

The Effect of Mobbing Behaviors on the Performance of Amateur Football Players

Mobbing Davranışlarının Amatör Futbolcuların Performansları Üzerine Etkisi

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Abstract

This study aimed to investigate the effects of mobbing behaviors on player performance in amateur football teams. Data were collected from players competing in amateur football leagues in Muğla Province, Turkey. The Negative Acts Questionnaire-Football (NAQ-F), which was previously developed to measure mobbing behaviors specific to football, and the Football Player Performance Scale (FPPS) developed in this study were used as data collection tools. Descriptive statistics, validity and reliability analyses, correlation, and hierarchical regression analyses were conducted. The scales demonstrated acceptable validity and reliability levels according to the relevant literature. The results indicated that mobbing behaviors are generally at low levels in amateur football settings; however, an increase in mobbing levels may result in a significant decrease in individual player performance. In particular, person-related mobbing and work-related mobbing were found to negatively affect individual performance among amateur football players.

Keywords: Mobbing behaviors, Amateur, Football players, Performance

Öz

Bu çalışmanın temel amacı amatör futbol takımlarında mobbing davranışlarının futbolcuların performansına etkisinin incelenmesidir. Veriler, Muğla İlinde bulunan amatör futbol liglerinde mücadele eden futbolculardan elde edildi. Daha önce futbola özgü olarak geliştirilen mobbing davranışlarını ölçen Olumsuz Davranışlar Ölçeği-Futbol (ODÖ-F) ile bu çalışmada geliştirilen Futbolcu Performans Ölçeği (FPÖ) veri toplama aracı olarak kullanıldı. Verilere betimleyici istatistik, geçerlik-güvenirlik analizi, korelasyon ve hiyerarşik regresyon analizi uygulandı. Ölçeklerin geçerlik ve güvenilirlik değerlerinin literatürde kabul edilen sınırlar içinde olduğu tespit edildi. Bulgular, genel olarak amatör futbol ortamında mobbing davranışlarının düşük seviyelerde olduğunu, ancak mobbing düzeyinin artması durumunda futbolcuların bireysel performanslarında anlamlı düşüşlerin yaşanabileceğini göstermektedir. Özellikle kişiler arası ilişkilerle ilgili ve görevle ilgili mobbing türlerinin, futbolcuların bireysel performansı üzerinde olumsuz etkiler oluşturabileceği de görülmüştür.

Anahtar Kelimeler: Mobbing davranışları, Amatör, Futbolcu, Performans

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INTRODUCTION

Today, mobbing is a phenomenon that occurs in workplaces regardless of profession or gender, and has negative consequences. Mobbing behaviors are more common in the service sector (Drabek & Merecz, 2013). This is because production in service sectors is labor-intensive, resulting in greater interaction between employees (Coban, 2017). The phenomenon of mobbing, seen in other sectors, is also prevalent in the football industry (Tuncel & Göce, 2007).

Mobbing refers to offensive behaviors directed by one or more individuals toward another. In the literature, the terms “bullying,” “harassment,” “psychological terror,” and “ganging up on someone” are used interchangeably with mobbing (Leymann & Gustafsson, 1996). Leymann (1996) defined mobbing as “unethical, hostile behavior directed systematically by one or more individuals, usually toward one person, in the workplace, forcing the individual into a helpless and defenseless situation.” For a behavior to constitute mobbing, the victim must be subjected to undeserved treatment, and this behavior must persist over a long period of time. Examples of mobbing behaviors include constantly criticizing the victim’s work performance (verbal harassment), avoiding the victim (targeting social relationships), gossiping about the victim (to damage reputation), assigning meaningless tasks to the victim (to reduce work quality), and threatening the victim’s physical and psychological well-being. The primary purpose of these actions is to wear down the targeted individual and push them out of the workplace. There are studies in the literature that identify mobbing behaviors and measure them. The most well-known of these is the Negative Acts Questionnaire-Revised (NAQ-R) by Einarsen et al. (2009). Yildiz (2015) used this scale to develop a football-specific version. This scale, called the Negative Acts Questionnaire-Football (NAQ-F), includes negative behaviors that football players may be exposed to.

