

According To the Perceptions of Wrestling Athletes, The Relationship of The Unethical Behavior of The Coach with The Mental Toughness of The Athlete

Güreş Sporcularının Algılarına Göre Antrenörün Etik Dışı Davranışlarının Sporçudaki Zihinsel Dayanıklılık ile İlişkisi

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Abstract: The aim of this research is to determine the relationship of the unethical behavior of the trainer with the mental endurance of the athlete according to the perceptions of wrestling athletes. In the study, the Personal Information Form created by the researchers, the Athlete Perception Scale Related to Unethical Behavior of the Coach developed by Güven ve Öncü (2012) and the Mental Endurance Inventory developed by Sheard, Golby and Van Wersch (2009) and adapted to Turkish by Altıntaş (2015) were used as data collection tools to learn some demographic information of the participants. Descriptive statistics, t-test, one-way analysis of variance (ANOVA), tukey multiple comparison, Pearson correlation tests were used in the analysis of the data. As a result of the findings obtained, while there was no significant difference in terms of gender variable of unethical behavior of coaches and mental toughness of athletes according to the perceptions of athletes, there was a meaningful difference in terms of marital status variable of athletes. According to the perceptions of athletes, unethical behavior of coaches; while notable differences were observed when the athlete's age, education level, parents' education level were evaluated in terms of sports year variables, mental toughness of athletes was not remarkably dissimilar when the athlete's age, education level, parents' education level were evaluated in terms of sports year variables. According to the result of the correlation analysis between the Athlete Perception Scale Related to the Unethical Behavior of the Coach and the Mental Toughness Inventory in Sports, it can be explained that there is a midlevel relationship negatively. As a result, it can be stated that the mental toughness of the athlete increases as the unethical behavior of the coaches decreases.

Keywords: Coach, ethics, mental toughness, wrestling.

Özet: Bu araştırmanın amacı güreş sporcularının algılarına göre antrenörün etik dışı davranışlarının sporçudaki zihinsel dayanıklılık ile ilişkisini belirlemektir. Araştırmada veri toplama aracı olarak katılımcıların bazı demografik bilgilerini öğrenmek için araştırmacılar tarafından oluşturulan Kişisel Bilgi Formu, Güven ve Öncü (2012) tarafından geliştirilen Antrenörün Etik Dışı Davranışları ile İlgili Sporcu Algısı ölçeği ve Sheard, Golby ve Van Wersch (2009) tarafından geliştirilen ve Altıntaş (2015) tarafından Türkçe'ye uyarlanan Zihinsel Dayanıklılık Envanteri kullanılmıştır. Verilerin analizinde ise betimsel istatistikler, t testi, tek yönlü varyans analizi (ANOVA), Tukey çoklu karşılaştırma, Pearson korelasyon testleri kullanılmıştır. Elde edilen bulgular sonucunda sporcuların algılarına göre antrenörlerin etik dışı davranışları ve sporcuların zihinsel dayanıklılıkları cinsiyet değişkeni açısından anlamlı farklılık bulunmazken, sporcuların medeni durum değişkeni açısından anlamlı farklılık bulunmuştur. Sporcuların algılarına göre antrenörlerin etik dışı davranışları; sporcu yaşı, eğitim seviyesi, anne-baba eğitim seviyesi spor yılı değişkenleri açısından değerlendirildiğinde anlamlı farklılık görülürken, sporcuların zihinsel dayanıklılıkları sporcu yaşı, eğitim seviyesi, anne-baba eğitim seviyesi spor yılı değişkenleri açısından değerlendirildiğinde anlamlı farklılık görülmemiştir. Antrenörün Etik Dışı Davranışları ile İlgili Sporcu Algısı Ölçeği ile Sporda Zihinsel Dayanıklılık Envanteri arasındaki korelasyon analizi sonucuna göre negatif yönde orta düzeyde bir ilişki olduğu söylenebilir. Sonuç olarak antrenörlerin etik dışı davranışları azaldıkça sporçunun zihinsel dayanıklılığı arttığı söylenebilir.

Anahtar Kelimeler: Antrenör, etik, zihinsel dayanıklılık, güreş.

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INTRODUCTION

Coaches are people who teach athletes the rules and tactics of sports, prepare them for competitions by discovering and developing their abilities, teach and apply styles and strategies, track the development of their athletes by setting short-medium and long-term goals, share their knowledge and experience with athletes, and create a fraternal environment for team harmony and solidarity. At the same time, coaches identify the missing points of athletes and prepare them for the matches both physically and psychologically (Dolaşır, 2006). Coaches, who have such an important role in the sports environment, should know how athletes feel during training, during and after competitions, or in win-loss situations, and should be able to put themselves in the athletes' shoes (Karakoç et al., 2011).

