

## **The Effect of Participation in Sports Competitions on Decision Making Style**

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### **Abstract**

The aim of this study is to examine the decision making styles of secondary school students who have participated and have not participated in sports competitions among schools. The research was carried out on 313 students who attended and did not participate in school sports in different secondary education institutions. "General Information Form" and "Decision Making Styles Scale (DMSS)" were used to collect data in the research. In the analysis of the data, independent samples t-test was conducted to determine whether there was a significant difference between the groups in the variables of participation in gender and inter-school sports competitions. The significance level was determined as  $p < .05$  in the study. As a result of our study, it was found that the intuitive decision-making styles of the girls were significantly higher than the male students, while there was no statistically significant difference between the genders in DMS mean scores and Rational DMS, Dependent DMS, Avoidant DMS, and Instant DMS subscales. Also, the rational decision-making styles of the students participating in sports competitions between schools were found to be significantly higher than those who did not. It was determined that there was no statistically significant difference in the average scores of DMS and Intuitive DMS, Dependent DMS, Avoiding DMS and Instant DMS sub-dimensions of the students who participated and did not participate in sports competitions between schools.

**Keywords:** Decision Making Styles, School Sports, Secondary School

## Introduction

The decision is expressed as the preference of the most suitable of the different forms of action to achieve a goal. More clearly, decision making is stated as a method used in the solution of this problem in case of any problem encountered. (Kuzgun, 1992). Decision making is also interpreted as a dynamic process in which the individual takes an active part. In this process, the individual carries out the functions of collecting information, getting feedback from the environment, examining the information obtained and planning for the future (Daft, 1994). For this process to be carried out more effectively and for decision-making behavior to occur; it is necessary to have a problem situation, to be aware of the problem, to create alternative solutions to overcome the problem and to evaluate these ways (Tekin, 2009). While the individual exhibits his decision making behavior; It refers to various situations such as personality, life experience, environment, attitude towards the event and knowledge. These reference situations constitute the decision-making style of the individual. Decision-making style is called the process that guides the individual how to act when the individual has to make a decision (Ersever, 1996). Decision-making style is influenced by the motivational and individual attributes of individuals (Taşdelen, 2002), social factors (Payne et al., 1993 act. Avşaroğlu, 2007), problem-solving, income level, self-perception and status (Balkıs, 2007). Many ideas have been put forward on decision making styles. Scott and Bruce (1995), who developed the decision-making style scale, stated that there are five types of decision-making styles. These:

1. Sensible decision-making style: It refers to the decision of the individual regarding the most appropriate option as a result of research and examination of the situation. Individuals with rational decision making style behave more carefully when making decisions.
2. Intuitive decision-making style: It refers to the individual's decision making based on his feelings and intuition. Individuals with an intuitive decision-making style make their decisions more rapidly and act according to their preliminary intuition.
3. Dependent decision-making style: It refers to the decision making by the individual according to the thoughts and directions of others. Individuals with dependent decision making style impose the responsibilities required by the decisions on other individuals.
4. Evasive decision-making style: It refers to the individual's departure from the decision. Individuals with this style have a hard time making decisions and avoid responsibility for making decisions.
5. Instant decision-making style: It refers to the decision of the individual according to the current situation and conditions. Individuals with this style decide according to the natural functioning of the situation or event.

Decision-making is also very important for achieving success in sports. Sport is not only an area where psychomotor skills are exhibited but also an event where cognitive skills are used (Egesoy et al., 1999). Athletes are constantly making new decisions to produce solutions to different problem situations that arise during the competition (Sanchez, Calvo, Onuel, and Godoy, 2009). Decision-making in sports is expressed as analyzing the play order using physical, technical and tactical recall tips and thus creating new defense and offensive organizations (Berry, Abernethy, & Cote, 2008). Rasmussen on the other hand, decision-making behavior in sports; explained by 3 different types of decision-making behavior based on ability, rule, and knowledge. The individual who takes action in skill-based decision-making performs the behavior by using his / her ability in a situation where consciousness control is not complete. Sensory-motor performance is effective here. Depending on the arrival of the

ball, the athlete's body position can be given as an example of the skill-based decision-making process. The rules that determine the behavior in rule-based behavior are rules. The individual displays his behavior within the limits of the rule. While the individual performs behavior automatically in talent-based decision-making, the individual is more careful in rule-based decision making. In information-based decision making, the individual behaves more precisely. The individual pays attention to the details here and makes more clear evaluations about the situation (Mac Mahon, 1999 act. Satman, 2005). The differentiation of decision-making styles has raised the curiosity of whether participation in sports competitions among schools has an impact on decision-making styles. The study was handled for this purpose and the decision making styles of secondary school students who participated in and did not participate in sports competitions between schools were examined.

