

## Examination of Competitive Self-Presentation of Artificial Turf Footballers According to Some Variables

*Meziyet TAŞÇI<sup>1</sup>, Tamer KARADEMİR<sup>1</sup> and Enver DÖŞYILMAZ<sup>1</sup>*

<sup>1</sup> Kahramanmaraş Sütçü İmam University, School of Physical Education and Sports

### Abstract

This study was performed with the aim of determining how competitive self-presentations of individuals playing football on artificial turf were shaped according to some variables (age, sports frequency and sports partner choice).

Concordantly, 310 athletes in total who participated in a private artificial turf tournament organized citywide in Kahramanmaraş were included in the sampling group. Athletes who were willing to participate in the study were included in the sampling group.

With the purpose of collecting data for this study, the "Competitive Self-Presentation Scale," validity and reliability studies of which were performed by Çağlar et al., (2008), and which was collected under three dimensions (fear of appearing incompetent and concern over others' impression, fear of being unable to cope with pressure and concern over current form), was applied on the sampling group in order to determine levels of competitive self-presentation.

The results of the current studies revealed that athletes who are in the younger age groups had low levels of fear of appearing incompetent, concern over others' impressions, and fear of being unable to deal with the pressure, and athletes sparing more time for sports and exercise had lower levels of concern over current forms compared to those engaged in fewer sportive activities. It was also identified that those who engage in sports with their friends had higher levels of concern over others' impressions and concern over current forms compared to those who do sports alone or with family members.

**Keywords:** Sports, Artificial turf football, Self-Presentation, Competition

### INTRODUCTION

**S**tress and anxiety are aspects of competitive sport which have long been of interest to sport psychology researchers and applied consultants. Recent studies have attempted to increase understanding of the sources of athletes' competitive stress and anxiety, and to identify theoretical perspectives for investigating the underpinnings of competitive stress in sport (Williams, Hudson & Lawson, 1999). One such theoretical perspective is Self-Presentation

Theory (James & Collins, 1997; Leary, 1992, 1995). Self-Presentation, also known as Impression Management, refers to the processes which we employ in our efforts to manage the impressions which are conveyed to others (Schlenker, 1980).

Leary (1992) suggests that the nature of competitive sporting events makes impression management of paramount concern to athletes. Besides, Leary (1992) contends that the competitive stress which many athletes experience is

largely attributable to the self-presentational implications of the competitive sporting experience rather than to the competitive experience itself.

A qualitative study undertaken by James and Collins (1997) indicated the importance of impression management in sport, revealing that the athletes in their study believed impression management to be instrumental in both career and identity development. During semi-structured interviews, athletes from a range of sports were asked to discuss the sources and underpinnings of their competitive stress. In line with Leary's (1992) reasoning, the athletes suggested that impression management was a determinant of their competitive stress and, based on the athletes' comments, the authors were able to identify the self-presentational factors underpinning these stressors (Williams, Hudson and Lawson, 1999).

How an individual perceives the gaze, judgment and criticism of others within their environment leads them to display behaviors in order to look better and leave a positive impression. Understanding the concept of self as an expression of how others with whom an individual interacts perceive or judge him or her supports this idea (Kula, 2001). These behaviors, displayed for the purpose of appearing good, leaving positive impressions and as a form of self-presentation, are expressed as a way to control and regulate the views formed in the minds of others about the individual as a result of the individual's personal efforts (Leary, 1992). Appearing good for people within our environment means appearing good to others and leaving a good impression. In this context, physical appearance gains more and more significance (Altıntaş et al., 2007). This form of self-presentation within the field of sports and competition can be called competitive self-presentation.

While athletes can develop concern and anxiety about being successful or

unsuccessful, their self-presentations may direct the behaviors they display. Behaviors displayed by the individual, which are attached to self-presentation during exercising, are no longer personal because they begin to be shaped by ideas, views and behaviors of others. An individual shapes his/her behaviors with this direction in order to capture attention and get recognition (Martin and Mack, 1996).

This study was performed with the aim of determining how an individual's competitive self-presentation while playing football on artificial turf was shaped according to some variables.

## **METHODS**

### **Research group**

310 athletes (leisure exercisers) who participated in a private artificial turf tournament (Nike Cup) that took place in Kahramanmaraş citywide constitute the study group of the research. Those who were willing to participate on the basis of the volunteer principle were included in the sampling group. In line with the purposes of the research, the "Competitive Self-Presentation Scale" was applied on the sampling group with the intention of determining competitive self-presentation levels.

The survey method, aiming to obtain information about and to describe characteristics of the participants, was used.