In short, coaches are sportsmen who are role models to athletes with their knowledge and personalities. Athletes reflect on themselves, albeit unintentionally, by constantly observing the behavior of their coaches. Therefore, the ability of coaches to set out ethical principles in their behavior has an important impact on athletes' adoption of these principles. For this reason, coaches are substantial for athletes. The US Olympic committee has stated that one of the most important roles of coaches is to communicate well with their athletes and help them develop in a positive way. The primary source

of this communication is what coaches expect from athletes and determine the appropriate behaviors to meet these expectations. The ethical principles of coaches are essential in determining these behaviors because these behaviors should be determined by ethical principles (Desensi and Rosenberg, 1996).

The behavior exhibited by the trainer should be of acceptable value in a human dimension because some negative behaviors of coaches can lead to quitting the sport by reducing the athlete's satisfaction level, reducing the fun factor and causing the athlete to experience frustration. In other words, coaching, as in all professions, is expected to follow a professional ethics based on universal values (Dolaşır-Tuncel and Büyükoztürk, 2009).

Mental toughness, a concept often used in the field of sports psychology, was first introduced in 1982 by Loehr, a sports psychology specialist whose goal is to improve athletic performance (Clough and Strycharczyk, 2012). Along with a scientific study called "Mental toughness training in achieving athletic excellence in sports" conducted by Loehr (1982), the concept of mental toughness began to be born. In the following periods, mental toughness began to be recognized and widespread all over the world with newspaper

articles written on sports (Clough and Strycharczyk, 2012). This emerging concept has been described by multiple researchers. Looking at some of these definitions: Loehr (1982) described people with high mental toughness as people who have a disciplined thinking structure, who can remain calm, relaxed and positive even under pressure. Jones, Hanton and Connaughton (2007) defined mental toughness as the ability to cope with negativity, stress, pressure, failure and misfortunes, avoid giving up and stay in control under stress. In another definition, mental toughness is defined as the ability to achieve personal goals in the face of pressure created by different sources of stress (Hardy, Bell and Beattie, 2014)

Athletes complete their preparations before a competition or race, perform negatively and face failures when they are physically ready and mentally unprepared. Although athletes are in good physical condition, their poor performance in competitions makes mental toughness an important factor for athletes and coaches in the field of sports psychology (Altıntaş, 2015; Sari, Sağ and Demir, 2020). In recent years, with the appreciation of competition in sports and the increasing increase in this situation, athletes have been making efforts to strengthen themselves psychologically and physically. In such a situation, it is seen that not only physical strength is sufficient to achieve success, but also psychological factors are a factor (Moralı and Tiryaki, 1990). Mental toughness has been emphasized as an important psychological contribution to successful performance (Gould, Hodge, Peterson, & Petlichkoff, 1987).

The display of unethical behaviors by coaches, distancing themselves from the purpose of sports, creates negative impacts on athletes. These unethical behaviors can adversely affect athletes' performance, motivation, and their overall relationship with sports. Therefore, it is extremely important to identify and address these behaviors. However, when we look at the literature, it is seen that there are not enough studies on the subject (Constandt, Waegeneer & Willem, 2018; Güvendi & Keskin, 2020). This situation can prevent a full understanding of the unethical behaviors of coaches and their effects on athletes. Our aim in conducting this study is to fill the existing knowledge gap on this subject to some extent and to contribute to the literature. A specific focus of this research is to determine the relationship between mental toughness in athletes and the unethical behaviors of coaches, according to the perception of wrestlers. Mental toughness is a crucial element for an athlete, and coaches' behaviors can have a significant impact on this. In addition, one of the goals of our research is to determine whether the unethical behaviors of coaches vary according to different variables (such as age, gender, education level, etc.). This will help us understand under what conditions coaches exhibit more unethical behavior. In conclusion, this research aims to help gain more information about coaches' unethical behaviors and their impacts on athletes and to create greater awareness on this subject.

METHODS

Research Model: Relational screening model, one of the screening models aiming to describe a situation that existed

in the past or still exists, has been used in the research. Relational screening model is a model that aims to determine the presence or degree of change between two or more variables (Karasar, 2012).

Purpose of the research: The aim of this research is to determine the relationship of the unethical behavior of the trainer with the mental endurance of the athlete according to the perceptions of wrestling athletes.

Research Group: The universe of the research consists of athletes who are actively engaged in wrestling. The sample group, selected by random sampling method, is made up of athletes actively engaged in wrestling.