## Method

### Pattern of the Study

In the research, a scanning model was used. The relational scanning model is a research model that aims to determine the presence and/or degree of co-exchange between two or more variables (Karasar, 2013).

### Sample of the Research

The research was carried out with students studying in different secondary education institutions. The research was conducted on a voluntarily and the study was carried out on 313 secondary school students who participated in and did not participate in school sports. After the surveys were collected, erroneous and incomplete surveys were removed.

### Data Collection Tools

The data of the research, " General Information Form " which was prepared to determine students' participation in gender and inter-school sports competitions, and " Decision-Making Styles Scale (DMSS) " were used to determine the decision-making styles.

#### *Decision-Making Styles Scale (DMSS)*

Decision-making scale was developed by Scott and Bruce (1995) and adapted to Turkish by Taşdelen (2002). The scale is a five-point Likert type and is scored as "absolutely disagree" (1), "disagree" (2), "undecided" (3), "agree" (4), "strongly agree" (5). There are no inverse items in the scale. The original form of DMSS with 24 items; It consists of five sub-dimensions: rational, intuitive, dependent, self-instantaneous and avoiding decision making styles. Internal consistency coefficients in the adaptation of the scale into Turkish: Rational Decision Style dimension: ,76, Intuitive Decision Style dimension: ,78, Dependent Decision Style dimension: ,76, Evasive Decision Style dimension: ,79, Self-Instant Decision Style dimension Internal consistency alpha: ,74 for: ,79 and the total score of the scale. In our study, the internal consistency coefficients are: Rational Decision Style dimension: ,82, Intuitive Decision Style dimension: ,77, Dependent Decision Style dimension: ,70, Avoiding Decision Style dimension: ,85, Self-Instant Decision Style In the dimension: ,81 and the internal consistency coefficient for the total score of the scale were found to be ,80.

### Analysis of the Data

The analysis of the data was carried out with the SPSS 20 package program. Frequency and percentage analyzes were used for the descriptive statistics of the study. In the analysis of the data, independent samples t-test was conducted to determine whether there was a significant

difference between the groups in the variables of participation in gender and inter-school sports competitions. The significance level was determined as  $p < ,05$  in the study.

## Results

In this section, there are findings from the study.

**Table 1.** Descriptive Statistical Information

		Frequency	Percent
Gender	Female	183	58,5
	Male	130	41,5
Participating in inter-school sports competitions	Yes	155	49,5
	No	158	50,5
	Total	313	100,0

**Table 2.** Unrelated Samples Related to Gender Variable T Test Results

	Gender	N	X	SS	t	df	p
ADMS	Female	183	3,30	,44	,856	248,710	,393
	Male	130	3,25	,52			
Rational DMS	Female	183	3,93	,71	1,757	239,776	,080
	Male	130	3,76	,88			
Intuitive DMS	Female	183	3,73	,76	1,993	311	,047*
	Male	130	3,55	,83			
Dependent DMS	Female	183	3,50	,74	-,188	311	,851
	Male	130	3,52	,74			
Avoiding DMS	Female	183	2,51	,98	-,917	311	,360
	Male	130	2,62	1,04			
Instant DMS	Female	183	2,87	,96	,043	311	,965
	Male	130	2,87	,89			

\* $p < ,05$

ADMS: Average decision making styles

As a result of the analysis, it was determined that there was no statistically significant difference in the DMS mean scores and Rational DMS, Dependent DMS, Avoiding DMS, and Instant DMS sub-dimensions according to gender. However, there was a significant difference between the groups in favor of female students in the Intuitive DMS sub-dimension ( $t_{311}=1,993$ ,  $p=,047 < ,05$ ). The scores of female students (mean=3,73, SS=,76) were statistically significantly higher than the scores of male students (mean=3,55, SS=,83) ( $p < ,05$ ).

**Table 3.** Unrelated Samples T-Test Results Regarding Participation in Sports Competitions Among Schools

		Participating in sports competitions between schools					
		N	X	SS	t	df	p
ADMS	Yes	155	3,30	,49	,503	311	,616
	No	158	3,27	,46			
Rational DMS	Yes	155	3,96	,75	2,252	311	,025*
	No	158	3,76	,82			
Intuitive DMS	Yes	155	3,67	,77	,254	311	,800
	No	158	3,65	,82			
Dependent DMS	Yes	155	3,47	,76	-,917	311	,360
	No	158	3,54	,71			
Avoiding DMS	Yes	155	2,53	,98	-,501	311	,617
	No	158	2,58	1,02			
Instant DMS	Yes	155	2,88	,95	,244	311	,808
	No	158	2,86	,91			

\*p<,05

ADMS: Average decision making styles

As a result of the analysis, it was determined that there was no statistically significant difference in the average scores of DMS and Intuitive DMS, Dependent DMS, Avoiding DMS and Instant DMS sub-dimensions of students who participated and did not participate in sports competitions between schools. However, a significant difference was obtained between the groups in the rational DMS sub-dimension ( $t_{311}=2,252, p=,025<,05$ ). The scores of students participating in sports competitions between schools (mean=3,96, SS=,75) were found statistically significantly higher ( $p<,05$ ) than those of students who did not participate in sports competitions (mean=3,76, SS=,82).

