

## **DETERMINATION OF PARENTS' VIEWS ON THE ROLE OF BASKETBALL AND THE PERSONALITY DEVELOPMENT OF CHILDREN**

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### **ABSTRACT**

The aim of this study was to determine the views of the parents, who encourage their children to play sports or who support their children that have an interest in participating in sportive activities; the role of sports in personal development of the children and the parents' views were evaluated according to demographical characteristics of the parents. The parents of 60 children who go to randomly selected Private Basketball Schools in Nicosia, Kyrenia, and Morphou affiliated to the Basketball Federation in the Turkish Republic of Northern Cyprus were interviewed and a semi-structured form was utilized. The qualitative research showed that, basketball helps a child to develop a compatible personality, and leadership skills, accept responsibility, establish communication and controlling emotions, and have a positive contribution to a child's personality development.

**Keywords:** Basketball; family; children; development characteristics

## **BASKETBOLUN ÇOCUKLARIN KİŞİLİK GELİŞİM ÖZELLİKLERİ ETKİSİNE YÖNELİK EBEVEYN GÖRÜŞLERİNİN İNCELENMESİ**

### **ÖZET**

Araştırmada, çocuklarını spora yönlendiren ya da çocuklarının spora yönelmelerini destekleyen ailelerin, sporun insan organizması üzerindeki kişilik gelişimlerine yönelik görüşleri tespit edilmiş ve ebeveynlerin demografik özelliklerine bakılıp incelenmiştir. KKTC'nin Basketbol Federasyonuna bağlı olan Lefkoşa, Girne ve Güzelyurt ilçesi içerisinde yer alan rastgele yöntemle seçilen Özel Basketbol Okullarına giden çocukların (toplam 60) ebeveynlere uygulanan görüşme yöntemi ve bu görüşmede kullanılan yarı yapılandırılmış görüşme formu hazırlanmış ve uygulanmıştır. Nitel araştırmada, çocukların

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basketbolun çocuđun kiřilik geliřimlerine y6nelik Uyumlu bir kiřilik, liderlik, sorumluluk duygusu 6zelliđini, iletiřim kurma yeteneđini geliřtirdiđini ve duygu durumlarını kontrol edebilme 6zelliđini geliřtirdiđini ve olumlu katkılar sađladıđı saptanmıřtır.

**Anahtar Kelimeler:** Basketbol; aile; 6ocuk; geliřim 6zellikleri

## 1. INTRODUCTION

A family's interest and level of knowledge in sports, play an essential role in the popularity of sports, developing a social dimension of sports and for future generations to be healthy (Yetim, 2005). Nowadays, sportive activities and organizations have increasingly become important due to these reasons.

Personality refers to the consistent characteristic patterns that make a person unique and embraces continuous intellectual, emotional, social, and physical aspects of an individual. In this sense, personality is the key element that determines relatively persistent tendencies of behavior, relationship patterns, and reactions of an individual. Another description of personality emphasized that personality is the collection of systems within an individual that determines his or her specific thoughts and behaviors (Taymur, 2012).

Freud believed that the unconscious mind and biology of an individual are important for development of the personality traits; however, Erikson's view showed that cultural and social factors are more important in the development of the personality traits. Erik Erikson was influenced by Sigmund Freud; however, Erikson's theory differs from Freud's views on personality development in psychoanalytic theory and his approach toward individuals. Development experiences of a child's motor skills, play a role in shaping his or her self-representation, as well as his or her personality. Negative early-life experiences inhibit personality development and may damage their self-esteem. If a child avoids some movements due to low self-esteem, this will hinder motor development and increase low self-esteem and anxiety. Motor development is an inseparable component for personality development and psychological development (6kizler, 2000).

Children are always on the move while they are growing up. Each body part moves in a different direction and changes constantly. There are many studies which emphasize the importance of physical activity for children, in order to become healthy individuals during growth, education, and throughout their lifetime; and to have an active life. Sportive activities have a positive impact and play an important role in the academic achievement of children (6ađlar & Ulu6z, 2016). Enabling education and resting at the same time, effective leisure time management is of great importance in terms of ensuring the socialization and personality development of children.

Nowadays, sports are an significant area of interest in all societies. Sports is an essential area of interest, especially for young adults who are usually active and have infinite energy (Atlı, 2008). Children should be taught at an early age, that being active in sports is an essential element for building a healthy life that has a balance between sports and other interests (Leblanc and Dickson, 2005).

The aim of this study was, to determine the views of the parents, who encourage their children to play sports or who encourage their children who have an interest in sports to acknowledge the role of sports in their personal development. These views were evaluated according to demographical characteristics of the parents. In this context, the determination of families' attitudes, regarding their children to participate in sportive activities is an important point.