### **Procedure**

#### **Data Collection Tools**

The Competitive Self-Presentation Inventory (CSPI) is an inventory that includes an individual's description and evaluation of competitive self-presentation. It was developed by Williams et al. (1999), and consists of 15 items. The items included in the CSPI are evaluated on a quadruple scale varying from "Never" to "Always." The inventory consists of four

sub-dimensions which are: concern over current form, fear of appearing incompetent, concern over others' impressions, and fear of appearing unable to cope with pressure (Williams et al., 1999).

These four sub-dimensions, after being adapted with Turkish validity and reliability studies, were collected under three sub-dimensions: fear of appearing incompetent, concern over others' impressions, fear of appearing unable to cope with pressure and concern over current form (Çağlar et al., 2008). Cronbach Alpha coefficients, calculated to assess the reliability of the scale, were found to be 0.88 for the overall scale, 0.83 for the fear of appearing incompetent and concern over other' impressions, 0.74 for the fear of appearing unable to cope with the pressure, and 0.69 for the sub-dimension of concern over current form.

**Statistical analysis**

The data obtained from 310 athletes who participated in the research using the questionnaire method were statistically analyzed by using SPSS packet program. The paired comparisons of the scores received from the competitive self-presentation scale that belonged to independent variables were tested with (the independent samples) t-test. Multiple comparisons were tested by the Kruscal Wallis H test, which is a non-parametric test since the data belonging to the

variables did not show normal distribution. The statistical significance level alpha ( $\alpha$ ) error was accepted as  $p < 0.05$ .

**RESULTS**

According to Table 1, for the analysis performed based on the research group's age variable, it was identified that there is a statistically significant difference for the 15-19 age group for the following sub-dimensions: fear of appearing incompetent and concern over others' impression, and fear of appearing unable to cope with pressure.

According to Table 2, in the analysis performed based on the research group's sports frequency variables, it was identified that there is a statistically significant difference for the following sub-dimensions: fear of appearing incompetent and concern over other' impression ( $X^2=11.662$ ;  $p < 0.05$ ) and concern over current form ( $X^2=16.778$ ;  $p < 0.05$ ).

According to Table 3, in the analysis performed based on sport partner choice, it was identified that there was a statistically significant difference for the following sub-dimensions: fear of appearing incompetent and concern over other's impression ( $X^2= 20.401$ ;  $p < 0.05$ ) and concern over current form ( $X^2= 11.940$ ;  $p < 0.05$ ).

**Table 1.** Analysis results of the research group according to age variables (t-test)

Sub-dimensions	Age	N	Mean	Sd	t	p
Fear of appearing incompetent and concern over others' impressions	15-19	136	2.23	.59	-2.409	.017*
	20-35	174	2.41	.69		
Fear of appearing unable to cope with pressure	15-19	136	2.19	.67	-3.749	.000*
	20-35	174	2.51	.81		
Concern over current form	15-19	136	2.35	.71	-.566	.572
	20-35	174	2.40	.76		

**Table 2.** Analysis results of the research group according to sports frequency variables (Kruskal Wallis H test)

Sub-dimensions	Sports frequency	N	Mean	Sd	X <sup>2</sup>	P	U test
Fear of appearing incompetent and concern over others' impressions	a-Everyday	88	2.20	.61	11.662	.009*	a<c,d
	b-Twice a week	122	2.29	.68			
	c-Once a week	94	2.50	.63			
	d-Once a month	6	2.37	.22			
Fear of appearing unable to cope with pressure	a-Everyday	88	2.31	.80	7.373	.061	
	b-Twice a week	122	2.25	.77			
	c-Once a week	94	2.48	.64			
	d-Once a month	6	2.66	.29			
Concern over current form	a-Everyday	88	2.31	.77	16.778	.001*	b<c,d
	b-Twice a week	122	2.25	.74			
	c-Once a week	94	2.58	.67			
	d-Once a month	6	2.55	.45			

**Table 3.** Analysis results of the research group according to sports partner choice variables (Kruskal Wallis H test)

Sub-dimensions	Choice of Sports Partner	N	Mean	Sd	X <sup>2</sup>	p	U test
Fear of appearing incompetent and concern over others' impressions	a-On my own	20	2.00	.58	20.401	.000*	a<b c<b
	b-With my friends	279	2.38	.64			
	c-With my family	11	1.60	.30			
Fear of appearing unable to cope with pressure	a-On my own	20	2.11	.69	6.421	.056	
	b-With my family	279	2.38	.75			
	c-With my family	11	1.93	.55			
Concern over current form	a-On my own	20	2.30	.77	11.940	.003*	b>c
	b-With my friends	279	2.41	.73			
	c-With my family	11	1.66	.42			

### Discussoin

This study evaluated volunteer participants' competitive self-presentation who played football on artificial turf.