### Discussion

Decision-making behavior takes place in every area of an individual's life. Individuals decide to choose the most suitable option for different situations that develop in sports environments. While demonstrating the skill of dribbling a football player, analyzing the situation in seconds to choose the most suitable companion to get the result of his team from many idle teammates reveals the importance of decision making in sports. In our study, decision-making styles of secondary school students who participated and did not participate in sports competitions between schools were examined. Besides, all students participating in the study were compared in terms of gender variable and their decision-making styles were examined.

As a result of our study, a significant difference was obtained between the groups in favor of female students in the Intuitive DMS sub-dimension according to gender. The reason for this situation is that women have a more emotional structure and make their decisions based on their feelings. In some studies, it has been observed that girls make more intuitive decisions than

boys (Tiryaki, 1997; Dinklage, 1962 act. Kuzgun, 2000). The results of these studies are similar to the results of our research. However, there are also some studies that are not similar to the results of our study (Mutlu, 2019; Küçükkendirici et al., 2016, Dilmaç & Bozgeyikli, 2009). In our study, it was determined that there was no statistically significant difference between the genders in the DMS mean scores and Rational DMS, Dependent DMS, Avoiding DMS and Instant DMS subscales. Due to the increase in the level of education, the possibility of women to have the same opportunities as men due to the increase in the employment rate, mass communication tools, the importance of families to give importance to the education and personality development of their children, the difference in terms of society is getting closer day by day. These situations are thought to affect the thinking processes of women and men, therefore their decision making behaviors and the absence of a meaningful difference between genders. It has been determined that some studies in the literature have reached results that support our study and are similar to the results of our study (Adsız, 2016; Eraslan, 2015; Kırgil, 2015; Aktaş, 2014; Karahüseyinoğlu, 2013; Dinçer, 2013).

In our study, it was determined that there was no statistically significant difference in the average scores of DMS and Intuitive DMS, Dependent DMS, Avoid DMS and Instant DMS sub-dimensions of students who participated and did not participate in sports competitions between schools. In our study, the participation of the sample group in school sports is thought to cause no difference between the groups. The fact that it consists of a student group of athletes in both groups affects the benefits of sports in both groups. However, although it was not statistically significant, the mean scores of the students who participated in the sports competitions between schools, the Intuitive DMS and Instant DMS averages were higher than those who did not participate. There is no study for the variable we used in the relevant literature. However, in some studies, it was found that individual and team sports were compared and no significant difference was obtained between the groups (Kuru, 2003; Tekin et al., 2008; Çetin, 2009). In a study, it was reported that there was no significant difference in the decision-making styles of high school students who did and did not do sports (Ülker, 2017).

In our study, a significant difference was obtained in the rational DMS sub-dimension in favor of students participating in sports competitions between schools. In addition, it was determined that the students participating in sports competitions between schools displayed the least avoided behaviors. This result shows that when students take their behavior to participate in sports to the next level, they make more logical and careful decisions and do not avoid making decisions in case of a decision. The study conducted by Kösem (2019) supports our research data. In the Kösem study, it was found that senior athletes showed the most careful decision-making style, and at least the refraining decision-making style.

## **Conclusion and Suggestions**

As a result of our study, it was found that the intuitive decision-making styles of the girls were significantly higher than the male students, while there was no statistically significant difference between the genders in the DMS mean scores and the Rational DMS, Dependent DMS, Evasive DMS, and Instant DMS subscales. As a result, the rational decision-making styles of students participating in sports competitions between schools were found to be significantly higher than those who did not. It was determined that there was no statistically significant difference in the average scores of DMS and Intuitive DMS, Dependent DMS, Avoiding DMS and Instant DMS sub-dimensions of the students who participated and did not participate in sports competitions between schools. In line with these results, it is concluded that increasing the level of participation in sports enables individuals to take more careful

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decisions and move away from the avoided mixed-making style, making it clearer decisions in life. It is thought that the application of the study in different sample groups that do and do not do sports can reveal the effects of sports on decision-making styles more clearly.



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