





Manejo de emociones en deportistas de fútbol amateur: un estudio de caso

Managing emotions in amateur soccer players: a case study

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Resumen

Esta investigación tuvo como objetivo revisar los estilos de expresión de ira-enojo de los deportistas que juegan en clubes de fútbol amateur en el distrito de Pendik de la provincia de Estambul. En esta investigación participaron 100 futbolistas varones que juegan en 7 clubes de fútbol amateur. Para recopilar los datos se utilizaron la Escala de estilo de expresión de Rasgo Ira-Ira que fue desarrollada por Spielberger et al., (1983) y un formulario de información demográfica. Se utilizaron métodos estadísticos descriptivos, correlación de Pearson y prueba ANOVA para evaluar los datos. De acuerdo con los resultados analizados, no hubo diferencia estadísticamente significativa ($p > 0,05$) entre los puntajes de enojo de rasgo, enojo en enojo, manejo de enojo y enojo total según los antecedentes educativos de los futbolistas, los rangos de edad, los años deportivos y los clubes. . Por otro lado, hubo una relación positiva significativa entre el rasgo de ira y la ira, entre el rasgo de ira y la ira. Se encontró una relación negativa significativa entre el manejo de la ira y el rasgo de ira. Además, existe una relación negativa significativa entre la ira y el manejo de la ira. En conclusión, se puede decir que a medida que aumenta el nivel de enfado, aumenta el nivel de enfado y desaparición de los futbolistas; sin embargo, el manejo de la ira disminuye al mismo tiempo. A medida que aumenta la ira, el manejo de la ira de los futbolistas disminuye.

Palabras clave: Deportes, rasgo de ira, expresión de ira, fútbol, aficionado, Turquía

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Abstract

This research aimed to review trait anger-anger expression styles of footballers who play in amateur football clubs in Pendik district of İstanbul Province by certain variables. Entirely 100 male footballers who play in 7 different amateur football clubs participated in this research. Trait Anger-Anger Expression Style Scale that was developed by Spielberger et al., (1983) and demographic information form were used to collect the data. Descriptive statistical methods, Pearson Correlation and ANOVA test were used to evaluate the data. According to analyzed results, there was no statistically significant difference ($p>0,05$) among trait anger, anger-in anger-out, anger management and total anger scores based on footballers' educational background, age ranges, sporting years and the clubs. On the other hand, there was a positive significant relationship between trait anger and anger-in, between trait anger and anger-out. A negative significant relationship was found between anger management and trait anger. Moreover, a negative significant relationship between anger-out and anger management. In conclusion, it can be said that as the anger level increases, anger-in and anger-out level of footballers' increase; however, anger management decreases at the same time. As the anger-out increases, anger management of footballers decreases.

Keywords: Sports, trait anger, anger expression, football, amateur, Turkey

Introduction

Anger is conceptually defined as aggressiveness, furiousness, fury, dander that are displayed against being frustrated, offense or threats. Anger intensity specifies environmental pressure, the importance of the goal and also whether the obstacles will be overcome (Aydın et al., 2015; Üzümlü et al., 2016). That may arise in individuals in different ways. These ways are; anger-out, anger-in and anger management (Balçioğlu et al., 2016). Anger-in is defined as redirection of the anger to the self, denial of thoughts or memories related to the situation that triggered anger, or denial of the emotion of anger itself (Han et al., 2015). For the other hand, anger arises when the individual faces with a case or person that avoids him to take pleasure. The circumstances such as falling flat, thinking that being exposed to injustice, friend loss, missed opportunities, fights, disrespect cause us to anger (Sonuç, 2012).

In this context, the relationship between anger and sports can predict how anger can be increased by sports. There are sports designed to heal anger, for instance; competitive games, competitive sports, and less technical sports. On the other hand, in more technical sports, it can trigger the performance as athletes cannot release this excess energy (Gonzalez-Garcia et al., 2019). On the other hand, sports is one of the most remarkable environments in which those feelings are experienced in. Experiencing those feelings is inevitable by the nature of the sport. The essential thing is to experience these feeling as minimum as possible and to control ourselves.