Job performance is a concept that qualitatively and quantitatively indicates how well an individual achieves the objectives of a job (Schermerhorn et al., 2012). An individual’s capacity and willingness, along with the environment (opportunities, relationships) presented to that individual, are the elements that enable performance (Blumberg & Pringle, 1982). A deficiency in any of these elements prevents true performance from occurring. There are many factors that affect individual performance in the workplace. Mobbing behaviors are a significant factor influencing employee performance. Mobbing behaviors reduce individuals’ desire to work and create a negative environment, preventing them from achieving their full potential (Ronha & Rodrigues, 2025). The psychological well-being of individuals exposed to mobbing is negatively impacted (Carnero et al., 2012; De Pedro, 2008), and their intention to leave their job increases in the future (Vveinhardt & Sroka, 2020).

The primary reason why mobbing is observed in football, as in other professions (Tuncel & Göce, 2007), is that football attracts a wide audience and is one of the most dynamic branches of the sports industry. Football has two distinct statuses: professional and amateur. In professional football, financial factors (transfer fees, salaries, bonuses, etc.) are at the forefront. While amateurism essentially involves participating in a sport without expecting financial reward, amateur football is semi-professional. Consequently, this situation increases the appeal and competitiveness of amateur football. Amateur football leagues in Turkey consist primarily of the following categories: (1) Regional Amateur League

(The highest level of the amateur leagues. Teams competing in this league, organized by geographical region, compete for promotion to the professional 3rd League.) (2) Super Amateur League (The highest local league at the provincial level. The champions of this league advance to the Regional Amateur League.) (3) First Amateur League (Leagues below the Super Amateur League and also organized at the provincial level.) (4) Second Amateur League (Leagues below the First League and also organized at the provincial level. This league may not be available in every province. This hierarchy represents a structure that allows amateur teams to progress step by step and reach professional leagues.

The dynamic nature of football creates competition, which contributes to the increased visibility of mobbing. Competition in football is of two types: one team's competition with other teams, and the other, the competition between players within a team. Intra-team competition occurs when one player strives to outperform another during training sessions to secure a spot in the starting lineup. This is a natural process. On the other hand, players may occasionally engage in unethical behavior within their teams to gain more visibility and receive match rewards. A player exposed to negative behavior is likely to experience a decline in performance, which in turn may indirectly impact team performance.

The Significance, Objectives, and Research Questions of the Study

A review of the literature reveals a lack of research examining the relationship between mobbing and performance in football players, thus presenting a gap in this area. The lack of such research in the football industry, which attracts significant global attention, can be seen as a problem. Negative impacts on player performance in football can lead to both financial (monetary) and emotional (image, status, pleasure, etc.) losses for the player and the club, as well as to less enjoyable games to watch (Yildiz et al., 2018). One way to achieve high performance in football players is to eliminate, as much as possible, situations that could negatively impact them. From this perspective, this study is important because it reveals the impact of mobbing on performance in the context of amateur football players.

The primary objective of this study was to examine the impact of mobbing behaviors on the individual performance of amateur football players. Additionally, the study aimed to develop a football-specific player performance scale. Within this framework, four research questions (RQ) were identified and addressed:

RQ1. What are the fundamental components of football player performance?

RQ2. Are the items on football player performance valid and reliable?

RQ3. Do the sub-dimensions of mobbing (person-related mobbing, work-related mobbing, and physically intimidating mobbing) have a significant effect on the individual performance of amateur football players?

RQ4. Do mobbing behaviors, in general, have a significant effect on the individual performance of amateur football players?

METHOD

Instruments

Two measurement instruments were used in this study. The first was the Negative Acts Questionnaire-Football (NAQ-F), developed by Yildiz (2015) to measure mobbing behaviors in football teams. This 5-point Likert-type scale consists of 12 items and three dimensions: person-related mobbing, work-related mobbing, and physical intimidating mobbing. The second was the football performance scale developed in this study. The development process of this scale is described below.

Generation of the Football Player Performance Scale

To answer the first research question (*RQ1*), we used the convergent interview method proposed by Carson et al. (2001), a qualitative method for exploring the fundamental characteristics of football player performance. The researchers argue that this method is particularly effective in obtaining important and needed information in the early stages. The convergent interview method is based on an unstructured approach that facilitates the generation of knowledge about the research topic. The process has a cyclical structure, in which researchers initiate in-depth interviews with broad, open-ended questions. During this cyclical process, questions are progressively more specific based on the responses obtained, thus developing targeted questions that allow for an in-depth exploration of the research phenomenon.

As suggested by Carson et al. (2001), a total of 12 football players, three from each level of the amateur leagues, were selected to develop a scale to measure football player performance. These players were then interviewed in depth. First, the athletes were asked an opening question: “How would you describe your performance?” Responses were then pooled, and similar responses were combined and dissimilar responses were separated.

