3,7).

Anger is an emotion that can vary between displeasure, furiousness and violence with the purpose of getting rid of the anxiety created by inability, desperation and weakness experienced when faced with a danger or frustration. Anger is defined as a message given in order to tell that we are hurt, overridden, our desires and needs are inhibited and that something is not correct (10).

Anger shows differences between the manners of expressing anger just as the matters creating anger are different (4). These differences can be collected under three titles; introversive anger, extraverted anger and the control of anger.

1) Anger- In: Some people have difficulty in expressing their anger and they inhibit the expression of their anger because of internal rules and obstacles they have. The anger that is not revealed brings about physical health problems by causing physiological effects. These people first need to know their angers. Anger reactions are generally in the way of sulking and taking offence. They want others to read their thoughts. Anger turns into suffering or umbrage. The introversive anger leads to stress, depression, ulcer, heart diseases and hypertension.

2) Anger- Out: Expressing the anger often verbally and releasing it in an uncontrolled way. People who have extroversive anger behave others in a humiliating way by hurting others mostly.

3) Control of Anger: It can be defined as first noticing the anger then using the ways to express it efficiently. The person needs to understand what the anger is and know how to manage it.

There are many ways to help control and express the anger properly. When the sport literature has been examined, it is obvious that doing sports has effects on anger. Özbaydar has emphasized that people doing sports individually are more introverted, closed and liberal (11). Robazza et al. have emphasized that the most important factor triggering the anger levels of all sportsmen doing team or individual sport is the fact of competition (13). James & Johnson have stated that sportsmen doing individual sport are more nervous and angry and they show reactional features (9).

Although there are much research on the effects of sport on anger and many research comparing team sports and individual sports, the number of

research directly on extreme sport and anger is scarce. This study was carried out with the purpose of comparing the trait anger and manner of expressing anger of extreme sport participants whose numbers are increasing lately in our country according to some variables. Besides, it is thought that the study is significant in terms of contributing to fill the deficiency in extreme sports in Turkish sport literature.

MATERIAL & METHOD

The study has been conducted by the participation of 54 people that haven't been in any extreme sport branch before and taking place in any team sport as control group and 121 extreme sport participants coming to the most favorite extreme sport center of Turkey in the branches of kite board, snowboard, skateboard, paragliding and snow kite in order to spend their leisure time as extreme sport participants.

Trait Anger and Anger Expression Scale" that was developed by Spielberger et al. (1983) and adapted to our language by Özer (1994) has been used in the study. The scale consists of 34 items in total. The scale is scored separately for trait anger level and manners of expressing anger. A score between 10 and 40 has been obtained from the trait anger Scale including 10 items. A score between 8 and 32 from each angle having eight items has been obtained from the Scale of Manner of Expressing Anger. Whereas the low scores of Trait Anger, Anger- In and Anger- Out scales obtain positive qualification, high scores in control of anger present positive qualification. A total score is not obtained from the scale (16).

The scales have been applied to the participants face to face and via internet and they have reached to 213 people in total. The data of 175 participants who have answered all the questions have been paid attention in the evaluation of the questionnaires.

The statistical analysis of the study has been done in SPSS 16.0. Descriptive statistics of the scales have been shown with mean, standard deviation and standard error.

In the analysis of the data, whether there is a difference among age groups in terms of scale scores has been examined with ANOVA (one-way analysis of variance) and Tukey test has been used in the paired comparison of meaningful groups. Whether there is a difference between male and female in terms of scale scores has been investigated by standalone sample t test. The comparisons which

have P value under 0.05 have been accepted as meaningful in all statistical comparisons.

RESULTS

Considering the gender distribution according to Table 1, 40% of the participants are females and 60% of the participants are males.

Table 1. The distribution of the participants according to genders.

Variables	F	%
Male	105	60
Female	70	40
Total	175	100

Table 2. The distribution of the participants according to whether they do extreme sports.