For the other hand, violence, aggressive and angry behaviors have become a serious problem in sports (Nas et al., 2016). The intent of the action performed by the rules of sports branch specifies the boundaries of aggressiveness in sports activities. The same action is evaluated differently in different sports branch. As the body contact increases, the possibility to see aggressiveness increases as well. There can be talked about an aggressive behavior in case of moving with an intent to damage the opponent by breaking the rules (Özdemir & Abakay, 2017). It should be noted that football in Turkey maintains its characteristics to be the branch in which the violence is seen at the peak, just as all over the world. Football is a field of activity that largely affects individuals, groups, and communities (Şahin et al., 2017).

In sum, this research aimed to review the trait anger styles and anger expressions of footballers who play in amateur football clubs in Pendik district of İstanbul province by certain variables. Anger and especially the objection to referee, punishments, and violence among the footballers in sports competition affect the performance. Feelings and thoughts that anger the athlete need to be revealed. It is thought that this research is going to contribute to the literature and resource for the next studies.

Methodology

This paper was created by using the scanning model from quantitative research methods. The scanning model is all of the processes that describe a past or present situation as it exists, and are applied for the realization of learning and the development of desired behaviors in the individual. In the general survey model, in a universe consisting of a large number of elements, scanning is performed on the whole of the universe or a group of samples or samples to be taken from it in order to make a general judgment about the universe (Karasar, 2011). The trait anger-anger expression styles of footballers were analyzed by the relational screening model. 100 male footballers who further their high school and university education or graduated from schools voluntarily participated in this study. Required permissions were received from Kocaeli University.

The questionnaire study was sent to amateur footballers in Pendik via the internet. Trait Anger-Anger Expression Style Scale that was developed by Spielberger et al., (1983) to determine anger expression styles of students can be applied in teenagers and adults; also, demographic information form can be applied for the same purpose. The scale is four points Likert scale with 34 items. Several adaptation studies made for Turkish samples (Ozer, 1994; Arslan, 2016). The data collected were evaluated in SPSS 21 packaged software. Descriptive

statistical results (average, standard deviation, frequency and percentage) were computed and analyses were conducted via Pearson Correlation and ANOVA Test.

Results

This study was conducted to evaluate the trait anger and anger expression styles of amateur football players in terms of age, sports year and club variables. The results obtained are presented in tables below.

Table 1
Distributions of the background variables

| | | N | % |
|------------------------|-------------------------|----|------|
| Age | 16-21 age | 57 | 57,0 |
| | 22-27 age | 27 | 27,0 |
| | Above 28 age | 16 | 16,0 |
| Sports experience | 1-5 Years | 27 | 27,0 |
| | 6-10 Years | 43 | 43,0 |
| | 11-15 Years | 20 | 20,0 |
| | Above 16 Years | 10 | 10,0 |
| Club | Kaynarca Spor | 26 | 26,0 |
| | Pendik Kaynarca Spor | 15 | 15,0 |
| | Pendik Gücü | 22 | 22,0 |
| | Pendik Esenyali | 11 | 11,0 |
| | Kurtköy Spor | 12 | 12,0 |
| | İstanbul Ağrı Spor | 6 | 6,0 |
| | Pendik Kavak Pinar Spor | 8 | 8,0 |
| Educational Background | High School | 63 | 63,0 |
| | University | 37 | 37,0 |

According to this table, 57% of them were in 16-21 age range, 27% of them were in 22-27 age range, 16% of them were in the age range of 28 years and older. Moreover, 63% of the participants continue their high school education; 37% of them continue the university education. 27% of the footballers have played football for 1-5 years; 43 of them have played football for 6-10 years; 10% of them have played football for 16 years and more.