For example, the statements “I perform strongly in competitions” and “I maintain my stamina until the competition is over” were combined into “I maintain my physical condition throughout the competitions.” Furthermore, the statement “I perform football techniques and tactics effectively during competitions” was separated into two separate statements: “I perform football techniques effectively during competitions” and “I apply football tactics effectively during competitions.” Following consecutive interviews, the items were finalized when saturation was reached. The final agreed-upon number of items for football player performance was six. These items were further reviewed by five field experts for content validity and, after minor adjustments, were converted into a form. Consequently, this scale was named the Football Player Performance Scale (FPPS). All items were Likert-type intervals (‘1 = Never’, ‘5 = Every time’).

Creation of Turkish and English Versions of the Scale

In this study, back translation method was used to create both the Turkish and English versions of the scale. Back translation is one of the most common and recommended approaches for scale translation in

cross-cultural research (Brislin, 1970). In this process, the scale items were first translated from Turkish to English by expert translators, followed by cross-checking and evaluation by field experts. After the necessary revisions, both the English (Appendix 1) and Turkish (Appendix 2) versions of the scale were finalized.

The Sample Size and Procedure

Data for this study were collected from football players competing in amateur leagues in Mugla Province, located in western Turkey. Electronic communication tools were used to contact the players and collect data. The purpose of the study was first explained, and then forms were sent electronically to the players who agreed to participate. 162 forms were returned.

Statistical Analyses

First, validity and reliability analyses of the scales were conducted. Exploratory Factor Analysis (EFA) and Confirmatory Factor Analysis (CFA) were conducted for validity, and Cronbach's alpha coefficient was calculated for reliability. Next, descriptive statistics were used to calculate the mean scores of the variables, correlations were used to determine the relationships between variables, and hierarchical regression analysis was used to determine the effects of the independent variables on the dependent variable.

ANALYSIS AND RESULTS

Demographic Properties

Descriptive analyses were conducted to understand the demographic profile of the sample group. Table 1 shows the demographic characteristics of the football players.

Table 1. Demographic characteristics

Variables	F	%
Age	18	50
	19–20	30
	21–22	22
	23–24	14
	25–26	18
	27–28	6
	29 and above	22
Education	Middle	10
	Lycée	64
	Undergraduate	88
Level of the amateur league	1st amateur league	54
	Super amateur league	58
	Regional amateur league	50
Playing time in current team	1 year	82
	2 years	30
	3 years	20
	4 years	8
	5 years and above	22

Players' background	1-2 years	16	9.9
	3-4 years	12	7.4
	5-6 years	16	9.9
	7-8 years	30	18.5
	9-10 years	30	18.5
	11 years and above	58	35.8
Role in the team	I usually don't make the squad	4	2.5
	I usually stay on the bench	22	13.6
	I usually play in the starting lineup	136	84.0

Test for Validity and Reliability

Because many previous studies have conducted an EFA on the NAQ-F, only a CFA was applied in this study, and its reliability was calculated. The CFA results indicated that the scale fit the data well ($\chi^2 = 94.6$; $df = 51$; $\chi^2/sd = 1.85$; $RMSEA = 0.079$; $GFI = 0.901$; $AGFI = 0.876$; $CFI = 0.952$). Furthermore, the scale's Cronbach's alpha coefficient was high (0.717 for person-related mobbing, 0.702 for work-related mobbing, and 0.761 for physically intimidating mobbing). All these values indicated that the scale was valid and reliable.

To answer the second research question (RQ2), both EFA and CFA were conducted for the six items in the FPPS. First, the suitability of the scale for factor analysis was examined using the Kaiser-Meyer-Olkin (KMO) and Bartlett's Sphericity tests. The test results revealed a good KMO (0.798) value. The Bartlett's Sphericity test result was significant ($\chi^2=282.019$; $df=15$; $p=0.000$). These results indicated that the scale was suitable for factor analysis. Principal components analysis with varimax rotation was then applied to the scale, and it was found that the six items clustered on a single dimension. The factor loadings of the items in the scale ranged between 0.580 and 0.736. These loadings indicated that the items were significantly related to the relevant factor and that the construct validity of the scale was acceptable (Hair et al., 2010) (Table 2).