Tablo 1: Demographic Variables of the Participants

		n	%
Gender	Female	62	39,5
	Male	95	60,5
Age	14-19 y.o	47	29,9
	20-25 y.o	78	49,6
	26 and above	32	20,5
Marital status	Married	35	22,3
	Single	122	77,7
Educational Status	High School	40	25,5
	University	99	63,0
	Master Degree	18	11,5
Mother's Educational Status	Primary School	58	36,9
	Secondary School	34	21,7
	High School	36	22,9
	University	29	18,4
Father's Educational Status	Primary School	33	21,0
	Secondary School	50	31,8
	High School	37	23,6
	University	37	23,6
Sport Age	1-6 y.o	31	19,7
	7-12 y.o	91	58,0
	13 y.o and above	35	22,3
		157	100,00

Data Collection: The data collection tools used in this research have been completed online. Participants reached the internet address where online data collection tools were provided via their computers or smartphones. In these online forms, there is a text in which the purpose of the research is explained first. After that, the participants were provided with detailed information via the voluntary participation Consent Form. After reading and approving the voluntary participation Consent Form, the participants accessed the data collection tools and entered the information requested from them.

Personal Information Form: It consists of questions to determine the personal information of the participants. The questions in this section are gender, age marital status, education status, parents' education level, sports year, and nationality status.

The Athlete Perception Scale Related to Unethical Behavior of the Coach: The scale developed by Güven and Öncü (2012) consists of 19 items and three factors, namely, the coach-athlete relationship dimension, the sportsmanship dimension, and the personality traits dimension. The scale is also unifactorial, and it is deemed appropriate to use the scale as unifactorial in addition to using it as a three-factor scale. It is of the 5-point Likert Scale type, which is expressed as I Completely Agree (5), I Do Not Agree At All (1) (Güven and Öncü, 2012). The Cronbach's alpha coefficient of the scale is .93. As a result of the reliability analysis conducted within the

scope of the current study, the Cronbach's alpha coefficient, determined as the internal consistency, is calculated as .99.

Sports Mental Toughness Questionnaire (SMTQ): The Sport Mental Toughness Questionnaire (SMTQ-14) developed by Sheard, Golby and Van Wersch (2009) to determine the mental toughness levels of athletes consists of a total of 14 items. The inventory, which consists of three sub-dimensions (trust, continuity and control) in addition to general mental toughness, is of the quadruple likert type. Cronbach Alpha values for the sub-dimensions of the inventory, for the trust sub-dimension ,81; for the continuity sub-dimension,74; for the control sub-dimension ,71; in total, the internal consistency coefficient was determined as ,81 (Sheard et al., 2009). The Turkish adaptation study of the Sport Mental Toughness Questionnaire (SMTQ) was conducted by Altıntaş (2015). As a result of the reliability analysis conducted within the scope of the current study, the cronbach alpha coefficient number determined as the internal consistency is calculated as .72.

Analysis of Data: The data were analyzed with SPSS 24 package program. After checking the incomplete or incorrect data entry, the kurtosis and skewness values of the data taken for analysis were examined. It was determined that these values are in the range of -1.5 and +1.5. For this reason, parametric analyses were used in the analysis of the data (Tabachnick & Fidell, 2013). The significance level was determined as 0.05 in the analyses. The data were analyzed by descriptive statistics, t test, anova, Pearson Correlation test. While the t test was used in the analyses comparing the unethical behavior of the coach and mental toughness between the two groups, the Anova test was used in the comparison of more than two groups. If there is a significant difference in the anova test, the Tukey test was used to determine where the difference was caused. The relationship between the unethical behavior of the coach and mental Decency was evaluated by Pearson Correlation Analysis.

Table 2. Skewness and Kurtosis Values of the Measurement Tools

	Skewness	Kurtosis
The Scale of Unethical Behavior of the Coach	,642	-1,222
Mental Toughness Inventory	,267	1,063

According to Table 2, when the kurtosis and skewness values obtained from the scales are examined, it is seen that they are between +1.5 and -1.5 . Accordingly, it was considered appropriate to use parametric tests in the analysis of our study (Tabachnick & Fidell, 2013)

RESULTS

The findings of the study conducted in order to investigate whether athletes' mental toughness differs according to the perception of unethical behavior they perceive from their coaches by examining whether it differs according to some independent variables are as follows.

Table 3. T-Test analysis of the mental toughness inventory with the athlete perception scale related to coaches' perception of unethical behavior according to gender and marital status.

