

Türkiye Büyükler Taekwondo Milli Takım Seçmelerine Katılan Sporcuların Atılganlık Düzeylerinin İncelenmesi

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Özet

Atılgan olmayı birçok faktör etkileyebilir. Kadının geleneksel kız kardeş ve bakıcı rolü zaman zaman onun katı ve otoriter davranarak saldırgan olmasına, zaman zamanda pasif davranmasına neden olmaktadır. Bu çalışmanın amacı 2014 yılı Türkiye büyükler taekwondo milli takım seçmelerine katılan sporcuların atılganlık düzeylerinin incelenmesidir. Bu araştırmaya; yaş ortalaması 20,39 olan 56 bayan sporcu ve yaş ortalaması 21,12 olan 106 erkek sporcu katılmıştır. Toplam 162 katılımcının atılganlık düzeyini belirlenmesinde Rathus (1977)'un geliştirdiği ve Nilüfer Voltan Acar (1980)'in Türkçeye uyarlama çalışması yaptığı Rathus Atılganlık Envanteri (RAE-Rathus Assertiveness Schedule) kullanılmıştır. Sonuç olarak, bayan ve erkek sporcuların atılganlık düzeyi puanlarının karşılaştırılmasında anlamlı bir farklılık bulunmamıştır.

Anahtar kelimeler: atılganlık, spor, beden eğitimi, taekwondo

Analysis on the Level of Assertiveness of the Athletes Took Part in Eliminations for Adults Taekwondo National Team

Abstract

Several elements may affect assertiveness. Woman's traditional sister or caretaker role causes her sometimes to become aggressive by behaving in a stiff, authoritarian way and sometimes passive. The aim of this study is to research the level of assertiveness of the athletes took part in the Turkey Taekwondo National Team eliminations in 2014. 106 males at the average age of 21, 12 and 56 females at the average age of 20,39 took part in the research. RAE (Rathus Assertiveness Schedule) developed by Rathus in 1977 and adapted to Turkish by Nilüfer Voltan Acar (1980) was used to determine the level of assertiveness. In conclusion, no significant difference was found between males and females in terms of assertiveness level scores.

Keywords: Assertiveness, sports, physical education, taekwondo

Introduction

Assertiveness can be defined as a kind of relations between people developed to express one's feelings and thoughts by vindicating his own rights and others' without scorning them. (Örgün, 2000).

In Turkey, individuals lacking communication skills exist as in various societies. Some of the people are too shy, while some are too aggressive. Between characteristics of shyness and aggressiveness there exists assertiveness feature expressing healthy communication. Assertiveness can be defined as "a kind of relations between individuals developed to express one's feelings and thoughts by vindicating his own rights and others' without scorning them" (Voltan, 1980).

Various researches have indicated that individuals' participation in sports activities develops their structure of body, soul and characteristics, strengthens ferman, makes group studies easier, provides interdependency, raises self- confidence, self-control, and makes significant contributions to learn respecting others and takes part in their becoming assertive individuals. Within this context, it can be thought sportive activities affect individuals' assertiveness level (Büyükyazı, 2003).

Many factors can affect being assertive. Woman's traditional sister or caretaker role causes her sometimes to become aggressive by behaving in a stiff and authoritarian way and sometimes passive. Reactions against stress, low level of self-respect, lack of rol model may be determinant in assertiveness. (Bernhard, 1990)

Materials and Methods

Research Group: Sample group of the study includes females (n=56) and males= (106) totally 162 elite athletes having taken part in the Turkey Taekwondo National Team eliminations held in Antalya.

Data Collection Tool: In this study, RAE (Rathus Assertiveness Schedule) developed by Rathus in 1977 and adapted to Turkish by Nilüfer Voltan Acar (1980) was used to determine the level of assertiveness.

Inventory measuring shyness and assertiveness behaviours, can be applied both on the youth and the adult, is a seven point Likert scale consisted of 30 matters. There is an explanation at the beginning of the question form and scores from -3 to +3 are to be selected and marked for every item. In grading values of 1., 2., 4., 5., 9., 11., 12., 13., 14., 15., 16., 17., 19., 23., 24., 26., 30., matters become reverse then accounted. Total score changes between -90 - +90. When score gathered from inventory total is either +10 or under it they are shy; those who are either +10 or above it, are considered as assertive.

Data Analysis: Statistical processes were made by SPSS packet programme. To determine frequency distribution in percentage as defining statistic, mean standard deviation, and assertiveness difference according to genders t test was applied. Mean and standard deviation values were summarised in evaluation of research data.

Findings

Table 1. Percentage frequency distribution of participants according to gender

		F	%	Total
Gender	Male	106	65,4	162
	Female	56	34,6	

Having analysed Table 1, it was seen %65, 4 of the participants were males, %34, 6 were females.

Table 2. Arithmetic mean, standard deviation, the highest and the lowest age values of the participants' age factor.

	\bar{x}	SD	Lowest	Highest	Total
Age	20,87	2,25	17	25	162

Having analysed Table 2, it was detected that average age of 162 participants was 20, 87.

Table 3. Assertiveness scale values of arithmetic mean and standard deviation

	\bar{x}	SD	Total
Assertiveness	1,32	11,41	162

Having analysed Table 3 arithmetic mean of 162 participants was 1, 32 and standard deviation value was 11, 41.

Table 4. T test results between gender and assertiveness scores of participants.

	Gender	N	\bar{x}	S	SD	t	p
Assertiveness	Female	56	0,91	14,16	83,09	0,30	0,77
	Male	106	1,54	9,72			

Having analysed Table 4 there was no significant difference between genders in terms of assertiveness factor. (p=0, 77).

Discussion and Conclusion

The aim of this study is to search the level of assertiveness of the athletes having taken part in the Turkey Taekwondo National Team eliminations. As seen in Table 2, average age of the participants was detected as 20, 87.

Having analysed assertiveness levels of the participants it was seen that there was no significant difference between genders in terms of assertiveness factor. ($p < 0.05$, Table 4). However, taking arithmetic means into considerations, assertiveness level of male athletes is noticed as higher than females'.

Analysing the studies regarding the subject; Aydın (1991), Büyükyazı et al. (2003) and Güler et al. (2005) in their studies concluded the result that there was no difference in assertiveness according to gender factor. These studies and their results approve the results of our study.

Having researched the studies in literature related with this subject, it was noticed that there was no significant difference between genders in terms of assertiveness factor. There also exist studies indicating important differences between assertiveness level and gender. Ersan and Doğan (2002) pointed out in their studies assertiveness could change according to gender.

In conclusion, in the research we made on athletes joined in Eliminations for Adults Taekwondo National Team assertiveness was affected by gender factor, but there was no meaningful difference. It is thought the results gathered can be stemmed from the idea that taekwondo may have developed similar social relation level in both genders.

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