## **2. METHODS**

### **2.1. Research Model**

This was survey research, which determined parents' views. In this research, the aim was to obtain reliable, in-depth, and detailed information; therefore, the research model employed qualitative research methods. Survey models are research approaches that aim to describe a past or present situation as it is.

### **2.2. Research Population**

The parents of children aged between 6 and 12 and who attend Private Basketball Schools affiliated with the Basketball Federation that includes all districts of TRNC constitute the research population. The research population consisted of parents of children who attend basketball school. A total of 60 parents who were randomly selected from every district participated in the study. The sample of this study was determined by, purposeful sampling used in case studies (Maxwell, 2005).

### **2.3. Data Collection Methods**

Data was collected by the semi-structured interview form, issued by the researcher and the personal information form. The questions aimed to determine the views of parents who encourage their children to play sports or who support their children to participate in sports for the role of sports on the physical, social, psychological, and mental development of individuals and to ascertain their expectations regarding leisure time management. There are a variety of methods of data collection in qualitative research, including in-depth interviews (one-on-one interviews), observations, and textual analysis (Legard, Keegan, and Ward, 2003).

### **2.4. Data Collection Analysis**

Content analysis including coding and categorization of qualitative data was performed for the data collection in this study. The aim of content analysis is, to create themes by gathering similar concepts within the dataset and interpreting these themes by establishing relations between them (Yıldırım and Şimşek, 2016).

## **3. RESULTS**

### **3.1. Distribution of Parents' Demographic Characteristics**

In this section, variables (*area, age, gender, child's age, child's gender, duration of basketball playing, occupation, educational status, monthly income, number of children, branch choice*) of the parents were collected by using semi-structured interview forms were explained.

A total of 60 parents from Morphou (20), Nicosia (17), Kyrenia (23), and Famagusta (0) participated in the study and were interviewed. The age distribution of participants included in this study was 30-35 years (15), 31-40 years (25), and 41-50 years (5) and of the participants, 27 were men and 33 were women. Children were grouped according to age as 6-7 years (17), 8-10 years (28), and 10-12 years (15), and 40 of the children were boys and 20 were girls. The distribution of duration played among children, was 0-6 months (10), 6 months - 1 year (24), 1 - 2 years (15), 2 years, and more (11). Of the parents, 12 were teachers, 5 were academicians, 3 were physicians, 10 were self-employed, 28 were civil servants and 2 were workers. Distribution of parents according to educational status were, primary school graduate (0), middle school graduate (1), high school graduate (3), associate degree (0), graduate degree (46), and post-graduate (10). The average incomes of patients were 500-1000 TL (0), 1000-2000 TL (0), 2000-3000 TL (5) and 3000 TL and above (55). According to the number of children, the parents were divided into those with a single child (19), 2 children (38), 3 children (3), and 4 or more children (0). The last variable was who has chosen the sports branch, and the answers were a mother (2), father (1), child (45), mother-father and child (family) (10), and teacher (2).

### **3.2. Determination of Parents' Views on The Role of Basketball on Personality Development of Children**

#### **3.2.1. Develops a Compatible Personality**

In order to determine the views of parents on the role of basketball in the personality development of their children, of the parents who participated in the study, all (100%) stated that their child/children developed a compatible personality due to playing basketball.

One of the parents stated that *"my child learned how to go somewhere as a team (learning the concept of time)"* (G:E(5)), and another parent indicated that *"my child learned how to establish interpersonal communications and to accept other people as they are"* (G:E(26)). Another participant (G:E(19)) indicated that *"Sports is the easiest and maybe the most effective way of communicating with children. Because sportive activities enable children to use their infinite energy, by contributing to their health and teach them to obey the rules, teamwork and unity, cooperation and sharing and the most important of all, help children to become compatible people"*, while a parent (G:E(32)) pointed out that *"When they play sport, children understand the necessity of working with patience, sacrifice and in discipline to achieve something; on the other hand, they also learn to accept defeat and being under equal circumstances, how to appreciate someone, get to know oneself. Moreover, sports help children to build self-confidence, to learn how to be courageous and make friends and therefore, become a compatible person"*.

#### **3.2.2. Leadership Skills**

In order to determine the views of parents on the role of basketball on the personality development of their child, all the parents who participated in the study, (100%) stated that their child/children developed leadership skills.

One of the parents (G:E(26)) stated that *“Basketball develops leadership skills and children try to make another person do the same thing”*. While another participant (G:E(44)) indicated that *“Sports help children to develop new skills, such as learning teamwork, leadership and socializing.”* One parent (G:E(55)) expressed his view as *“I think basketball enables children to learn new skills including working as a group, taking responsibility, being decisive and role model and directing people and improve speaking skills, decision making.”*

### **3.2.3. Develops a Sense of Responsibility**

In order to determine the views of parents on the role of basketball in the personality development of children, all of the parents who participated in the study, (100%) stated that their child/children developed a sense of responsibility due to playing basketball.