Scales	Gender	n	Avg.± SD.	t	p
The Athlete Perception Scale Related to the Unethical Behavior of the Coach	Male	95	2,46±1,541	-,51	,611
	Female	62	2,59±1,632		
Mental Toughness Inventory	Male	95	2,71±,529	,83	,480
	Female	62	2,65±,321		
	Marital Status	n	Avg.± SD.	t	p
The Athlete Perception Scale Related to the Unethical Behavior of the Coach	Married	35	3,25±1,655	3,252	,001
	Single	122	2,29±1,489		
Mental Toughness Inventory	Married	35	2,55±,390	-2,09	,038
	Single	122	2,73±,465		

According to Table 3, there were no significant differences in the gender variable analyses of the total score of the athlete perception scale and the total score of the mental toughness inventory related to the coaches' perception of unethical behavior. A significant difference was observed in the analysis of the total score of the mental toughness inventory and the athlete perception scale related to the coaches' perception of unethical behavior in terms of marital status variable.

According to Table 4, a significant difference was reached in the analysis of the total score of the athlete perception scale related to the coach's unethical behavior in terms of the athlete's age, education level, parents' education level and sports year variables. It is shown in table 4 which of the groups have these significant differences. There was no significant difference in the analyses of the total score of the mental toughness inventory in terms of athlete age, education level, parents' education level and sports year variables.

According to Table 5, based on the correlation analysis of the Athlete Perception scale and the Mental Toughness Inventory related to the Unethical Behavior of the Coach, it was found that there is a moderate level of significant relationship in a negative direction.

Table 4. Athlete age, educational status, mother educational status, father educational status, Anova analysis according to the sports year variable

Scales	Age	n	Avg.± SD.	f	p	Difference
The Athlete Perception Scale Related to the Unethical Behavior of the Coach	14-19y.o	47	1,94±1,458	5,083	,007	20-25>14-19
	20-25y.o	78	2,65±1,605			
	26+y.o	32	2,98±1,461			
Mental Toughness Inventory	14-19y.o	47	2,80±,460	2,164	,118	----
	20-25y.o	78	2,67±,445			
	26+y.o	32	2,59±,454			
Educational Status		n	Avg.± SD.	f	p	Difference
The Athlete Perception Scale Related to the Unethical Behavior of the Coach	High School	40	2,31±1,644	3,814	,024	Master Degree>High School/University
	University	99	2,42±1,508			
	Master Degree	18	3,45±1,530			
Mental Toughness Inventory	High School	40	2,74±,438	1,445	,239	----
	University	99	2,70±,477			
	Master Degree	18	2,53±,327			
Mother's Educational Status		n	Avg.± SD.	f	p	Difference
The Athlete Perception Scale Related to the Unethical Behavior of the Coach	Primary Schol	58	2,03±1,287	2,951	,035	High School>Primary School
	SecondarySchool	34	2,69±1,618			
	High School	36	2,87±1,700			
	University	29	2,79±1,723			
Mental Toughness Inventory	Primary School	58	2,80±,465	2,640	,062	----
	SecondarySchool	34	2,71±,497			
	High School	36	2,62±,493			
	University	29	2,54±,240			
Father's Educational Status		n	Avg.± SD.	f	p	Difference
The Athlete Perception Scale Related to the Unethical Behavior of the Coach	Primary Schol	33	2,35±1,517	4,324	,006	University>High School/Secondary School
	SecondarySchool	50	2,25±1,462			
	High School	37	2,21±1,450			
	University	37	3,29±1,684			
Mental Toughness Inventory	Primary School	33	2,85±,448	2,234	,087	----
	SecondarySchool	50	2,67±,516			
	High School	37	2,69±,437			
	University	37	2,58±,354			
Sport Year		n	Avg.± SD.	f	p	Difference
The Athlete Perception Scale Related to the Unethical Behavior of the Coach	1-6 years	31	1,86±1,026	4,136	,018	13+years>1-6years
	7-12 years	91	2,27±1,623			
	13+ years	35	2,93±1,659			
Mental Toughness Inventory	1-6 years	31	2,76±,356	1,356	,261	13+years>1-6years
	7-12 year	91	2,71±,482			
	13+ years	35	2,58±,446			

Table 5. Correlation analysis of the mental toughness inventory with the athlete perception scale related to the unethical behavior of the coach

		The Athlete Perception Scale Related to the Unethical Behavior of the Coach	Mental Toughness Inventory
The Athlete Perception Scale Related to the Unethical Behavior of the Coach	r		-,446
	p		,000
	n		157
Mental Toughness Inventory	r	-,446	
	p	,000	
	n	157	

