

Evaluation of Status and Constant Anxiety Levels in Basketball Players According to League Ranking

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Abstract

The aim of this study, is to evaluate the link between anxiety level and the ranking situation teams at the 2008-2009 Beko Basketball League. The documents, which are created by Spielberg and his friends, for evaluating normal and anormal people's state and anxiety level, in the year 1964 and adapted into Turkish by Öner and Le Compte (1983) is used. 8 teams and 72 sportman of Beko Basketball League which has 16 teams, participated into this study. These inventories are applied to the teams at outhter zones, except Selcuk University. The points of state and continuous anxiety level of teams which participated in the research are given in the tables, below.

Variables	Sum of Squares	Average	Average of Squares	F	P
State Anxiety	Between Teams	676,579	96,654	1.126	0.358
Continuous Anxiety	Between Teams	403.429	57,631	0,743	0,637

It has not been detected any significant differences between the teams that participated in research in statistical means, when they compared in order to their points of ranking in the league and their continuous anxiety level

Keywords: Sport, Anxiety Level, Basketball Players

Basketbolcularda Durumluk ve Sürekli Kaygı Düzeylerinin Lig Sıralamsına Göre Değerlendirilmesi

Özet

Bu çalışmada 2008?2009 Beko Basketbol Liginde yer alan takımların kaygı düzeyleri ve lig sıralamasındaki durumları arasındaki ilişki incelenmiştir. 1964 yılında Spielberg ve arkadaşları tarafından normal ve normal olmayan bireylerin sürekli ve durumluk kaygı düzeylerinin ölçülmesi amacıyla geliştirilen Türkçeye Öner ve Le Compte (1983) tarafından uyarlanan envanterler kullanılmıştır. Çalışmaya 16 takım olan Beko Basketbol Liginden 8 takım ve ve 72 sporcu katılmıştır. Selçuk Üniversitesi hariç çalışmaya katılan diğer takımların Durumluk ve Sürekli kaygı puanlarının istatistiksel karşılaştırılması aşağıdaki tabloda verilmiştir.

Değişkenler	Kareler Toplamı	Ortalama Kare	F	P	
Durumluk Kaygı	Takımlar Arası	676,579	96,654	1.126	0.358
Sürekli Kaygı	Takımlar Arası	403.429	57,631	0,743	0,637

Araştırmaya katılan takımların ligde buldukları sıralama bakımından durumluk ve sürekli kaygı puanları karşılaştırıldığında takımların ligdeki sıralamaları arasında istatistiksel olarak anlamlı bir farklılık tespit edilmemiştir (P>0,05).

Anahtar Kelimeler: Spor Kaygı Düzeyi, Basketbolcular

INTRODUCTION

Basketball, which is one of the sports branches with the highest popularity after football, is one of the branches where the costs such as transfer fees are also the highest. Companies that provide sponsorship support to the basketball branch want to reflect the value of their sponsorships on the scores of the teams they invest in. Depending on the fact that many companies sponsor clubs in order to increase their recognition and sales figures, it is observed that there are extremely serious Decouples between the teams. In the high-excitement, contentious matches, the pressure is constantly high because the teams want to win during the season, the audience is in demand and attracts the attention of the regional and national media depending on which league they are in. The difference between the benefits of winning of the club, the players and the sponsors and the costs of losing are huge and quite large. The fluctuation between these extreme points increases the level of anxiety. There is no doubt that in order to win, the motivation level of the players needs to increase. The augmentation in anxiety levels leads to the release of high-intensity energy potentials. However, the teams that are afraid of this high intensity energy potential reduce the chances of success; the teams that manage to use the energy potential correctly can reflect these successes on the score.

High levels of stress, mismanagement practices, fear of making mistakes, and inability to predict what will happen cause a sense of inadequacy in basketball players. Basketball players should be always high-motivated to succeed. These highly motivated athletes do not stop fighting when difficult conditions (league ranking, sponsor and fan pressure, oppressive management ...) occur and they fight ambitiously in the competition. Motivation is one of the most powerful qualities of a basketball player who wants to achieve. In order to achieve high sportive performance under these conditions, it is related to the motivation of the athlete to endure long and tiring trainings patiently and to perform the performance that was achieved under difficult competition conditions (competitor, spectator, weather conditions, field conditions, etc.).