Table 2
Values of trait anger and anger expression style scores of footballers

| | N | Minimum | Maximum | X | Sd |
|------------------|-----|---------|---------|-------|------|
| Trait anger | 100 | 10,00 | 32,00 | 19,60 | 5,05 |
| Anger-in | 100 | 8,00 | 22,00 | 14,41 | 3,38 |
| Anger-out | 100 | 8,00 | 23,00 | 14,48 | 3,67 |
| Anger management | 100 | 11,00 | 32,00 | 23,45 | 4,84 |

It is observed when the trait anger levels of footballers who play in amateur football clubs are analyzed that the minimum point through 40 is 10; Trait anger average of students is 19,60,13±5,05; they have medium-level of Trait Anger. Anger-in level averages of footballers are 14,41±3,38; they have the anger-in level at a low level. The anger-out average of footballers is 14,48±3,67; they have anger-out at a low level. Anger management average of footballers is 23,45±4,84; they have a high-level of anger management.

Table 3
Correlation belongs to trait anger and anger expression style scores of footballers

| | | Trait Anger | Anger-in | Anger-out | Anger Management |
|------------------|---|----------------|---------------|----------------|------------------|
| Trait Anger | r | 1 | | | |
| | p | | | | |
| Anger-in | r | ,524** | 1 | | |
| | p | ,000 | | | |
| Anger-out | r | ,665** | ,523** | 1 | |
| | p | ,000 | ,000 | | |
| Anger Management | r | -,426** | -,035 | -,425** | 1 |
| | p | ,000 | ,726 | ,000 | |

** . Correlation is significant at the 0.01 n=100

A positive significant relationship was found between trait anger and anger-in sub-dimension (r=,524**; p=0.00); the same relationship can be seen between trait anger and anger-out sub-dimension (r=,665**; p=0.00) as well. There was found a negative significant relationship between trait anger and anger management (r= -,426**; p=0.00). Moreover, a

negative significant relationship was observed between anger-out and anger management ($r=-,425^{**}$; $p=0.00$).

Table 4

ANOVA test table based on age ranges

| | | N | X | Sd | F | P |
|------------------|----------------|----|-------|------|------|------|
| Trait anger | 16-21 years | 57 | 19,89 | 4,94 | ,264 | ,769 |
| | 22-27 years | 27 | 19,03 | 5,26 | | |
| | Above 28 years | 16 | 19,50 | 5,32 | | |
| Anger-in | 16-21 years | 57 | 14,68 | 3,42 | ,453 | ,637 |
| | 22-27 years | 27 | 13,96 | 3,73 | | |
| | Above 28 years | 16 | 14,18 | 2,61 | | |
| Anger-out | 16-21 years | 57 | 14,49 | 3,72 | ,576 | ,564 |
| | 22-27 years | 27 | 14,00 | 3,92 | | |
| | Above 28 years | 16 | 15,25 | 3,10 | | |
| Anger management | 16-21 years | 57 | 23,61 | 4,39 | ,143 | ,867 |
| | 22-27 years | 27 | 23,44 | 4,50 | | |
| | Above 28 years | 16 | 22,87 | 6,85 | | |

There was no statistically significant difference ($p>0,05$) in anger-in sub-dimension, anger-out sub-dimension, anger management, and total anger management at 16-21 years, 22-27 years and 28 years and older based on age ranges of footballers.

Table 5
ANOVA test table based on sports experience

| | | N | X | Sd | F | P |
|------------------|----------------|----|-------|------|------|------|
| Trait Anger | 1-5 years | 27 | 19,81 | 5,00 | ,036 | ,991 |
| | 6-10 years | 43 | 19,41 | 4,74 | | |
| | 11-15 years | 20 | 19,65 | 5,25 | | |
| | Above 16 years | 10 | 19,70 | 6,68 | | |
| Anger-in | 1-5 years | 27 | 14,48 | 3,14 | ,436 | ,728 |
| | 6-10 years | 43 | 14,37 | 3,51 | | |
| | 11-15 years | 20 | 14,90 | 3,82 | | |
| | Above 16 years | 10 | 13,40 | 2,63 | | |
| Anger-out | 1-5 years | 27 | 14,81 | 3,60 | ,846 | ,472 |
| | 6-10 years | 43 | 14,00 | 3,70 | | |
| | 11-15 years | 20 | 15,40 | 4,38 | | |
| | Above 16 years | 10 | 13,80 | 1,61 | | |
| Anger management | 1-5 years | 27 | 24,07 | 4,33 | ,548 | ,650 |
| | 6-10 years | 43 | 22,86 | 5,23 | | |
| | 11-15 years | 20 | 23,30 | 4,96 | | |
| | Above 16 years | 10 | 24,60 | 4,40 | | |