DISCUSSION

The aim of this research is to determine the relationship of unethical behavior of the wrestling coach with mental toughness in the athlete according to the perceptions of athletes. When the analyses were evaluated in general, there was no significant difference when the unethical behaviors that the athletes in the research group perceived from their coaches and the mental toughness that occurred in them were examined within the framework of gender variables. When the marital status of the athletes was examined, there was a

significant difference in the athlete perception scale related to the unethical behavior of the coach, while there was no significant difference in the mental toughness scale. When the educational status of the athletes was examined, there was a significant difference in the athlete perception scale related to the unethical behavior of the coach, while there was no significant difference according to the mental toughness scale. When the educational status of the mothers of the athletes was examined, there was a significant difference in

the unethical behavior scale of the coach, while there was no significant difference in the mental toughness scale. When the educational status of the fathers of the athletes was examined, there was a significant difference in the unethical behavior scale of the coach, while there was no significant difference in the mental toughness scale. According to the sports age variable of the athletes, there was again a significant difference in the coach's unethical behavior scale, while there was no significant difference in the self-esteem scale.

The evaluation of this research by taking into account previous research may enable the subject to be considered more comprehensively. Therefore, the above-mentioned analysis results will be compared with the analysis results of other studies in the literature.

When the total score of the athlete perception scale related to the unethical behavior of the coach was evaluated in terms of gender variable, no significant difference was found. There are studies that support this finding when the field is examined in the summer (Caz, 2019; Certel, Alkış and Gülpınar, 2019; Güvendi and Işım, 2019; Güven and Öncü, 2012). However, in the research conducted by Dolaşır-Tuncel and Büyüköztürk (2009) on national athletes and coaches, it was stated that female athletes found their coaches' compliance with ethical principles higher than male athletes. This is due to the fact that the scales used in the studies are different, the differentiation of the samples (number, occupation, etc.), it can be said that it is caused by social and cultural differences and the difference in the structure of thought between men and women. However, Gilligan states that society has more expectations of women in the theory of moral development that he puts forward, and the difference between men and women is due to their point of view. When the mental toughness total score was evaluated in terms of gender variable, there was no significant difference as in the coach's unethical behavior scale. Again, as a result of field summer reviews, there are many studies that support the findings of this study (Bektaş and Özben, 2016; Kalkavan, Acet and Çakır, 2017; Sarı, Sağ and Demir, 2020). All these studies are in parallel with the findings of this research. On the other hand, in a study conducted on Pakistani tennis athletes, it has been stated that men have a higher mental endurance score than women (Masum, 2014). In the same way, it has been stated that the continuity score of mental toughness of men who play team sports is higher than that of women athletes (Yarayan, Yıldız and Gülşen, 2018). In addition, Newland, Newton, Finch, Harbke and Podlog (2013) and Nicholls et al. as stated in the research conducted by (2009), mental toughness scores differ significantly according to gender. As a result, we can say that research on gender and mental toughness shows different results.

A significant difference was found when the total score of the athlete perception scale related to the unethical behavior of the coach was evaluated in terms of the marital status variable. When the field is examined in the summer, there are studies that support our study finding (Erdoğan, 2020; Taban, 2020; Ünal, 2021). On the other hand, Arıkök (2017) could not detect a significant difference between the marital status variable and the unethical behavior of the coach in his study. Again, in the study conducted by Çaliker (2021), he could not

find a significant difference between the marital status variable and the unethical behavior of the coach. In this direction, it can be said that the perception about unethical behavior of coaches is affected in terms of marital status variable. A significant difference was observed when the total score of the mental toughness inventory was evaluated in terms of the marital status variable. As a result of the reviews of the field literature, there are studies to support these study findings (Peke, 2020; Ünver, 2021). However, in the studies conducted by Uçar and Kaplan (2020) and Dede (2019), it was reported that there was no significant difference between the marital status variable and the total mental endurance score. Although research groups and scales differ, it can be said that the marital status variable may affect mental toughness at least slightly.

A meaningful difference was found when the total score of the athlete perception scale related to the unethical behavior of the coach was evaluated in terms of the athlete age variable. It is observed that this significant difference is in favor of 20-25 years between 20-25 years and 14-19 years. When the field is examined in the summer, there are studies that support the findings of this study (Güvendi and Işım 2019; Güvendi and Keskin, 2020, Çeviker, 2017). However, Dolaşır (2005) did not reach a purposeful difference when he considered the level of compliance of coaches of national team athletes with professional ethical principles in terms of athlete age variable. The same situation was reported in Çeviker's (2013) study. When looking at the literature, there was a significant difference between the age of athletes and their perceptions of unethical behavior of coaches in some studies, while there was no statistically significant difference in some studies. The differentiation of the samples of this situation (number, occupation, etc.), can be said to be caused by social and cultural differences. When the total score of the mental toughness inventory was evaluated in terms of the athlete age variable, no expressive difference was observed. When the field is examined in the summer, there are studies that support this situation (Sarı, Sağ and Demir, 2020; Kalkavan, Acet and Çakır, 2017). However, there is a significant difference between mental endurance and the age variable of athletes in studies (Marchant, et al., 2009; Yıldız, 2017). It can be considered that the research group of our study is a relatively homogeneous group because it is only wrestling athletes, and therefore there is no significant difference in terms of age.