Variables	F	%
Extreme sport	121	69.2
Team sports	54	30.8
Total	175	100

Considering Table 2, it is clear that 69.2% of the participants are extreme sport participants and 30.8% of them participate in team sports.

Considering the distribution of the participants according to the age groups in Table 3, it is seen that 16.6% of the participants are at the age of 21 and below, 25.1% of them are between 22 and 27 ages, 26.9 % is between 28 and 33, 18.3 % is between 34 and 39 and 13.1 % is at the age of 40 and above.

It has been observed that there is a statistically meaningful difference between age groups in terms of trait anger and anger management.

Table 3. The distribution of the participants according to the age groups.

Variables	F	%
Aged 21 and below	29	16.6
22 – 27 ages	44	25.1
28 – 33 ages	47	26.9
34 – 39 ages	32	18.3
40 and above	23	13.1
Total	175	100

Table 4. The examination of the anger levels of participants according to the age variable.

	Age group	N	Mean ± SD	F	P
Trait Anger	21 and below	29	23.17 ± 6.09	4.46	0.00*
	22-27	44	18.66 ± 4.97		
	28-33	47	20.60 ± 5.89		
	34-39	32	20.13 ± 4.36		
	40+	23	23.17 ± 5.13		
Anger-In	21 and below	29	20.72 ± 4.32	2.09	0.08
	22-27	44	18.50 ± 3.92		
	28-33	47	20.21 ± 4.65		
	34-39	32	21.22 ± 4.81		
	40+	23	20.10 ± 4.56		
Anger-Out	21 and below	29	20.69 ± 4.53	1.01	0.40
	22-27	44	20.89 ± 5.42		
	28-33	47	19.00 ± 5.31		
	34-39	32	20.66 ± 4.08		
	40+	23	20.22 ± 5.02		
Control of Anger	21 and below	29	20.83 ± 4.38	3.45	0.01*
	22-27	44	22.39 ± 4.23		
	28-33	47	23.26 ± 3.85		
	34-39	32	24.56 ± 4.05		
	40+	23	22.30 ± 4.22		

Table 5. The examination of the anger levels of participants according to gender variable.

	Gender	N	Mean ± D	t	P
Trait Anger	Male	105	20.05 ± 5.25	-2.18	0.03*
	Female	70	21.90 ± 5.86		
Anger- In	Male	105	19.82 ± 4.60	-0.98	0.32
	Female	70	20.51 ± 4.49		
Anger- Out	Male	105	19.95 ± 5.07	-0.85	0.39
	Female	70	20.61 ± 4.94		
Control of Anger	Male	105	22.56 ± 3.97	-0.71	0.47
	Female	70	23.03 ± 4.61		

Table 6. The examination of the anger levels of participants according to whether they do extreme sports.

	Branch	N	Mean ± SD	t	P
Trait Anger	Extreme	121	18.76 ± 4.40	-8.61	<0.00*
	Team	54	25.33 ± 5.23		
Anger-In	Extreme	121	19.36 ± 4.41	-3.27	0.00*
	Team	54	21.74 ± 4.51		
Anger- Out	Extreme	121	20.10 ± 5.13	-0.46	0.64
	Team	54	20.48 ± 4.80		
Control of Anger	Extreme	121	23.88 ± 4.27	6.65	<0.00*
	Team	54	20.22 ± 2.85		

After having found that there is a statistically meaningful difference between all age groups, paired comparisons have been done with Tukey paired comparison test in order to see from which group/groups this difference comes. The results obtained here are as the following; it has been seen that there is a statistically meaningful difference between two groups when aged 21 and below group and 22-27 ages group has been compared in terms of continuous anger. Besides, a statistically meaningful difference between 22-27 age group and 40+ age group has been found ($P < 0.05$).

Being examined in terms of anger management, it has been observed that there is statistically meaningful difference between aged 21 and below group and 34-39 ages group ($P < 0.05$).

As a result of comparisons, it is clear that there is statistically meaningful difference between males and females in terms of trait anger ($P < 0.05$).