Nowadays, sports clubs need to use many methods to mentally train athletes, including sports psychologists, mentors, in order to increase their performance in order to get more sponsor support by increasing their success. By means of these methods to be used, the probability of achieving the aimed achievements will increase depending on the rising

performance graph.. Various strategies and skills associated with sports psychologists and mentors teach to athletes the method of stress, concentration, self-confidence, mental training, goal setting, psycho-energy method and similar subjects. Athletes; how to deal with the distress of the day, they can use their time effectively, how to make the training more effective and efficient and most importantly before, during and after the competition dealing with anxiety that might occur can help them to decide how they organise their lives.

As a result, the increasing usage of rapidly developing communication tools and social media, increase the desire of large companies to take advantage of the popularity of sports to reach their potential customers. This triggers them to increase their sponsorship budgets to higher amounts depending on the increasing desire. In order to receive a share of these large sums of money, clubs will play an important role in increasing the performance of athletes in various studies that increase the performance of athletes. And with this success, the doors will be opened to provide more sponsor and fan support, which is one of the ultimate goals for a club.

1. Definition of Anxiety, State-Trait Anxiety

In the Dictionary of Psychology Terms published by the Turkish Language Society, Dr. Mithat Enic defines the anxiety. -Anxiety is an anxious feeling that appears in situations where it seems that a strong desire or impulse will not achieve its goal (4).

Apprehension is expressed as anxiety in Turkish and anxiety in English. In a certain sense, it is synonymous with the terms anxiety and doubt. But anxiety is a different phenomenon apart from all of them. This state of anxiety is sometimes confused with fear. However, while the term fear is used in cases where the cause is known, anxiety arises from fear whose cause is unknown (3).

In other words, anxiety; sometimes it is seen that stimuli that would not normally evoke a sense of fear evoke a sense of fear and reactions in some people. Thus, anxiety can be mentioned in the fear reactions that occur in the face of a number of events or stimuli that should not actually be feared, then it is fear that is felt without a clearly defined reason (9). Anxiety is a concept that is considered synonymous with excitability and stress and is often used in this way. According to Cox, anxiety is an increased physiological excitability and subjective anxiety (3).

One of the most important contributions to the understanding of the concept of anxiety has been by Karen Homey. Homey touched on the affinity between fear and anxiety and Decried the fact that both are enhanced emotional responses to danger, but fear he noted that there is a significant difference between anxiety. According to Horney, fear is an emotion proportional to the danger felt in the face of a real danger, while anxiety is an emotion felt in a situation perceived as dangerous (18).

1.1.State anxiety, it is the subjective fear that an individual feels due to the stressful situation they are in. Physiologically, physical changes such as sweating, yellowing, flushing and trembling as a result of a 7 stimulation that occurs in the autonomic nervous system are indicators of the individual's feelings of tension and restlessness. At times when stress is intense, there is an increase in the state anxiety level, and when stress disappears, there is a decrease (2). In other words, a state anxiety indicates an emergency that is characterized by anxiety, distress. State anxiety is like kinetic energy. When there is a sufficient level of stimulus, a kinetic reaction occurs (19). People who have higher state anxiety levels, face situations that they perceive as dangerous or threatening more, and threatening or dangerous situations that they face state can react with more intense levels of anxiety (7). Trait anxiety is an individual's predisposition to experience anxiety. This can also be referred to as perceiving the person's compartment as generally stressful or interpreting it as stress. Discontent and unhappiness, which are formed as a result of the perception of situations that are neutral according to objective criteria by the individual as dangerous and threatening to his essence, are constant anxiety. It is observed that individuals with a high level of such anxiety are easily hurt and turn into pessimism. These individuals also experience state anxiety more frequently and intensely than others (16).