A significant difference was found when the total score of the athlete perception scale related to the unethical behavior of the coach was evaluated in terms of the educational level variable. It has been observed that this significant difference is in favor of master's degree between master's degree and high school/undergraduate. When the field was examined in the summer, studies supporting this finding were found (Çeviker, 2017; Kayır and Özbek 2021; Dolaşır 2005). However, there are studies in which there is no significant relationship between the unethical behavior of the coach and the educational status variable (Tapan, 2020; Certel, Alkış, & Gürpınar, 2018). A significant difference is seen when the total score of the athlete perception scale related to the unethical behavior of the coach is evaluated in terms of the maternal education level variable. It has been observed that

this significant difference is in favor of high school between high school and elementary. On the other hand, when looking at the studies conducted, there is also a study in which there is a significant difference between the athlete perception scale related to the unethical behavior of the coach and the level of maternal education (Çeliker, 2021). In addition, a notable difference was also observed when the total score of the athlete perception scale related to the unethical behavior of the coach was evaluated in terms of the father's education level variable. It can be said that this significant difference is in favor of undergraduate between undergraduate and high school/middle school. Only one study has been found in the literature to support this finding (Çeliker, 2021).

When the mental toughness inventory total score was evaluated in terms of the education level variable, no meaningful difference was found. It can be predicted that mental toughness will increase as the level of education increases. For instance, it can be expected that athletes studying at the university will have higher levels of mental toughness compared to athletes at the elementary and high school levels. However, according to the results of the analysis, no important difference was found in terms of educational status. In a current research conducted on this subject, it has also been determined that total mental toughness does not differ according to educational status (Gölge, 2019). In a way that contradicts these findings, Crust et al. (2014) stated that mental toughness is related to education. Şahinler and Ersoy (2019), on the other hand, stated that there is a notable difference in mental toughness score according to the educational status variable. When these results, which differ from each other, are evaluated, it can be said that the relationship between educational status and mental endurance should be examined in more detail. Also, when mental toughness was evaluated in terms of maternal education level and paternal education level, it was found that no significant differentiation was observed. Eroğlu, Ünveren, Ayna, and Müftüoğlu (2020) also reported in their study that there was no significant difference between the educational level of parents and the mental toughness scale.

A significant difference was observed when the total score of the athlete perception scale related to the unethical behavior of the coach was evaluated in terms of the year of sportsmanship. When this significant difference was compared between 13 and above sports years and 1-6 sports years, it was seen that it was in favor of athletes with 13 and more sports years. When the studies are examined, there are studies that support these research findings (Çeliker, 2021; Kayır and Özbek 2021). On the other hand, contrary to this finding, there are studies in which there is no significant difference (Caz, 2019; Sarıkol, 2021). It is thought that the fact that athletes with a low sports age find their coaches' perceptions of unethical behavior to be low will depend on the new learning of ethical principles in sports. It can be argued that this situation is due to the fact that wrestlers who are under the age of sports do not have much experience from an ethical point of view. When the total score of the mental toughness inventory was evaluated in terms of sports year, there was no significant difference. There are studies in the literature that support this research finding (Kurtay, 2018; Uçar and Kaplan, 2020). On the other hand, mental health is

present in studies where there is a significant difference between mental toughness and the sports year variable (Bahadır and Adiloğulları, 2020; Nicholls et al., 2009; Yarayan et al., 2018;).

The aim of this research is to determine the relationship of unethical behavior of the wrestling coach with mental toughness in the athlete according to the perceptions of athletes. When the analyses were examined, according to the perceptions of the wrestling athletes who formed the research group, the unethical behavior of their coaches did not show a notable difference in the gender variable, while marital status, age, education level, parent education level and sports year showed a significant difference in terms of variables. Additionally, while the mental toughness of the wrestling athletes in the research group revealed a significant difference in terms of marital status variable; no significant difference was observed in terms of gender, age, education level, parent education level and sports year variables. According to the correlation analysis results between the athlete perception scale and the mental endurance inventory related to the unethical behavior of the coach, it was found that there is a moderate relationship in a negative direction. This means that if the unethical behavior of the coach is excessive, the mental toughness of the athlete is low, and if the unethical behavior of the coach is low, it can be said that the mental toughness of the athlete is high.