Table 2. EFA results of the Football Player Performance Scale (FPPS)

Items	X	sd	F1
1. I perform football techniques effectively during competitions	4.18	.61	.723
2. I apply football tactics effectively during competitions	4.22	.63	.777
3. I complete all assigned tasks during competitions	4.35	.63	.736
4. I maintain my physical condition throughout the competitions	4.28	.69	.574
5. My performance contributes to the spectators' enjoyment of the competitions	4.08	.77	.784
6. I am frequently praised for my performance during competitions	3.86	.81	.580
Percentage of Variance Explained			49.137

F1= Unidimensionality of the FPPS

CFA was performed to test the fit of the FPPS, whose structure was determined using EFA, to the data. The analysis results revealed that the model fit the data well ($\chi^2 = 17.2$; $sd = 9$; $\chi^2/sd = 1.91$; $RMSEA = 0.057$; $GFI = 0.905$; $AGFI = 0.896$; $CFI = 0.965$). These values, especially considering that

the χ^2/sd ratio was below 2 and the CFI value was above 0.95, indicate that the model exhibited an acceptable, even almost perfect, fit (Kline, 2011) (Table 3).

Table 3. CFA results of the Football Player Performance Scale (FPPS)

Scale	χ^2	Df	χ^2/df	GFI	AGFI	CFI	RMSEA
Performance	17.2	9	1.91*	.905**	.896**	.965*	.057*

*Perfect fit, **Acceptable fit

In the reliability analysis conducted to determine the internal consistency of the FPPS scale, Cronbach's alpha was found to be 0.781. Furthermore, no item had a negative correlation with the total correlation. All these values indicated that the scale had good internal consistency, meaning it was reliable (George & Mallery, 2010) (Table 4).

Table 4. Reliability results of the Football Player Performance Scale (FPPS)

Items	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
1. I perform football techniques effectively during competitions	20.8148	6.313	.547	.746
2. I apply football tactics effectively during competitions	20.7778	6.062	.616	.729
3. I complete all assigned tasks during competitions	20.6420	6.119	.587	.736
4. I maintain my physical condition throughout the competitions	20.7160	6.391	.430	.772
5. My performance contributes to the spectators' enjoyment of the competitions	20.9136	5.520	.618	.725
6. I am frequently praised for my performance during competitions	21.1358	6.006	.426	.780
Cronbach's Alpha			0.781	

Correlation Analysis

To answer the third research question (RQ3), correlation analysis was conducted on the variables. Table 5 shows the relationships between demographic characteristics, mobbing, and performance variables. The analysis results showed a significant and negative relationship between mobbing and performance ($r=-0.314$; $p<0.01$). Furthermore, the mobbing sub-dimensions "person-related mobbing" ($r=-0.283$; $p<0.01$) and "work-related mobbing" ($r=-0.393$; $p<0.01$) were found to have a significant and negative relationship with performance. The strongest correlation was between "work-related mobbing" and performance. On the other hand, no significant relationship was found between "physically intimidating mobbing" and performance.

A notable point in the correlation analysis was the significant and positive correlation between amateur league level and person-related mobbing ($r=0.226$; $p<0.01$). According to this result, as amateur league level increases in football, person-related mobbing behavior increases. Another

notable point in the correlation analysis is that mobbing behavior decreases as team role increases. In other words, mobbing behavior is less common among starting lineup players than among substitutes.

Table 5. Results of correlation analysis

Variables	M	1	2	3	4	5
1. Age ^a	-	-				
2. Education ^b	-	.113	-			
3. Level of the amateur league ^c	-	-.034	.024	-		
4. Playing time in current team ^d	-	-.031	-.068	-.019	-	
5. Players' background ^e	-	.427**	.304**	.275**	-.039	-
6. Role in the team ^f	-	.071	.010	-.151	-.080	-.110
7. Person related mobbing	1.80	-.076	.162*	.226**	-.297**	.014
8. Work related mobbing	1.78	.039	.160*	-.074	-.227**	-.133
9. Physically intimidating mobbing	1.47	-.165*	-.186*	-.009	-.140	-.063
10. Mobbing	1.71	-.080	.094	.098	-.297**	-.061
11. Performance	4.16	.059	-.063	.176*	.111	.239**

*Correlation is significant at the 0.05 level. **Correlation is significant at the 0.01 level.

