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Moods and Prosocial Motivation Levels of Athletes

Burcu Sıla GÖNCÜ [1A], Yakup KILIÇ [2B], İlimdar YALÇIN [3C]

[1] *Bingol University, Sport Science Faculty, Department of Physical Education and Sports, Bingöl, TÜRKİYE*
[2] *Fırat University, Sport Science Faculty, Department of Coaching Training, Elazığ, TÜRKİYE*
[3] *Bingol University, Sport Science Faculty, Department of Coaching Training, Bingöl, TÜRKİYE*
Address Correspondence to Burcu Sıla GÖNCÜ: e-mail: burcuslagoncu@gmail.com

Ethical Statement: It is declared that scientific and ethical principles have been followed while carrying out and writing this study and that all the sources used have been properly cited.

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A: Orcid ID: 0000-0003-3484-6584 B: Orcid ID: 0000-0003-4889-5571 C: 0000-0001-8431-6835

Abstract

This study aimed to determine the relationship between moods and prosocial motivation levels in sport. The research group consisted of 386 (145 females, 241 males) participants who had sports background. Personal information form, Brunel Mood Scale and Prosocial Motivation Scale were used as data collection tools. The analysis of the obtained data showed that the data were normally distributed. As a result of the data obtained, t-test and Pearson Correlation test were applied. According to the results, it was determined that females had a higher level of confusion dimension than males in the mood scale. It was determined that there was a positive correlation between the sports experience and the vitality dimension and a negative correlation between the fatigue dimension. A negative low-level significant relationship was detected between Brunel mood scale dimensions of anger, confusion, depression, fatigue and tension and prosocial motivation dimension. Besides, a positive low-level significant relationship was found between the vitality dimension and prosocial motivation. As a result, it was determined that there was a decrease in negative moods and an increase in positive moods of athletes with more experience in sports. However, it was observed that the increase in prosocial motivation level was positively related to positive moods and negatively related to negative moods.

Keywords: Athlete, positive-negative mood, prosocial motivation.

Özet

Sporcuların Ruh Halleri ve Prososyal Motivasyon Düzeyleri

Bu araştırmanın amacı, sporda ruh halleri ile prososyal motivasyon düzeylerinin arasındaki ilişkiyi belirlemektir. Araştırma grubu, spor geçmişi olan 386 (145 kadın, 241 erkek) katılımcıdan oluşmaktadır. Veri toplama aracı olarak kişisel bilgi formu, Brunel Ruh hali Ölçeği ile Prososyal Motivasyon Ölçeği kullanılmıştır. Elde edilen verilerin analizi sonucunda verilerin normal dağılım gösterdiği belirlenmiştir. Elde edilen verilerin analizinde t testi ve Pearson Korelasyon testi uygulanmıştır. Elde edilen bulgu sonuçlarına göre; ruh hali ölçeğine göre kadınların şaşkınlık boyutunun erkeklere oranla daha yüksek düzeyde olduğu belirlenmiştir. Spor yapma yılı ile canlılık boyutu arasında pozitif ilişki; yorgunluk boyutu arasında ise negatif ilişki olduğu belirlenmiştir. Brunel ruh hali ölçeği kızgınlık, şaşkınlık, depresyon, yorgunluk ve gerginlik boyutları ile prososyal motivasyon boyutu arasında negatif düşük düzey anlamlı ilişkinin olduğu belirlenmiştir. Canlılık boyutu ile prososyal motivasyon arasında ise pozitif düşük düzey anlamlı ilişkinin olduğu belirlenmiştir. Sonuç olarak; spor yapma yılı yüksek olan sporcuların olumsuz ruh hallerinde düşüş meydana gelirken olumlu ruh hallerinde artış olduğu belirlenmiştir. Bununla birlikte prososyal motivasyon düzeyi artışının olumlu ruh halleri ile pozitif; olumsuz ruh halleri ile negatif ilişkili olduğu görülmüştür.

Anahtar Kelimeler: Sporcu, pozitif-negatif ruh hali, prososyal motivasyon.

INTRODUCTION

It can be observed that human is a social being and constantly exhibits certain behaviors in society. The source of these behaviors has been a subject of curiosity for centuries and has attracted the attention of humanity. In this context, behaviors and the factors affecting behaviors have been studied in detail by human beings. As a matter of fact, the concept of "motivation" has been included among the factors affecting behavior in the literature. In the conceptual context, motivation is described as an internal or external force that directs people to perform the behavior (1, 22, 36, 12) and it is important in determining the reasons for the exhibited behaviors (18). In this context, the concept of motivation, which greatly affects people in social and personal terms, can be expanded (20). Moreover, Lazauskaite-Zabielske et al. (29) also mentioned that motivation is not only the power that enables people to act, but also that it can be realised to benefit other people and explained this definition with the concept of "prosocial motivation".