There was no statistically significant difference ($p>0,05$) in anger-in sub-dimension, anger-out sub-dimension, anger management and total anger management of footballers who have played football for 1-5 years, 6-10 years, 11-15years and 16 years and above based on sporting year variable.

Table 6
ANOVA Test Table by the Club

| | | N | X | Sd | F | p |
|------------------|-------------------------|----|-------|------|------|------|
| Trait anger | Pendik Esenyali | 11 | 19,36 | 5,62 | | |
| | Kurtköy Spor | 12 | 20,08 | 5,05 | | |
| | İstanbul Ağrı Spor | 6 | 18,33 | 5,31 | | |
| | Pendik Kavak Pinar Spor | 8 | 19,12 | 6,51 | | |
| | Pendik Kavak Pinar Spor | 8 | 13,50 | 5,04 | | |
| | Kaynarca Spor | 26 | 23,03 | 5,59 | | |
| | Pendik Kaynarca Spor | 15 | 23,86 | 3,96 | | |
| | Pendik Gücü | 22 | 23,00 | 3,84 | | |
| Anger management | Pendik Esenyali | 11 | 24,90 | 5,75 | ,425 | ,861 |
| | Kurtköy Spor | 12 | 23,16 | 6,01 | | |
| | İstanbul Ağrı Spor | 6 | 22,00 | 4,00 | | |
| | Pendik Kavak Pinar Spor | 8 | 24,75 | 4,46 | | |

There was no statistically significant difference ($p>0,05$) in anger-in sub-dimension, anger-out sub-dimension, anger management and total anger based on the clubs.

Discussion

Football that takes hold of great masses brings dead serious problems. A lot of onlooker events have happened in both our country and the world especially in recent years (Fişekçioğlu et al., 2010). This violence tendency of onlooker emerges as the result of the failure or the defeat of the team he supported. However, players' behavior and attitudes against the opponents can stimulate this circumstance as well. Therefore, we are of opinion that firstly the athletes must not display aggressive behaviors to avoid such circumstances. Players need to be informed about violence to avoid them from violence; the players who are in a tendency to use violence should be determined and provided them to get rid of these attitudes by providing training.

A positive significant relationship was found between trait anger and anger-in sub-dimension ($r=,524^{**}$; $p=0.00$); the same relationship can be seen between trait anger and anger-out sub-dimension ($r=,665^{**}$; $p=0.00$) as well. There was found a negative significant relationship between trait anger and anger management ($r= -,426^{**}$; $p=0.00$). Moreover, a negative significant relationship was observed between anger-out and anger management ($r= -,425^{**}$; $p=0.00$). Yıldız et al. (2011), pointed out that there is a significant correlation between

trait anger & anger types and the neurotic personality type as well as a significant correlation between trait anger & anger types and the deceit personality type.

There are seen several studies on trait anger and anger styles in football and in other sports branches (Polat & Ünveren, 2020; İmamoğlu et al., 2020). When considered from this point of view, the similar behaviors and similar levels in anger management of amateur league players can be explained by the reasons such as struggling for the success (Certel & Bahadır, 2012), expectations for winning (Nas & Çolakoğlu, 2017), desire to play in upper leagues and be transferred to other clubs (Bilir & Avgın, 2017), motivator factors such as increase in social status and famousness; this is according to studies (Afacan et al, 2017; Kurt, 2013; Yıldız et al., 2011). For the other hand, anger level and the ability to manage the anger are composed of overall events in the life of the individual. We can say in addition to all these that since footballer's discharge in the arena during matches and training and get rid of the poor energies in the arena, they can control their anger at a higher level and there occurs a decrease in their trait anger, anger-in and anger-out levels at the same time (Polat & Sönmezoğlu, 2016; Afyon & Metin, 2015; Canbaz et al., 2015).