1.2.Trait anxiety, It cannot be directly observed in the behavior of the individual. However, it can be referred from the severity and frequency of situational anxiety reactions detected at different times and conditions. According to this, individuals with a high level of trait anxiety get hurt more easily and more often in the face of stress than those with a low level of constant anxiety. They state anxiety occurs both more frequently and more severely (11). Undoubtedly, there are also those among athletes who have developed a constant sense of anxiety. Dec. Because of this personality string they have, can be

anxious in almost any environment 8 and can live in a constant state of restlessness. This condition, which mostly concerns psychiatrists and clinicians, is nothing more than trait anxiety. However, individuals who do not experience anxiety as an established personality pattern, such as these, also experience a state of anxiety in the face of certain stimuli (17). When it comes to sporting environments, athletes who are worried before the competition and in various situations related to sports should be dealt with within the scope of trait anxiety. In other words, it can be said that many athletes are often faced with trait anxiety. In studies conducted on athletes, it has been found that state anxiety levels increase before a contest or competition (7).

On the other hand, it is stated that individuals with a high level of constant anxiety will show symptoms of state anxiety more quickly and frequently in another environment (for example, before and after a competition).

2.MATERIALS and METHODS

2.1.The Model of the Research There are a total of 16 (sixteen) teams in the Turkish Basketball League. Since they are high-level teams, not all of the teams could be included in the study. In this research, when selecting the teams, their economic levels, staff structure and their performances in the previous season were not taken into account. In this research, it was aimed to determine the state trait anxiety levels of basketball players in the teams and to investigate the relationship between the ranking of the teams at the end of the league.

2.2.Universe and Sample

8 (eight) teams from the Turkish Basketball League and a total of 72 (seventy-two) subjects participated in our research. Teams make up our universe. The eight teams were taken as a sample. The matches of these teams on the outside courts of other teams, except for the Selcuk University Basketball Team, were evaluated. 2.3. State Trait Anxiety Inventories The scale developed by Spielberg and his colleagues in 1964 to measure the levels of constant and state anxiety of normal and abnormal individuals was adapted to Turkish by Oner and Le Compte (1983). It is a self-assessment type scale consisting of short statements. While the state anxiety form only provides information about what is felt at that moment, the SKE was developed to measure what has been felt for the last 7 days. The SKE-DKE is a Likert-type scale consisting of 20 items and graded between 1-4.

2.3.1. Scoring of State and Trait Anxiety Inventories

State Anxiety Scale answer options collected in four classes, (1) Never, (2) Somewhat, (3) and (4) Totally shaped; the options on the trait anxiety scale (1) Almost Never (2) Sometimes, (3) time, and (4) almost always in the form. There are two kinds of expressions on the scales. We can call these (1) direct or straight (direct) and (2) reversed (reverse) expressions. Direct statements express negative 40 emotions, while reversed statements express positive emotions. When scoring these second types of expressions, those with a weight value of 1 turn into 4, and those with a weight value of 4 turn into 1. Answers with a value of 4 in direct statements indicate high level of anxiety. In reversed expressions, answers with a value of 1 indicate high anxiety, and those with a value of 4 indicate low anxiety. —The expression I am restless is direct, -I feel calm expression can also be shown as an example of reversed expressions. In this case, if a 4—measured option is selected for the expression -I am restless, and a 1-measured option is selected for the expression -I feel calm, these answers reflect high anxiety. There are ten reversed expressions on the state anxiety scale. These are 1, 2, 5, 8, 10, 11, 15, 16, 19 and 20. Articles. On the Trait anxiety scale, the number of reversed expressions is seven, and these are 21, 26, 27, 30, 33, 36 and 39. Articles. Scoring is made in two ways: manually or by computer. Manual Scoring: Two different keys are prepared for each of the direct (direct) and reversed (reverse) statements. Thus, the total weights of direct expressions with one key and reversed expressions with the second key are calculated. The total weighted score of the inverse statements is subtracted from the total weighted score obtained for the direct statements. A predetermined and unchanged value is added to this number. For the state anxiety scale, this constant value is 50, and for the continuous anxiety scale, it is 35. The last value obtained is the individual's anxiety score.

2.3.2. The Validity of State and Trait Anxiety Inventories

The validity of the Turkified inventory was determined by two different techniques. These are experimental concept validity, structure validity and criterion validity in the structure. In the validity study, the increases and decreases in state Anxiety Scores were determined consistently by Le Comte and Öner (1976) in multiple applications made over a period of time ranging from ten days to one year. 92

Necla Öner, Ayhan Le Comte, a.g.e. S. When calculating 15-16 points, the value of indirect statements is subtracted from the value of direct statements. 50 (fifty), which is determined as a base score, is added to the found result and a state anxiety score is found. In different times and applications, Öner found that the correlations between the state anxiety scores were on average around 0.62 and 41 significant levels; in this way, he saw that the second theoretical expectation was also confirmed. All these data were found to reinforce the theoretical construct validity of the state anxiety scale (Öner 1983).