In this theme, the participant stated *“a child who plays sport becomes a responsible person in social life by taking responsibility”* (G:E(2)). *“Basketball thought my child to fulfill his/ duties. For example, he learned to take responsibility, such as preparing his bag or knowing the training day”* (G:E(35)).

### **3.2.4. Develops Effective Communication Skills**

In order to determine the views of parents on the role of basketball in the personality development of children, all the parents who participated in the study, (100%) stated that their child/children developed effective communication skills due to playing basketball.

Some views on this theme are as follows: *“Basketball helped my child to develop a good communication with other people and form good relations”* (G:E(40)). *“After starting to play basketball, my kid started expressing himself/herself to other people regardless of their gender and age”* (G:E(51)).

### **3.2.5. Develops the Ability to Control Emotions.**

In order to determine the views of parents on the role of basketball on the personality development of a child, of the parents who participated in the study, all (100%) stated that their child/children developed the ability to control emotions due to playing basketball.

In this theme, one of the parents stated that *“children learn to win and lose during games and share this feeling with their friends”* (G:E(8)).

*“Children can control their anger or aggression towards other people”* (G:E(14)). Another participant expressed (G:E(4)) that *“children start to trust themselves; therefore, they are no longer shy. This enables them to establish communication with other people around”*. *“Thanks to basketball, my son has overcome his shyness and improved his self-esteem”* said (G:E(8)). Similar expressions in this theme were: *“my child learned how to control his anger and aggression.”* (G:E(27)) and *“sports help children to be happy and use their infinite energy to a good cause”* (G:E(20)).

## **4. DISCUSSION**

In this study, we aimed to determine the views of the parents who encourage their children to play sports or who support their children that have an interest to participate in sportive activities. The

role of sports in personal development and their views were evaluated according to demographical characteristics of the parents.

In order to determine the views of parents on the role of basketball in the personality development of children, of the parents who participated in the study, all (100%) stated that their child/children developed a compatible personality due to playing basketball. A child's experiences of motor skills development play an important role in shaping his or her self-representation as well as his or her personality. Moreover, these experiences have a significant importance for socialization and personality development. Personality is an individual's interests, attitudes, competencies, and behavioral characteristics that help an individual to survive in his or her environment (Yüksel, 2006). While adapting to an environment with his natural abilities, an individual's personality is shaped (Kulaksızoğlu, 2006). This reveals an individual's way of interacting with the physical and social environments (Atkinson et al, 2002). Participation in sportive activities, which are a form of social interaction, has a positive impact on psychological and social development. There are studies showing that the personalities of sportive people differ from those who are not sportive (Weinberg and Gould, 2007).

In order to determine the views of patients on the role of basketball in the personality development of children, of the parents who participated in the study, all (100%) stated that their child/children developed leadership skills. Active listening, honesty, interpersonal skills, communication skills, sharing, and having some individual values are important leadership skills, which develop during adolescence (Conner and Strobel, 2007). There are studies that demonstrated leadership skills change upon age; however, do not change according to gender, educational status of parents, and the birth order of the children in the family.

In the light of obtained results, further research should be conducted on the development of the leadership skills of students. In adolescence, the leadership skills of children in school focus more on skills, information, and talent. There are studies in the literature that concentrate on leadership skills and the development of leadership skills in undergraduate students or on the leadership skills of adults (Dempster and Lizzio, 2007). Studies on discussion, determination, and development of leadership skills in the educational ground should be extended to different age groups and levels. Following up on leadership development at an early age, may ensure individuals to have more qualified leadership skills in later years (Murphy and Johnson, 2011).

Playing improves the psychological, physical, cognitive, and motor well-being of children. Playing is an enjoyable way for children to keep an active and healthy life and teaches while enjoying themselves. It also improves leadership skills, provides values, education, develops creativity, and has a positive impact on discovery and problem-solving skills (Engin, A. O., Seven, M.A. & Turkan, V. N., 2004). Through playing, children have the possibility to learn about the world and themselves and create personal values (Karadağ, Korkut & Kesim, 2012). It was determined that, students who participate in sportive activities have positive personal characteristics. Moreover, the leadership skills of the students

who participate in sportive activities are considered good (Koca, İmamoğlu, 2018). In accordance with the statements, it is possible to say that determination of leadership skills in children, has a great significance in growing individuals with leadership skills in later years.