Key. ^aAge: 1=18, 7=29 and above. ^bEducation: 1=middle, 2=lycée, 3=undergraduate. ^cLevel of the amateur league: 1=1st amateur league, 2=super amateur league, 3=regional amateur league. ^dPlaying time in current team: 1=1 year, 5=5 years and above. ^ePlayers' background: 1=1-2 years, 6=11 years and above. ^fRole in the team: 1=I usually don't make the squad, 2=I usually stay on the bench, 3=I usually play in the starting lineup.

Table 6. Results of correlation analysis (continue)

Variables	M	6	7	8	9	10
1. Age	-					
2. Education	-					
3. Level of the amateur league	-					
4. Playing time in current team	-					
5. Players' background	-					
6. Role in the team	-	-				
7. Person related mobbing	1.80	-.315**	-			
8. Work related mobbing	1.78	-.257**	.571**	-		
9. Physically intimidating mobbing	1.47	-.221**	.320**	.375**	-	
10. Mobbing	1.71	-.343**	.882**	.814**	.630**	-
11. Performance	4.16	.067	-.283**	-.393**	-.020	-.314**

*Correlation is significant at the 0.05 level. **Correlation is significant at the 0.01 level.

Hierarchical Regression Analysis

To answer the fourth research question (RQ4), a hierarchical regression analysis was conducted on the data. Table 7 shows the effects of independent variables on the dependent variable. In the first step, demographic characteristics were analyzed as independent variables, and performance as dependent variable. In the second step, demographic variables and mobbing were analyzed as independent variables, and performance as dependent variable. The analysis results showed that mobbing had

a significant effect on performance ($\beta=-0.291$; $p<0.01$). The correlation analysis revealed that the significant relationship between “level of the amateur league” and “performance” disappeared in the regression analysis. Conversely, the correlation analysis revealed that the significant relationship between “players’ background” and “performance” persisted in the regression analysis. This relationship can be interpreted as the players’ performance increasing with their experience.

Table 7. Results of hierarchical regression analysis between mobbing and performance

Independent Variables	Performance					
	Step 1			Step 2		
	Beta	T	P	Beta	t	P
1. Age	-.050	-.589	.557	-.050	-.606	.545
2. Education	-.141	-1.775	.078	-.104	-1.339	.182
3. Level of the amateur league	.121	1.502	.135	.144	1.851	.066
4. Playing time in current team	.124	1.636	.104	.030	.380	.705
5. Players’ background	.290**	3.123	.002	.238*	2.620	.010
6. Role in the team	.132	1.706	.090	.022	.268	.789
7. Mobbing	-	-	-	-.291**	-3.445	.001
F	3.490			4.897		
R ²	.119			.182		
Adjusted R ²	.085			.145		

Note: Standardized beta values were used, ** $p < 0.01$, * $p < 0.05$

DISCUSSION AND CONCLUSIONS

Various studies have demonstrated that mobbing is a common phenomenon in sports. For example, Iyem (2007), in his study of professional football players, found that some athletes were subjected to mobbing by teammates and managers. Similarly, Tuncel and Göce (2007) reported that 33.3% of professional football players were subjected to mobbing by managers, 30.6% by coaches, 25% by teammates, and 11.1% by team captains.

Some studies in sports have examined not only the existence of mobbing but also its effects on athletes. Karik and Yildiz (2015) examined the relationship between mobbing and burnout in women’s basketball teams; Duyan and Yildiz (2019) in futsal teams; Yildiz et al. (2018) in amateur football teams; and Yildiz (2015) in professional football teams. All of these studies demonstrated that mobbing increases burnout levels in athletes. On the other hand, Yavuzaslan and Yildiz (2022), in a study conducted on men’s handball teams in the Super League, found that mobbing reduces athletes’ organizational commitment. The common point of these studies is that mobbing has negative psychological and motivational effects on athletes.

Unlike the studies above, our study aimed to address a gap in the literature by examining the impact of mobbing behaviors on individual performance among amateur football teams. Because no specific measurement instrument exists in the literature to measure football player performance, the Football

Player Performance Scale (FPPS) was developed for this purpose. The six-item, single-factor scale demonstrated validity and reliability values that were within the thresholds commonly accepted in the literature.

The findings of our study indicate that the overall level of mobbing behaviors is low in amateur football settings. However, it has been determined that increased levels of mobbing can significantly decrease individual player performance. Specifically, personal-related mobbing (e.g., exclusion, ridicule) and work-related mobbing (e.g., disregard for talent, being benched) forms have been shown to negatively impact player performance.