2.3.3. Reliability of the State and Trait Anxiety Inventory

Kuder-Richardson formula 20 reliability coefficients Alpha for the scale of trait anxiety correlation identified with improved formula 83 and 87%; between state Anxiety Scale were between 94 to 96. The reliability Decisions of the form in Item Remainer reliability are between 71 and 86 for the Continuous Anxiety Scale and between 43 and 86 for the State Anxiety Scale. In the Test-Retest reliability, it was found that the reliability factors were between 71 and 86 for the Trait Anxiety Scale and between 26 and 68 for the State Anxiety Scale. These situations indicate that the Turkified articles are reliable (Öner 1983).

2.3.4. Implementation of Inventories

While the State and Trait Anxiety Scales are answered with the self-assessment method and pen-paper technique, these scales can be applied individually or in a group. Spielberger's Trait Anxiety Inventory was applied to the subjects one (1) day before the competition, and the State Anxiety Inventory was applied 20 minutes before the competition. Research has been conducted on this topic using the method of scanning domestic and foreign sources. A preliminary interview was held with the coaches and the necessary assistance and permission were obtained for the implementation of the inventories.

2.4. Assumptions

The following assumptions will be made in the research, that the sample group taken by hand has the ability to represent the universe, that the questionnaires and inventories applied to the sample group are valid and reliable, that the information obtained from the sources and institutions reflect the truth, that the statistical methods to be applied are

valid and reliable, It is assumed that they correctly perceive the questionnaire.

2.5.Limitations

The research was limited to one measurement in the 2008 - 2009 season. The research was limited to 8 (eight) teams. The research was limited to 72 (seventy-two) people playing in 8 (eight) teams.

2.6 Statistical Analysis

SPSS 16.0 statistical program was used to evaluate the data and find the calculated values. The data were summarized by giving the mean and standard deviations. The One-Sample Kolmogorov-Smirnov test was used to test whether the data showed a normal distribution and it was determined that the data showed a normal distribution. ANOVA test was used to compare the anxiety scores of the teams according to their ranking in the league. In this study, the error level was taken as 0.05.

3. FINDINGS

Table 3.1. The average of the state and continuous anxiety scores of the teams participating in the research.

Variables	N	Average	Ss	
Mutlu AKÜ SÜ	Age	7	23,71	3,498
	State Anxiety	7	40,29	9,214
	Continuous Anxiety	7	41,71	5,187
Beşiktaş CT	Age	11	23,00	2,720
	State Anxiety	11	38,64	12,699
	Continuous Anxiety	11	35,64	9,036
Darüşşafaka CT	Age	10	22,40	2,914
	State Anxiety	10	43,30	9,592
	Continuous Anxiety	10	37,40	9,913
Oyak Renault	Age	6	23,17	2,137
	State Anxiety	6	33,00	4,648
	Continuous Anxiety	6	37,33	11,308
T. Telekom	Age	8	23,25	2,816
	State Anxiety	8	38,12	6,958
	Continuous Anxiety	8	41,25	7,459
Mersin BŞB	Age	10	26,80	4,077
	State Anxiety	10	35,00	7,803
	Continuous Anxiety	10	39,90	9,219
Aliğa Pektim	Age	12	24,00	3,618
	State Anxiety	12	36,25	11,046
	Continuous Anxiety	12	36,92	10,766
Pınar Karşıyaka	Age	8	23,12	4,190
	State Anxiety	8	34,63	5,423
	Continuous Anxiety	8	34,38	2,264

Table 3.1. The average age of Mutlu Akü Selçuk University basketball team, one of the teams participating in the study, was found to be 23.71±3.498 years, the average state anxiety score was 40.29±9.214 and the average trait anxiety score was 41.71±5.187. Besiktas CT basketball team's average age was 23.00±2.720 years, the mean state anxiety

score was 38.64±12.699 and the trait anxiety score was 35.64±9.036. The average age of the Darüşşafaka CT team was 22.40 ±2.914 years, the mean state anxiety scores were 43.30±9.592 and the mean trait anxiety scores were 37.40 ±9,913. The average age of the Oyak Renault team was 23.17±2.137 years, the average state anxiety score was 33.00 ±4.648 and the average trait anxiety score was 37.33±11.308.