There are also some limitations in this research. Firstly, the fact that this research was conducted only with wrestling athletes can be stated as a limitation. Therefore, in future research, it can be determined whether there is a difference between different sports branches. The second limitation of the research is that it is a cross-sectional research. For this reason, longitudinal research can be used to examine the unethical behaviors that athletes perceive from their coaches and the change in mental endurance during the process. Thirdly, this research is a descriptive research. For this reason, the research to be carried out after this may address this issue with an experimental design. Finally, considering the unethical behavior of coaches according to athletes' perceptions and the importance of mental toughness for athletes, research can also be conducted to determine/increase the level of knowledge and skills of coaches, athletes and sports psychologists related to mental toughness.

Etik Metni: In the research process of this article, journal writing rules, publication principles, research and publication ethics rules, journal ethics rules have been followed. Responsibility for any violations that may arise related to the article belongs to the author. XXX Social and Humanities Ethical Decision Number: 02/04.

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GENİŞLETİLMİŞ ÖZET

Çalışmanın Amacı: Bu araştırmanın amacı güreş sporcularının algılarına göre antrenörün etik dışı davranışlarının sporcudaki zihinsel dayanıklılık ile ilişkisini belirlemektir.

Literatür Araştırması: Antrenörün sergilediği davranış insanı boyutta kabul edilebilir değerde olmalıdır. Çünkü antrenörlerin bazı olumsuz davranışları sporcunun memnuniyet düzeyini düşürerek, eğlence faktörünü azaltarak ve sporcunun hayal kırıklığı yaşamasına neden olarak sporu bırakmasına yol açabilir. Diğer bir deyişle, tüm mesleklerde olduğu gibi koçluğun da evrensel değerlere dayalı bir mesleki etik izlemesi beklenir (Dolaşır-Tuncel ve Büyüköztürk, 2009)

Sporcular yarışma veya müsabaka öncesi hazırlıklarını tamamlayıp, fiziksel olarak hazır olup zihinsel olarak hazır olmadıkları zaman olumsuz performans göstermekte ve başarısızlıkları ile karşı karşıya gelmektedirler. Sporcuların fiziksel olarak iyi durumda olmalarına rağmen yarışmalarda düşük performans sergilemeleri zihinsel dayanıklılığı spor psikolojisi alanında sporcular ve antrenörler için önemli bir hale getirmektedir (Altıntaş, 2015; Sarı, Sağ ve Demir, 2020). Son yıllarda sporda rekabetin değeri kazanması ve bu durumun gittikçe artması ile sporcular, psikolojik ve fiziksel olarak kendilerini güçlendirmek için çaba harcamaktadırlar. Böyle bir durumda başarıya ulaşmada sadece fiziksel gücün yeterli olmadığı bunun yanı sıra psikolojik faktörlerde etken olduğu görülmektedir (Moralı ve Tiryaki, 1990). Başarılı performansa önemli bir psikolojik katkı maddesi olarak Zihinsel dayanıklılık vurgulanmıştır (Gould, Hodge, Peterson, ve Petlichkoff, 1987).

Yöntem: Araştırmada geçmişte ya da halen var olan bir durumu var olduğu şekliyle betimlemeyi amaçlayan tarama modellerinden ilişkisel tarama modeli kullanılmıştır. İlişkisel tarama modeli, iki veya daha çok değişken arasında birlikte değişim varlığını veya derecesini belirlemeyi amaçlayan modellerdir (Karasar, 2012).

Araştırma Grubu: Araştırmanın evrenini güreş sporu ile aktif olarak uğraşan sporcular oluşturmaktadır. Örneklem grubunu ise aktif olarak güreş sporu ile uğraşan sporcular oluşturmaktadır.

Verilerin Toplanması: Bu araştırmada kullanılan veri toplama araçları çevrimiçi olarak doldurulmuştur. Katılımcılar, bilgisayarları veya akıllı telefonları aracılığı ile çevrimiçi veri toplama araçlarının sunulmuş olduğu internet adresine ulaşmışlardır. Çevrimiçi bu formlarda, ilk olarak araştırmanın amacının açıklandığı bir metin bulunmaktadır. Sonrasında ise katılımcılara, araştırmaya gönüllü katılım Onam Formu ile ayrıntılı bilgi sunulmuştur. Katılımcılar, gönüllü katılım Onam Formunu okuyup onayladıktan sonra veri toplama araçlarına ulaşmış ve kendilerinden istenen bilgileri girmişlerdir.