Prosocial motivation, which is confused with the concept of intrinsic motivation in the literature (18, 33, 45), is important in terms of exhibiting behavior according to the needs of society, being motivated for positive behavioral change (16) and evaluating one's two-way emotions (11). As a matter of fact, Batson (4) expressed the emotions in the concept of prosocial motivation as selfishness/egoism and altruism/selflessness. Therefore, it can be thought that prosocial motivation can shape the emotional state by affecting the mood of the individual. In the studies with supportive results, it has been determined that people with a balanced mood are willing to exhibit socially positive behavior (7, 25, 32) and this is directly related to prosocial motivation (41, 20). In this context, the concept of prosocial motivation is the desire to help and cooperate with people; It can be said that the concept of mood is shaped by the emotional state. As a matter of fact, when these two concepts affect sports and athletes, we support cooperation and solidarity in terms of team sports; It can increase the quality of life by positively affecting motivation and mood in individual sports.

This study aimed to evaluate sports in terms of emotional concepts regarding the research conducted on athletes. The obtained results indicate that exercise can greatly affect the behavior of athletes, which is significant in terms of performance (13, 24). Studies are showing that performance is positively associated with prosocial motivation (19) and mood (28, 31). In the literature review, it was determined that the concept of mood and motivation was subject to different studies. In this direction, when the motivation for prosocial behavior is examined, it can be mentioned that it is related to social bonding and sense of belonging, while the general mood level is thought to have important effects due to the activation of positive emotions. In exercise and sports environments where social bonds and relationships are important, there are no studies specifically examining the relationship between mood and prosocial motivation. The power and direction of the relationship between the moods and prosocial motivation of athletes and how this situation develops during performance are not known. Therefore, there is a need to examine the relationship between these two variables, which are considered to be effective on athletes.

METHOD

Data Design

The data of the study were collected by questionnaire method for easier evaluation (2) and analysed using the relational model, which was one of the survey models. This model is a method used to determine the existence or degree of relationships between variables. This study had a quantitative approach (21). In the study, the relationship between athletes' moods and prosocial motivation levels was statistically analysed.

Research Group

The research consisted of 145 women (age= 20,84 ± ,180; sport experience= 4,89 ± ,267) and 241 men (age= 22,65 ± ,251; sport experience= 6,88 ± ,291) and a total of it consists of 386 participants. In this context, it includes individuals active in various sports branches. These include tennis, football, volleyball, basketball, fitness, wrestling, taekwondo, boxing, handball, athletics.

Data Collection Tools

Personal information form, Brunel Mood Scale and Prosocial Motivation Scale were used as data collection tools.

Personal Information Form

Questions were asked to determine the descriptive information of the participants. Through these questions, it was aimed to obtain the participants' gender, sport experience, sports types and branch information.

Prosocial Motivation Scale

Prosocial motivation scale was developed by Grant and Sumanth (17). The Turkish adaptation of the scale was performed by Kesen and Akyüz (23). There were no reverse items in the scale, consisted of a single dimension and 5 (five) questions. The scale was designed with 5-point Likert method. Scale statements are stated as 1: Never, 2: Rarely, 3: Sometimes, 4: Often, 5: Always. In the adapted study, the Cronbach alpha reliability coefficient was reported as α= ,84. In the present study, this coefficient was found to be α=,87.

Brunel Mood Scale

Brunel mood scale was developed by Terry et al (40). The scale was adapted into Turkish by Soylu et al (34). The scale included 6 sub-dimensions (Anger, Confusion, Depression, Fatigue, Tension and Vitality) and 24 items in total. The scale was determined by 5-point Likert method. Scale statements are stated as 1: Never, 2: Very little, 3: Partially, 4: Increasingly, 5: Extremely. In the adapted study, Cronbach alpha reliability coefficient values were as follows: α=,83 for anger, α=,81 for Confusion, α=,81 for depression, α=,81 for fatigue, α=,88 for tension and α=,75 for vitality. In the present study, this values were found as α=,79 for the anger, α=,67 for the confusion, α=,79 for the depression, α=,83 for the fatigue, α=,79 for the tension and α=,65 for the vitality.