Average age of the Telekom team was 23.25±2.816 years, the average state anxiety score was 38.12±6.958 and the average trait anxiety score was 41.25±7.459. The average age of the Mersin BSB team was 26.80±4.077 years, the mean state anxiety scores were 35.00±7.803 and the mean trait anxiety scores were 39.90±9.219. The average age of Aliğa Petkim team was found to be 24.00±3.618 years, the average State anxiety scores were 36.25±11.046 and the average Trait anxiety scores were found to be 36.92±10.766. The average age of the Pınar Karşıyaka team was 23.12±4.190 years, the mean state anxiety scores were 34.63±5.423 and the mean trait anxiety scores were 34.38±2.264.

Table 3.2. Comparison of the state and trait anxiety scores of the teams participating in the research

Variables	Total of Square	Mean of Square	F	p
State Anxiety	Between Teams 676,579	96,654	1,126	0,358
Continuous Anxiety	Between Teams 403,420	57,631	0,743	0,637

Table 3.2. when examined, when the state and trait anxiety scores of the teams participating in the research were compared in terms of the ranking they were in the league, no statistically significant difference was found between the teams' league rankings ($P>0,05$).

4. ARGUMENT

In this study, the relationship between the anxiety levels of the teams in the 2008-2009 Beko Basketball League and the league rankings were examined using the State and Trait Anxiety inventories translated into Turkish by Necla Öner and Le Compte, developed by Spielberk and his friends in 1964. The results that have been revealed coincide with the results that have been revealed in previous studies on Sports and Anxiety. Table 3.1. As can be seen, as a result of the findings obtained, the averages of the State and Trait Anxiety scores of the 8 teams participating in the study were taken and the average age was shown. In his research on taekwondo athletes, Yucel came to the conclusion that the low or high level of State and Trait anxiety of

athletes does not depend on the age of the subjects (19). —In a study on the State and Trait Anxiety Levels in the Students of the School of Physical Education and Sports; While there was no difference between State Anxiety according to gender, Trait Anxiety scores were found Decisively higher in girls. The researcher argued that this situation is due to the difficulties of female students' learning lives, as well as their tendency to engage in intense exciting reactions such as distrust of others, possessiveness, restlessness, excessive emotionality and showing too much sensitivity under stress due to being away from their families (14). When the State and Trait anxiety scores of the teams participating in the study were compared in terms of the ranking they were in the league (table 3.2), no statistically significant difference was found between the teams' rankings in the league ($P>0,05$). —In a study on the Post-Competition State Anxiety Scores of Female Athletes Engaged in Team Sports, a statistically significant relationship was not found between the state anxiety scores of basketball players in terms of training age and team presence time(1).

The Effect of Success Motivation on State Anxiety Levels in Elite Athletes As a result of the research of 55 female, 224 male and a total of 279 athletes participating in the study, no statistically significant differences were found when state anxiety levels were compared according to gender (5). -As a result of the study named Comparing the Level of Constant Anxiety and Self-Esteem in Sports, there was no differentiation between the total score of Trait anxiety and Decency (15). In Engür's study, in which 279 athletes participated, the experiences of the athletes in the sport they were interested in were evaluated in terms of the average score of "State Anxiety" levels, and as a result, it was determined that there was no statistically significant difference in the average score of "State Anxiety" when it comes to the experiences of the athletes. 5). In another study, the athletes examined according to the training age and no significant difference was found between the two groups formed according to the training age (6). There was no statistically significant difference between the biological age, training age, gender, education level of the family, the level of participation in the competitions, the environment in which they grew up, and state anxiety and trait anxiety of the athletes (19).