In order to determine the views of parents on the role of basketball in the personality development of children, of the parents who participated in the study, all (100%) stated that their child/children developed a sense of responsibility due to playing basketball. Depending on the findings, every parent would like his or her child to become a healthy, happy, compatible, and a responsible individual. Therefore, sports are the key educational tool for raising a healthy generation. In addition to psychomotor and cognitive development, children learn sexual identity, have a sense of responsibility, establish healthy relations with people and also learn solidarity through play. Sports are important for personality development and mental health. Children usually participate in sportive activities for having fun, feeling excited, being together with friends, and learning new skills. Children usually gain experience, improve creativity and develop a sense of responsibility through play. Playing can help children develop their social skills, such as helping each other and cooperating, respecting friends, and the rules of the game. Children who receive sports training acquire the below-mentioned characteristics (Mengütay, 2005). Moreover, rapid cultural changes have caused major differences in the concept of family and attitudes worldwide. In other words, the concept of the family has become different, in terms of traditional values and a sense of responsibility.

In order to determine the views of parents on the role of basketball in the personality development of children, of the parents who participated in the study, all (100%) stated that their child/children developed effective communication skills by playing basketball. Sports strengthen interpersonal connections. Sports have the ability to render people into members of a family, neighbors, city, and a nation. Some of the researchers suggested that sports act as a catalyst for resistance and social change. Nowadays, societies' interest in sports, either in form of doing or watching sports, is one of the distinguishing features of contemporary social life. There is no other event that may gather millions of people from all over the world regardless of language, religion, race, and gender at the same time in tribunes or in front of televisions (Yetim, 2005).

In order to determine the views of parents on the role of basketball in the personality development of children, of the parents who participated in the study, all (100%) stated that their child/children developed the ability to control emotions due to playing basketball. In the light of the findings, all the parents mentioned many different emotional states that their children improved their ability to control their emotional-state. The author may suggest that sports contribute to the development of self-confidence, help control anger and aggression, and reduce anxiety in cases of winning and losing. Moreover, it is observed that sports contribute to the socialization of children by helping them gain self-confidence, making them feel more confident in every environment, and making them more active and proactive. Furthermore, doing regular sports cause some psychological changes. It helps mood, anxiety, depression, and self-perception, which are among the parameters of mental health (İkizler, 2000).

Children who participate in sportive activities will have the opportunity to express their feelings with movements. Sports help children to discharge emotions, such as aggressiveness, anger, and jealousy, and teach them to control these emotions (Kinalı, 2003).

## **5. CONCLUSION and RECOMMENDATIONS**

### **5.1. Conclusion**

- Upon examination of the demographical characteristics of the parents (*area, age, gender, child's age, child's gender, duration of basketball playing, occupation, educational status, monthly income, number of children, branch choice*), for which the necessary statistical information was collected with the semi-structured interview forms with the parents. It was concluded that of the participants, 3.3% were from Morphou, 28.3% were from Nicosia, 38.3% were from Kyrenia, and 0% were from Famagusta with 0%, and that there was no private basketball school in Famagusta.
- It was concluded that the parents included in the study consisted of a total of 60 parents who have child/children who attend to the Private Basketball school in the districts of Morphou, Nicosia, Kyrenia, and Famagusta, which are affiliated with the Basketball Federation in the TRNC, and that there was no private basketball school in the district of Famagusta.
- Of the participants of this study, 45% were men and 55% were women. Moreover, 25% of the participants were aged between 30-35; 41.6% were 31-40 and 8.3% were 41-50.
- Of the children who attend a basketball school, 28.3% were 6-7 years old; 46.6% were 8-10 years old and 25% were 10-12 years old. Sixty-six percent of the children were boys and 33.3% were girls.
- According to the variable of the child's playing time, it was determined that 16.6% were 0-6 months, 40% were between 6 months and 1 year, 25% were between 1-2 years, and 18.3% were over 2 years.
- According to the educational status of the participants, the majority were graduate or postgraduate students.
- The monthly income was 3000 TL and over. In this case, it is possible to say that the parents participating in the research are from middle and high-income groups.
- The majority of the participants are civil servants and teachers, and most of them have 2 children.
- It has been determined that basketball provides a compatible personality, develops leadership skills and the ability to communicate with a sense of responsibility, and helps to control emotions.
- It has been determined that basketball has a positive impact on personality development in children regarding children spending their leisure time with sportive activities.



## 5.2. Recommendations

- o Children should start sportive activities as early as possible and be supported and appreciated by their families.
- o Depending on personal characteristics, children have limitations in terms of physical, social, psychological, etc. characteristics.
- o Supporting the children and, not leaving them alone will increase trust and communication within the family.
- o A child should be allowed to determine the sports, which he or she will practice. It should be kept in mind that a child who practices a sport that he or she likes will be more successful.
- o Such studies should be conducted on more people in different areas, different classes of society, and branches.
- o More in-depth and detailed information can be obtained by conducting studies in different sports branches and working with different methods.

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