Kişisel Bilgi Formu: Katılımcıların kişisel bilgilerini belirlemeye yönelik sorulardan oluşmaktadır. Bu bölümdeki sorular; cinsiyet, yaş medeni durum, eğitim durumu, anne-baba eğitim seviyesi spor yılı ve millilik durumudur.

Antrenörün Etik Dışı Davranışları ile İlgili Sporcu Algısı Ölçeği: Güven ve Öncü (2012) tarafından geliştirilen ölçek

19 madde ve antrenör-sporcu ilişkisi boyutu, sportmenlik boyutu ve kişilik özellikleri boyutu olmak üzere üç faktörden oluşmaktadır. Ölçek ayrıca tek faktörlüdür ve ölçeğin, üç faktörlü olarak kullanılmasının yanı sıra tek faktörlü de kullanılması uygun görülmektedir. 5'li Likert Skalası tipindedir (Güven ve Öncü, 2012). Mevcut çalışma kapsamında yapılan güvenilirlik analizi sonucunda iç tutarlık olarak belirlenen cronbach alpha kat sayısı ise .99 olarak hesaplanmıştır.

Sporda Zihinsel Dayanıklılık Envanteri (SZDE): Sporcuların zihinsel dayanıklılık seviyelerini tespit etmek amacıyla Sheard, Golby ve Van Wersch (2009) tarafından geliştirilen Sporda Zihinsel Dayanıklılık Envanteri toplam 14 maddeden oluşmaktadır. Genel zihinsel dayanıklılığın yanı sıra üç alt boyuttan (güven, devamlılık ve kontrol) oluşan envanter, 4'lü Likert tipindedir. Envanterin alt boyutları için Türkçeye uyarlama çalışması, Altıntaş (2015) tarafından yapılmıştır. Mevcut çalışma kapsamında yapılan güvenilirlik analizi sonucunda iç tutarlık olarak belirlenen cronbach alpha kat sayısı ise .72 olarak hesaplanmıştır.

Verilerin Analizi: Veriler SPSS 24 paket programı ile incelenmiştir. Eksik ya da hatalı veri girişi kontrolü yapıldıktan sonra analize alınan verilerin basıklık ve çarpıklık değerleri incelenmiştir. Bu değerlerin -1,5 ve +1,5 aralığında olduğu belirlenmiştir. Bu nedenle verilerin analizinde parametrik analizler kullanılmıştır (Tabachnick & Fidell, 2013). Analizlerde anlamlılık düzeyi 0.05 olarak belirlenmiştir. Veriler tanımlayıcı istatistikler, t testi, anova, Pearson Korelasyon testi ile analiz edilmiştir. İki grup arasındaki antrenörün etik dışı davranışı ile zihinsel dayanıklılığın karşılaştırıldığı analizlerde t testi kullanılırken, ikiden fazla grubun karşılaştırılmasında ise Anova testi kullanılmıştır. Anova testinde anlamlı bir fark olması durumunda, farkın nereden kaynaklandığını tespit etmek için Tukey testi kullanılmıştır. Antrenörün etik dışı davranışı ile zihinsel dayanıklılığın arasındaki ilişki ise Pearson Korelasyon Analizi ile değerlendirilmiştir.

Sonuç ve Değerlendirme: Yapılan analizler genel olarak değerlendirildiğinde araştırma grubundaki sporcuların antrenörlerinden algıladıkları etik dışı davranışların ve kendisinde oluşan zihinsel dayanıklılığın cinsiyet değişken çerçevesinde incelendiğinde anlamlı farklılık görülmemiştir. Sporcuların medeni durumlarına bakıldığında antrenörün etik dışı davranışı ile ilgili sporcu algısı ölçeğinde anlamlı farklılık görülürken zihinsel dayanıklılık ölçeğinde ise anlamlı farklılık görülmemiştir. Sporcuların eğitim durumlarına bakıldığında antrenörün etik dışı davranışları ile ilgili sporcu algısı ölçeğinde anlamlı farklılık bulunurken zihinsel dayanıklılık ölçeğine göre ise anlamlı farklılık görülmemiştir. Sporcuların annelerinin eğitim durumlarına bakıldığında antrenörün etik dışı davranış ölçeğinde anlamlı farklılık görülürken zihinsel dayanıklılık ölçeğinde anlamlı farklılık görülmemiştir. Sporcuların babalarının eğitim durumlarına bakıldığında antrenörün etik dışı davranış ölçeğinde anlamlı farklılık görülürken, zihinsel dayanıklılık ölçeğinde anlamlı farklılık görülmemiştir. Sporcuların spor yaşı değişkenine göre ise antrenörün etik dışı davranış ölçeğinde yine anlamlı farklılık görülürken, benlik saygısı ölçeğinde anlamlı farklılık görülmemiştir.