The research results indicate that for those who were in the 15-19 age group compared to those who in the 20-35 age group, according to the age variable, there is a statistical significance for the 15-19 age group at the sub-dimensions of fear of appearing incompetent and convey over others' impressions and fear of appearing unable to cope with pressure. This difference may stem from the younger group sparing more time for sports and exercise: 76.5% of the 15-19 age group participated in sports everyday and twice a

week, compared to 51.4% of participants in the 20-35 age group. The statistical difference may result from the finding that self-presentation of those who engage in exercise activities more is higher than those who do not (Gammage et al., 2004). This is also parallel to the analysis results conducted according to sports frequency in the relevant study (Table 2).

However, some researchers who obtained different results concluded that the scores of self-presentation of the university students who participated in exercise did not differ from according to the physical activity level (Conroy and Motl, 2003).This makes think that this

situation can be resulted from that the sample group took place in the different age category rather than sex difference category. Because, there are studies showing that the variable of sex does not differ from on the self-presentation (Wong et al., 1993; Martin and Mack, 1996; Conroy and Motl, 2003). The factors that have an impact on this situation are demonstrated as that the exercise types in which the females and males participated differed according to the sex roles and the participants arranged their self-presentations according to the exercise program to which they attended (Altıntaş, et al., 2007). In the literature, there are some studies examining the correlation between the self-presentation in the environment of exercise and the exercise behaviors (Conroy et al., 2000; Hausenblas et al., 2004; Leary, 1992; Prapavessis, 2004; Prapavessis, Grove and Eklund, 2004). According to the studies of these researchers, the individuals want to be successful in the exercise by choosing the exercise type, the time of the exercise and the frequency of the exercise according to their own capability (Altıntaş, et al., 2007). It has been stated that the self-presentation that plays an important role in understanding the exercise behaviors do not differ according to such exercise behaviors as frequency of the exercise (Conroy et al., 2000), exercise type and exercise time (Lindwall, 2005). According to a conducted study, the self-presentations of the ones who regularly take exercise are higher than the self-presentations of the ones who do not take exercise or who take a little exercise (Martin, Sinden and Fleming, 2000).

The choice of sports partner presents yet another interesting research result. Accordingly, the average score of those who choose to exercise on their own or with their family is lower than the group who chose to exercise with friends (Table 3). It is seen that those who engage in sports on his/her own or with his/her

family do not experience fear of appearing competent or concern over others' impressions as well as do not experience the fear of being unable to cope with pressure. Contrastingly, it is seen that with the presence of friends there is an increase in the reporting of these fears. So, the self-presentation levels can be high.

Karademir et al., (2012), in their study, found that in order for athletes to display high performance as well as gain the credit of their trainer, friends and supporters is of importance. The results of the current study are parallel. In addition, the exercises that are taken individually or with a team can also affect the self-presentation. Wong et al. (1993) found that the scores of self-presentation of the ones who make team sport is higher than the scores of self-presentation of the ones who make individual sport. However, according to another study in which a different result was obtained, it has been stated that for most of the ones who make individual sport, this individual sport may be effective in attending to fitness programs in which physical appearance is important and also receiving appreciation of other people (Altıntaş, et al., 2007). One study found that people's reasons for engaging in sport and their sport preferences were directly related to salient aspects of their identity. Respondents who placed greater importance on personal identity emphasized personal reasons for engaging in sports and preferred to participate in individual rather than team sports. In contrast, those who placed more importance on social aspects of identity more strongly endorsed social reasons for participating in sports and expressed a greater preference for team sports (Leary, Wheeler, & Jenkins, 1986). Furthermore, it seems that an important reason for sport participation is the motivation to claim the social identity of an athletic person (Grove & Dodder, 1982). In addition, the relevant literature also states that the will of athletes with high self-presentation for leaving

good impression on others, as well as gaining credit and impressing them, enhances their motivation (Leary, 1995).

### **Conclusion**

The results of this study revealed that the fear of appearing incompetent and being unable to cope with pressure is low among those who are in younger age groups, and the fear of appearing incompetent and effort in impressing others are lower among those who spare more time for sports and exercise compared to those who engage in fewer sports. Furthermore, it has been identified that concern over other's impressions and concern over current form of those who engage in sports with friends are higher compared to those who do sports on their own and with family.