Another notable finding is the increase in individual-related mobbing behaviors as the league level increases. This suggests that the increasing competitive environment in the upper leagues can lead to greater tension and conflict in relationships between athletes. Factors such as the pressure for success, financial expectations, and the approach to professionalization can pave the way for interpersonal conflicts and negative behaviors. Furthermore, the study found that footballers who regularly appear in the starting lineup are less likely to experience mobbing. This finding can be interpreted as stemming from their higher status within the team, their level of acceptance, and their sources of social support.

In conclusion, this study offers unique contributions to the field of sports psychology by examining the effects of mobbing behaviors on individual athlete performance in amateur football settings. While the findings indicate that overall levels of mobbing are low, they also reveal that personal-related and work-related types of mobbing, in particular, can lead to significant decreases in players' performance. The increase in mobbing behaviors as the league level increases suggests that competition can increase tension in interpersonal relationships. Furthermore, the fact that players who regularly appear in the starting lineup are less likely to be subjected to mobbing points to the protective effect of status and social support mechanisms within the team. A player whose individual performance declines may leave the team (Yildiz, 2018), negatively impacting team performance (Baysal et al., 2024). In this context, to prevent mobbing in the sports environment, all team members should be reminded periodically that unfair and negative behavior targeting a single individual is unethical.

One of the most significant contributions of this study was the Football Player Performance Scale (FPPS), developed and introduced to the literature to measure individual football players' performance. This new scale is a reliable and valid measurement instrument that can be used in both theoretical and applied research. In this context, the FPPS is a valuable resource for both researchers and practitioners.

Practical Recommendations

Preventing mobbing in sports environments requires a multidimensional approach that includes athletes, coaches, and managers. First, athletes should be provided with educational programs that enhance their awareness of psychological violence, interpersonal ethics, and emotional regulation.

Training on how to recognize and appropriately respond to mobbing behaviors can empower players to protect themselves and others. Second, coaches should receive regular professional development on leadership, communication, and conflict management. Coaches play a critical role in shaping the team climate; therefore, establishing an open and respectful communication culture within the team can significantly reduce the likelihood of mobbing. Finally, club managers and sports administrators should develop clear organizational policies and reporting mechanisms to prevent and address mobbing. Establishing confidential complaint systems, applying fair disciplinary procedures, and emphasizing ethical conduct in performance evaluations can foster a safer and more supportive sporting environment. These preventive strategies would not only protect athletes' well-being but also enhance team cohesion and performance in the long term.

Limitations and future research

This study has several limitations. Because the study was conducted only in one region and with a limited number of amateur football players, generalization of the findings to athletes in different regions or different sports is limited. Furthermore, collecting data using self-report measures may lead to social desirability bias and measurement errors due to personal perceptions. While the FPPS developed in this study is presented as a valid and reliable instrument, it needs to be retested in different cultures and different sports. Future research is recommended to use larger and more diversified samples, to examine football players' mobbing experiences in depth using qualitative methods, and to include performance-related psychological variables (e.g., motivation, stress, organizational commitment) in the model.

Conflict of interest: There is no personal or financial conflict of interest within the scope of the study.

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APPENDIX 1. (English Version) – Football Player Performance Scale (FPPS)

	Never	Rarely	Occasionally	Almost every time	Every time
1. I perform football techniques effectively during competitions	1	2	3	4	5
2. I apply football tactics effectively during competitions	1	2	3	4	5
3. I complete all assigned tasks during competitions	1	2	3	4	5
4. I maintain my physical condition throughout the competitions	1	2	3	4	5
5. My performance contributes to the spectators' enjoyment of the competitions	1	2	3	4	5
6. I am frequently praised for my performance during competitions	1	2	3	4	5

APPENDIX 2. (Türkçe Versiyon) – Futbolcu Performans Ölçeği (FPÖ)

	Hiçbir zaman	Nadiren	Arasıra	Çoğu zaman	Her zaman
1. Müsabakalarda futbol tekniklerini en iyi şekilde uygularım	1	2	3	4	5
2. Müsabakalarda futbol taktiklerini en iyi şekilde uygularım	1	2	3	4	5
3. Müsabakalarda verilen görevleri tam yaparım	1	2	3	4	5
4. Müsabakalarda iyi bir kondisyon sergilerim	1	2	3	4	5
5. Performansım ile müsabakanın seyir zevkine katkı sağlarım	1	2	3	4	5
6. Müsabakalarda iyi performansımdan dolayı genellikle takdir alırım	1	2	3	4	5