Analysis of Data

SPSS 25.0 statistical software was used to analyse the obtained data in the study. The significance level was accepted as p<,05. To evaluate the normal distribution of the data, skewness and kurtosis values were examined over all scale sub-dimensions and it was determined that they were within the reference range of ±1,5. In this context, the reference interval of ±1,5 suggested by Tabachnick and Fidell (39) was considered and it was accepted that the data were normally distributed according to the results obtained. Independent sample t test for two-variable groups and Pearson Correlation test were applied to examine the relationship between variables.

Ethical Approval and Institutional Permission

For this research, ethical permission was received from Bingöl University, Health Sciences Research and Publication Ethics Committee "Decision: 4, dated 15/06/2023, numbered 23/14".

FINDINGS

In this section, the relationship between the moods and prosocial motivation variables of the athletes participating in the study, the effect-based analysis and the detailed analysis of the differences between various demographic variables were given in the tables 1-4.

Table 1. Evaluation of Scale Dimensions According to Gender

Scales	Sub-dimensions	Gender	N	$\overline{X}$±Sd	t	p
Brunel Mood Scale	Anger	Female	145	9,59±3,63	-,501	,616
		Male	241	9,78±3,63		
	Confusion	Female	145	9,93±3,16	2,043	**,042***
		Male	241	9,22±3,38		
	Depression	Female	145	9,57±3,57	-,238	,812
		Male	241	9,66±3,59		
	Vitality	Female	145	13,41±3,59	-1,200	,231
		Male	241	13,85±3,45		
	Fatigue	Female	145	11,40±4,11	,933	,352
		Male	241	11,01±3,94		
	Tension	Female	145	10,66±3,86	1,643	,101
		Male	241	10,04±3,48		
Prosocial Motivation Scale	Prosocial Motivation	Female	145	18,99±4,07	1,104	,270
		Male	241	18,51±4,11		

***p<0,05**

When Table 1 was analysed, a statistically significant difference was found between mood and gender variable. In this context, it was observed that female participants had a higher level of confusion tendency compared to male participants. On the other hand, there was no statistically significant difference in prosocial motivation levels in the context of gender variable.

Table 2. Evaluation of Scale Dimensions According to Sport Type

Scales	Sub-dimensions	Sport Type	N	$\overline{X}$±Sd	t	p
Brunel Mood Scale	Anger	Team	177	9,76±3,48	,504	,742
		Individual	202	9,63±3,78		
	Confusion	Team	177	9,41±3,03	,034	,723
		Individual	202	9,53±3,56		
	Depression	Team	177	8,67±3,09	,023	,397
		Individual	202	8,97±3,66		
	Vitality	Team	177	13,66±3,49	,908	,985
		Individual	202	13,66±3,54		
	Fatigue	Team	177	11,05±3,88	,567	,617
		Individual	202	11,25±4.15		
	Tension	Team	177	10,22±3,67	,373	,529
		Individual	202	9,98±3,80		
Prosocial Motivation Scale	Prosocial Motivation	Team	177	3,78±,80	,630	,284
		Individual	202	3,69±,83		

When Table 2 was analysed no statistically significant difference was found between the mood variable and the sport type variable.

Table 3. Pearson Correlation Results of Brunel Mood and Prosocial Motivation Scale Dimensions According to Sports Experience Variable

Scales	Variables		Sports Experience
Brunel Mood Scale	Anger	r	-,002
		p	,965
	Confusion	r	-,065
		p	,202
	Depression	r	-,073
		p	,150
	Vitality	r	**,109***
		p	,033
	Fatigue	r	**-,101***
		p	,048
	Tension	r	-,033
		p	,515
Prosocial Motivation Scale	Prosocial Motivation	r	,083
		p	,104

N:386, *p<,05

When Table 3 was analysed, a positive and low-level statistically significant relationship was found between sports experience and vitality sub-dimension of the Brunel Mood Scale (p<,05). Moreover, a negative and low-level statistically significant relationship was detected between the sports experience and fatigue sub-dimension (p<,05).

Table 4. Pearson Correlation Results of Brunel Mood Scale and Prosocial Motivation Scale Dimensions

Variables		M1	M2	M3	M4	M5	M6	PM1
Anger (M1)		1						
Confusion (M2)	r	,726**						
	p	,000	1					
Depression (M3)	r	,732**	,798**	1				
	p	,000	,000					
Vitality (M4)	r	-,067	-,161**	-,249**	1			
	p	,191	,002	,000				
Fatigue (M5)	r	,627**	,743**	,748	-,223**	1		
	p	,000	,000	,000	,000			
Tension (M6)	r	,741**	,778**	,738**	-,036	,650**	1	
	p	,000	,000	,000	,480	,000		
Prosocial Motivation (PM1)	r	-,258**	-,213**	-,245**	,251**	-,247**	-,175**	1
	p	,000	,000	,000	,000	,000	,001	

N:386, **p<,01

Brunel Mood Scale Sub-Dimensions: M1, M2, M3, M4, M4, M5, M6 / Prosocial Motivation Scale: PM1

According to the results of the Pearson Correlation analysis; It was determined that there was a negative low-level significant relationship between prosocial motivation and anger, confusion, depression, fatigue and tension sub-dimensions. Moreover, there was a positive low-level significant relationship between the prosocial motivation and the vitality sub-dimension.