Teams	P	W	D	T	A	Av	P
1 Efes Pilsen	30	28	2	2615	2156	459	58
2 T. Telekom	30	22	8	2489	2319	170	52
3 Fenerbahçe Ü.	30	22	8	2558	2124	434	52
4 Galatasaray CC	30	20	10	2321	2196	125	50
5 Beşiktaş CT	30	18	12	2485	2398	87	48
6 Antalya BŞB	30	17	13	2466	2529	-63	47
7 Mersin BŞB	30	15	15	2496	2425	71	45
8 Darüşşafaka CT	30	14	16	2239	2319	-80	44
9 Pınar Karşıyaka	30	13	17	2324	2440	-116	43
10 Oyak Renault	30	13	17	2268	2308	-40	43
11 Erdemir	30	12	18	2178	2269	-91	42
12 Banvit	30	12	18	2536	2626	-90	42
13 Kepez Belediye	30	11	19	2299	2479	-180	41
14 Aliğa Petkim	30	10	20	2321	2459	-138	40
15 Mutlu Akü SÜ	30	10	20	2303	2517	-214	40
16 Casa TED	30	3	27	2058	2392	-334	33

Figure 4.1. 2008-2009 Beko basketball end of season ranking

4.1.Evaluation of the Anxiety Levels of the Players

4.1.1.Evaluation of Anxiety Levels of Mutlu Akü Selçuk University Players:

The average age of Mutlu Akü Selçuk University basketball team was found to be 23.71 ± 3.498 years, the average state anxiety scores were found to be 40.29 ± 9.214 and the average Trait anxiety scores were found to be 41.71 ± 5.187 . When we look at the place of Mutlu Akü Selçuk University, whose State Anxiety level is below normal, and whose Trait Anxiety level is normal, we see that it finished the league in the 15th rank and was relegated. Selçuk University, which started the league with a small budget, caught the feeling of being a team with the successful transfers it made, but especially towards the end of the season, it lost motivation and was relegated.

4.1.2.Besiktas CT. Assessment of Players' Anxiety

Levels: Besiktas CT basketball team's average age was 23.00 ± 2.720 years, the mean state anxiety score was 38.64 ± 12.699 and the trait anxiety score was 35.64 ± 9.036 . Beşiktaş CT, whose State Anxiety average is low and Trait Anxiety average is normal, finished in 5th place. As at the beginning of every season, he started the league with big goals and had the opportunity to play the playoffs, but he could not manage the aimed goals.

4.1.3. Assessment of Anxiety Levels of Darüşşafaka CT Players The average age of the Darüşşafaka CT team was 22.40 ± 2.914 years, the average State anxiety levels were 43.30 ± 9.592 and the average Trait anxiety levels were 37.40 ± 9.913 . Darüşşafaka CT, whose State Anxiety was below normal, and whose Trait Anxiety was at a normal level, started the league with the financial support of a big company and finished the season in 8th place by playing the playoffs.

4.1.4. Assessment of the Anxiety Levels of Oyak Renault Players: The average age of the Oyak Renault team was 23.17 ± 2.137 years, the average state anxiety score was 33.00 ± 4.648 and the average trait anxiety score was 37.33 ± 11.308 . Oyak Reno, who has a low State Anxiety level and a normal Trait Anxiety level, started the league with big goals by backing the financial power of the world giant company, but finished the league in 10th place.

4.1.5. Assessment of Anxiety Levels of Türk Telekom Players: The average age of the Türk Telekom team was 23.25 ± 2.816 years, the average State anxiety score was 38.12 ± 6.958 and the average Trait anxiety score was 41.25 ± 7.459 . With a low State Anxiety level and a normal Trait Anxiety level, Türk Telekom made very good transfers using its financial strength and tried to reach its goals in the league with the support of its fans. Finishing the regular season in the 2nd place, Türk Telekom won the right to play in the semi-finals in the playoffs.

4.1.6. Assessment of Anxiety Levels of Mersin Büyükşehir Players: The average age of the Mersin BSB team was 26.80 ± 4.077 years, the mean state anxiety scores were 35.00 ± 7.803 and the mean trait anxiety scores were 39.90 ± 9.219 . The team with a low level of State Anxiety and a normal level of Trait Anxiety signed agreements with major sponsors in the league, and the team that struggled with well-established clubs with the support of the local government and local industry groups achieved very successful results in the league. It finished the regular season in 7th place and qualified for the playoffs and was eliminated in the first round.