It has been seen that there is statistically meaningful difference between the people doing extreme sports and the ones who don't do extreme sports in terms of trait anger, anger- in and control of anger ($P < 0.05$).

When examined in terms of extroversive anger, there has not been found a statistical meaningful difference between the ones doing extreme sports and the ones not doing extreme sports ($P < 0.05$).

DISCUSSION

When the results of the people doing extreme sports and not doing extreme sports have been compared, it has been seen that the trait anger and the level of anger- in are lower in the people doing extreme sports and they can control their angers easily. In the studies, some opinions have been expressed that says high levels of anger restrict the social environment and having fewer friends increases the aggression. It has been stated in a research on sportsman that sportsman bottle up their anger and try to suppress it and anger starting as mentally causes emotional and physiological changes and at the end it is directed to outside as behavior (8). Yet, it is seen in our study that anger level is lower in extreme sportsman and anger management is good. The reason for that is thought to be the experience gained during the adaptation process to weather conditions suddenly changing in extreme sport environment. It is thought that in nature, not staying calm and getting angry at changing conditions increases the failure rate and creates accident risk; therefore, the individual keeps his/her temper against developing situation and goes into the process of adapting to the new situation.

Palmer has stated that because the daily life is not dangerous and it loses its excitement dissatisfaction in ordinary life and stimulation of

social necessities become obligatory and people can eliminate this dissatisfaction by participating in extreme activities (11). It is thought that people doing extreme sports are less affected by the problems brought by life and they are more successful at anger management thanks to being adapted to suddenly changing conditions in the nature of extreme sports and being open to new ideas.

It has been seen that trait anger level is higher in aged 21 and below and 40 and above than 22-27 age group. Adolescence that is the hardest period of life including big changes starts with puberty and continues till the adulthood. Adolescent wanting to be approved by the public cannot comprehend the reason of the rules he finds strict and rigid and he has compliance problems with the public. It makes them fragile, angry and even aggressive (1). One of the factors leading to anger might be sociocultural. Anger is perceived as negative mostly. People are taught that to express anxiety, depression and other feelings is correct but expressing anger is not. Therefore, it is not taught how to deal with the anger and how to transfer the feeling of anger to positive ways. Research has shown that family life has an important place in expressing anger (3).

It is thought that the individual preparing for the social life suppresses with the help of extreme sports the feeling of anger considered as negative behavior by the society and the participation period to extreme sport activities increases and it may affect the fact that the level of trait anger is low in 22-27 age group.

It is seen that there is a meaningful difference between aged 21 and below and 34-39 ages in terms of control of anger. Avcı has emphasized in his study that the adolescents showing violence have family members having high levels of anger. Accordingly, it can be said that level of anger, the ability to manage and tolerate anger comprise of many internal and external factors (1).

It is thought that the reason for the control of anger is at the highest level between the ages 34 and 39 is that participation period to extreme sports increases with the age and life experience gained with age has important place in managing the feelings.

It has been observed that female have higher levels of trait anger than men. Previous research on the relation between anger level and gender has revealed various results in this issue. In some

studies about adolescents and university students, it is concluded that genders have no effect on trait anger and manners of expressing anger. However, Batıgün & Utku have inferred that male student's show more aggressive behavior and Kısac has concluded that male university students can control of anger better than females (2).

The result we have obtained from the study gives rise to the thought that in a male-dominant society, females being exposed to social, economical, cultural and psychological violence and having difficulties and pressure in business life affect them to be more angry. Therefore, power imbalance between genders in public and private areas should be investigated more deeply in order to understand the reasons why females have high levels of continuous anger.

The most suitable environment in which people can be taught to know their anger and express this feeling in a healthy way is the environment that they can do sports in. However, it is thought that the participation period to extreme sport activities can be effective in control of anger and the manner of expressing anger; therefore, it is necessary to examine the participation period to the activities as a variable in further studies.

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