Our research confirmed that as the trait anger level increases, the anger-in and anger-out level of footballers increase; their anger control decreases all in the same breath. As the anger-out increases, anger management level of footballers decreases. It is determined when the literature is scanned that Albayrak and Kutlu (2009) conducted a study. With reference to their expressions, as the anger level teenagers in the 16–18 age range, their anger-in, and anger-out levels increase at the same time. However, the anger management decreases. As the anger-out level increases, the anger management decreases.

Based on the age ranges of footballers, ANOVA test did not found a significant difference ($p>0,05$) in anger-in, anger-out, anger management, and total anger management sub-dimensions of footballers who were in 16-21 age group, 22-27 age group and the age range of 28 years and older. When we scan the literature as an example of our research (Kellner & Tutin, 1995; Dykeman, 2000; Cenkseven, 2003; Coon et al. 2003; Williams et al., 2004).

There was no significant difference in none of the sub-dimensions in ANOVA test results based on the educational background variable. This finding can be commented as the trait anger styles of footballers does not vary by the educational background variable. There was not found a significant difference in anger management on behalf of the experimental group in the literature (Howells et al., 2005). By its part, Certel and Bahadır (2012) touched upon the studies which mention that educational background is an important factor in anger management and being tolerated the anger. According to their other expression, one of the essential factors

that affect the anger expression is the age variable. Factors such as increasing the experiences by the increased age, improving oneself affect the anger frequency and anger expression style. Since the sample group selected in this research was in close age groups, it is normal to not found a difference.

There was no significant difference in none of the sub-dimensions based on the sporting year variable. This finding can be commented as the trait anger styles of footballers does not vary by the sporting year variable. Certel and Bahadır (2012) determined that there is not a significant difference in trait anger, anger-in and anger management levels of sporters based on sporting year variable. However, there is a statistically significant difference in anger-out dimension; anger-out scores of athletes who played sports for 1-9 years are significantly higher than anger-out scores of athletes who played sports for 10-14 years. Moreover, Afyon and Metin (2015) mentioned that experiences of footballers increase in parallel with the years; they can better analyze that which situation is an assault and also which the situation is an assertion; they can also know to protect both their and opponents' rights within the frame of competition rules.

There was no difference in none of the sub-dimensions in ANOVA test results based on the club variable. The duties of football clubs become gradually general in economic, social and cultural domains besides the classical functions. This increase in duties of clubs brings new tasks and organizations, as well as the scope of the clubs, is enlarged. The management is defined in the most general sense as conducting a number of activities with manpower and people to achieve the prespecified goals. The manager of the club can contribute to avoiding aggressive actions of both onlooker and players via the services (Fişekçioğlu et al., 2010). Reason for finding no difference in this research is the club management. Perhaps, directors thought that they can positively or negatively affect both the sporter and onlooker by their actions and expressions.

Finally, our study is subject to the following limitations: Limited to the athletes playing football in who play in amateur football clubs in Pendik district of İstanbul Province in the 2017-2018 season. This study is single-gendered. However, in Turkey female football been popular vs. So mutual comparison studies can be done with male and female football teams. And cross-sectional. So quasi-experiment or longitudinal studies can be done. Future research may be designed with a different type of study design, instrumentation and sampling. It was conducted to determine the trait anger and anger expression styles and to examine them in terms of age, club, sports experience and educational background variables. The obtained data are evaluated and the results are discussed with a literature review.

Conclusion

In conclusion, we can say that the similar anger expression styles and similar levels in anger management of amateur league players can be explained by the reasons such as struggling for the success, expectations for winning, desire to play in upper leagues and be transferred to other clubs, motivator factors such as increase in social status and famousness.

When it is thought that the individuals can directly or indirectly affect the team in team sports; the sportsman knows that if he reacts to protect himself, his team will be damaged as well. They control their anger to protect their team to be damaged. So and so, anger management scores of the players are high.

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