4.1.7. Assessment of Anxiety Levels of Ali Ağa Pektim Players: The average age of Aliğa Pektim team was found to be 24.00 ± 3.618 years, the average State anxiety scores were 36.25 ± 11.046 and the average Trait anxiety scores were found to be 36.92 ± 10.766 . The İzmir team, which has a low level of State Anxiety and a normal level of Trait Anxiety, started the league with big goals, taking by the support of a big company. The team, which finished

the regular season in the 14th place, could not raise the motivation of the team to the desired level due to the problems with the sponsor company throughout the league, and they prevented their relegation from the league with the successful matches they played in the last weeks.

4.1.8. Assessment of Anxiety Levels of Pınar Karsiyaka Players The average age of the Pınar Karsiyaka team was 23.12 ± 4.190 years, the average State anxiety scores were 34.63 ± 5.423 and the average Trait anxiety scores were 34.38 ± 2.264 . The well-established İzmir team, whose State Anxiety level is low and Trait anxiety level is normal, finished the regular season in 9th place, remaining below the expected targets of the ardent supporter group and the sponsor company. In the statistical values obtained as a result of the study, we see that although the State and Continuity anxiety levels of Mutlu Akü Selçuk University team and Türk Telekom team are very close to each other, Türk Telekom's league is in the second place and Selçuk University's Beko Basketball league has fallen. Although the places of these two teams in the league rankings are not so different, it has been revealed that Anxiety is not a determining factor in terms of the league rankings of the teams in this study, by looking at the statistical results. As it can be understood, it should be taken into consideration that there may be many factors that can be effective in the place of the teams in the league ranking, together with the anxiety. This study that we have done coincides with the results of previous studies on Sports and Anxiety.

5. CONCLUSIONS AND RECOMMENDATIONS

All this has shown that; In this study, in which the state and trait anxiety levels of the teams in the 2008–2009 BEKO Basketball League were examined, and their status in the league rankings, when the state and trait anxiety scores of the teams participating in the research were compared in terms of their league rankings (Table 3.2), no statistically significant difference was found between the league rankings of the teams. ($p > 0.05$). Knowing the physical, psychological and technical characteristics of athletes are indispensable elements in determining training and competition strategies. Today's basketball requires appropriate technique, physical structure and psychological characteristics. There is no doubt that at the beginning of the league, each team sets big goals within its possibilities, some teams aim for the top eight, while some teams aim for leadership and success in Europe, and some aim only to stay in the league. These goals should be in proportion to the

characteristics of the athletes, the opportunities offered by the club to the players, and goals that cannot be achieved with the characteristics they have should not be created.

In order to eliminate or minimize the fear of winning and losing, which prevents them from achieving success by creating anxiety, it is necessary to identify the reasons that increase the anxiety level in the athlete one by one. This is possible with good observation and the use of tests to determine the level of anxiety. However, giving the athlete the necessary techniques and tactics before training and competition can reduce the anxiety. Knowing the physical, psychological and technical characteristics of athletes are indispensable elements in determining training and competition strategies. Today's basketball requires appropriate technique, physical structure and psychological characteristics. Anxiety is a subject within the psycho-social dimension of sports and it has a direct and sometimes indirect connection with performance. However, in order to fully associate performance with anxiety, more valid results can be obtained with more subjects by making frequent long-term measurements. It is thought that technical staff should give importance not only to the development of physical skills, but also to programs for the development and acquisition of psychological skills. At the same time, it was concluded that optimal anxiety is necessary for the athlete to achieve the aimed performance.

As a result; Table 3.2 In our study on the Assessment of State and Trait Anxiety Levels of Basketball Players by League Ranking, when the table is examined, when the state and trait anxiety scores of the teams participating in the research are compared in terms of their league ranking, no statistically significant difference was found between the league rankings of the teams. ($P>0.05$). According to the results obtained in this study, we can make these recommendations. Purpose of the study, managers of the teams that will be included in the study and their participation in the study by explaining to the athletes should be short and concise in a way that ensured each of our clubs and athletes to have a sports psychologist on site should psycho – social problems in the solution of player, coach and continuous communication between a psychologist must review. While evaluating the performances of the players, the anxiety levels of the players should also be evaluated together with the performance analyzes. In order to obtain healthier results,

measurements should be made at frequent intervals and with a large number of subjects.

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