DISCUSSION AND CONCLUSION

In this study, the theoretical relationship between moods and prosocial motivation levels of individuals engaged in sports was examined. The results of the study show that there was a significant relationship between the participants' moods and their prosocial motivation levels. Accordingly, it can be said that negative-positive moods such as anger, confusion, depression, vitality, fatigue and tension can be determinative in terms of prosocial motivation in athletes. It is thought that moods and prosocial behavior, which are emotional evaluations, may be significant factors that cannot be ignored in terms of sportive performance. In this context, mood states, which have important effects on the individual in terms of emotional-cognitive aspects, may have the potential to affect the individual positively or negatively in competition environments (31). Besides, the concepts of moods and prosocial motivation, which are so important in the affective process of life, bring to mind the idea that they can develop in parallel with each other. Güran and Tösten (20) stated in their study that prosocial motivation was associated with positive and negative mood and could develop through certain parameters. In this context, it may be possible to evaluate the motivation of individuals as a significant factor in terms of their moods. Likewise, there were studies in the literature indicating that the level of prosocial motivation was positively related to positive moods (well-being, etc.) and negatively related to negative moods (46, 10, 27). As a result, the relationship between positive-negative moods and prosocial motivation increased the motivation status in positive moods, while it was confirmed that it caused a decrease in motivation status in negative situations.

When the participants' mood dimensions and prosocial motivation dimension were evaluated according to gender, it was determined that the confusion sub-dimension of the Brunel mood scale was higher in male participants than in female participants. The fact that females experience emotional processes more intensely suggests that it may trigger negative moods compared to males. Beedie et al. (5); Goleman (15) and Du (9) found that negative moods were higher in males than females in their studies. It was determined that the prosocial motivation dimension did not show a significant difference according to the gender variable. Can and Aykaç (6), Dong et al. (8) and Kwon et al. (26) reported that there was no significant relationship between gender characteristics and prosocial motivation level.

When the participants' mood dimensions and prosocial motivation dimension were evaluated according to their sport type, no significant difference was found in mood dimensions and prosocial motivation dimension. Therefore, the findings obtained suggest that sport types do not have a determining effect on mood and prosocial motivation level. Some studies in the literature suggest that the sport type variable (individual and team sports) may be effective on the psychological structures and social communication of individuals (3, 37). However, the findings obtained are in the direction that there is no difference according to the sport type variable. There are studies that support that the sport type variable does not affect the individuals in psychological terms (14, 38). The reason for this situation can be said to be related to the psychologically similar desires of the participants who do individual and team sports.

Within the scope of the relational model in the research, it was determined that there was a negative relationship between "sports experience and mood dimensions" on negative moods and a positive relationship on positive moods. The reason for this situation is the positive effects of sports on people in physical and psychological terms. It is thought that situations such as planning, fair play, experience, cooperation and problem solving in sports will also benefit the social lives of individuals. In the relevant literature, there were studies supporting the results of this study. Lowther and Lane (30) and Soylu et al. (35) reported that physical activity affects mood in their studies. It has been determined that physical activity intensity is negatively associated with negative moods and positively associated with positive moods (44, 43, 47, 42). It was determined that there was no significant relationship between sports experience and prosocial motivation dimension. In this perspective, literature reviews were insufficient to establish a connection between these two concepts. Therefore, it highlights the importance of making an effort to understand this concept well in future studies. In this context, the relationship between the concepts can be improved by establishing a strong theoretical basis in the field.

As a result; it was emphasized in the study that the mood states of the people who engaged in sports were a significant factor in terms of their social motivation. In this process, it was determined that the negative moods experienced by female participants were higher than male participants. With the increase in the year

of doing sports, there was a decrease in negative moods and an increase in positive moods. Positive or negative moods and prosocial motivation in sports inevitably affect people psychologically. Positive effects are observed on the mood level of sports experience. It may be suggested to develop systems that can encourage these physical sports activities and guide talented athletes at the beginning.

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