It is understandable that people sometimes behave in ways intended to create certain impressions in other people's eyes. Self-presentation, also referred to as impression management, refers to the processes by which people monitor and control how they are perceived and evaluated by others (Schlenker, 1980). The term "impression management" may suggest pretense and deliberate attempts to convey false images of oneself, but in actuality, the images people try to convey are usually consistent with how they see themselves. That is, self-presentation typically involves the selective presentation of self-relevant information and characteristics that will make desired impressions, and, the selective nondisclosure of information and characteristics that will create undesired impressions (Leary, 1995).

### **References**

- Altıntaş, A., Aşçı, F. H., & Özenir, B. T., (2007). An Examination of Self-Presentation in Exercise Contexts With Regard to Gender and Exercise Behavior Variables. *Hacettepe J. Of Sport Sciences*. 18 (2), 91-99
- Çağlar, E., Altıntaş, A., & Aşçı, F. H. (2008). Validity and Reliability Study of Competitive Self-Presentation Scale. 10. *International Sport Sciences Congress*. October 23-25, Bolu, Turkey.
- Conroy, D. E. & Motl, R. W. (2003). Modification, cross-validation, invariance, and latent mean structure of the self presentation in exercise questionnaire. *Measurement in Physical Education and Exercise Science*. 7:1-18.
- Conroy, D. E., Motl, R. W. & Hall, E. G. (2000). Progress toward construct validation of the self presentation in exercise questionnaire (SPEQ). *Journal of Sport & Exercise Psychology*. 22, 21-38.
- Gammage, K. L., Hall, C. R., & Ginis, K. A. M. (2004). Self presentation in exercise contexts: Differences between high and low frequency exercisers. *Journal of Applied Social Psychology*. 34, 8, 1638-3651.
- Grove, J. R. & Dodder, R. A. (1982). Constructing measures to assess perceptions of sport functions: An exploratory investigation. *International Journal of Sport Psychology*. 13, 106.
- Hausenblas, H. A., Brewer, B. W. & Van Raalte, L. (2004). Self presentation and exercise. *Journal of Applied Sport Psychology*. 16, 3-18.
- James, B., & Collins, D. (1997). Self-presentational sources of competitive stress during performance. *Journal of Sport and Exercise Psychology*. 19 (1), 17-35.
- Karademir, T., Türkçapar, Ü., Döşyılmaz, E., & Açak, M. (2012). Evaluation of the Correlation between Self Esteem and Competitive Self Presentation in Weightlifters. 2nd *International Social Sciences in*

- Physical Education and Sport Congress.* May 31-June 2, Ankara, Turkey.
- Kula, N. (2001). *Identity and Religion.* İstanbul: Ayışığı Press,
- Leary, M. R. (1995). *Self-Presentation: Impression Management and Interpersonal Behavior.* Dubuque: WCB Brown and Benchmark
- Leary, M. R. (1992). Self Presentational Processes in Exercise and Sport. *Journal of Sport and Exercise Psychology.* 14: 339-351.
- Leary, M. R., Wheeler, D. S., & Jenkins, T. B. (1986). Aspects of Identity and Behavioral Preference - Studies of Occupational and Recreational Choice. *Social Psychology Quarterly.* 49, 11-18.
- Lindwall, M. (2005). Examining the validity of a Swedish version of the selfpresentation in exercise questionnaire. *Measurement in Physical Education and Exercise Science.* 9, 113-134.
- Martin, K. A., Sinden, A. R. & Fleming, J. C. (2000). Inactivity may be hazardous to your image: The effects of exercise participation on impression formation. *Journal of Sport & Exercise Psychology.* 22, 283-291.
- Martin, K.A., & Mack, D. (1996). Relationship between physical self presentation and sport competition trait anxiety: A preliminary study. *Journal of Sport & Exercise Psychology.* 18: 75-82.
- Prapavessis, H. (2004). Introduction to the special issue: Self presentation in exercise and sport. *Journal of Applied Sport Psychology,* 16, 1-2.
- Prapavessis, H., Grove, J. R. & Eklund, R. C. (2004). Self presentational issues in competition and sport. *Journal of Applied Sport Psychology.* 16, 19-40.
- Schlenker, B. R. (1980). *Impression management: The self-concept, social identity, and interpersonal relations.* Monterey, California: Brooks/Cole.
- Williams, M., Hudson, J., & Lawson, R.J. (1999). Self-presentation in sport: Initial development of a scale for measuring athletes' competitive self-presentation concerns. *Social Behavior and Personality,* 27 (5), 487-502
- Wong, E. H., Lox, C. L. & Clark, S. E. (1993). Relation between sports context, competitive trait anxiety, perceived ability, and self presentation confidence. *Perceptual and Motor Skills.* 76; 847-850.