

## **Türkiye Büyükler Taekwondo Milli Takım Seçmelerine Katılan Bay ve Bayan Sporcuların Öfke Düzeylerinin Karşılaştırılması**

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### **Özet**

Bu çalışmanın amacı Türkiye büyükler taekwondo milli takım seçmelerine katılan sporcuların öfke düzeylerinin incelenmesidir. Araştırmanın örneklem grubu büyükler taekwondo milli takım seçmelerine katılan bayan (n=52), erkek (n=115), toplam 167 elit sporcudan oluşmaktadır. Bayan sporcuları yaş ortalaması 20,38 ve erkek sporcuların yaş ortalaması 20,99 olarak belirlenmiştir. Sporcuların öfke düzeylerinin belirlenmesinde Spielberger tarafından 1983 yılında geliştirilmiş, ülkemiz için geçerlilik ve güvenilirliği Özer (1994) tarafından yapılmış olan dört boyuttan oluşan Spielberg sürekli öfke ve öfke tarz ölçeği (SSÖÖTÖ) kullanılmıştır. Sonuç olarak, bayan ve erkek sporcuların öfke düzeylerinin incelenmesinde; sürekli öfke değişkeni bakımından bayanla erkek arasında anlamlı farklılık çıkmamıştır (p=.579); benzer şekilde öfke dışı alt değişkeni bakımından da farklılık çıkmamıştır (p=0.315). Öfke içi alt (p=0.673) ve öfke kontrol alt (p=0.290) ölçeklerinin incelenmesinde de bayan ve erkek sporcular arasında farklılık çıkmamıştır.

**Anahtar kelimeler:** Öfke, spor, beden eğitimi, taekwondo

## **Comparison of Level of Anger between Male and Female Athletes Took Part in Eliminations for Adults Taekwondo National Team**

### **Abstract**

The aim of this study is to determine the level of anger of the athletes taking part in Adults National Team eliminations. The sample group consists of 52 females, 115 males, totally 167 elite athletes took part in the eliminations. The average of age for females was 20, 38, and 20, 99 for males. In order to identify the level, Spielberg's four-dimensional Schedule whose validity and reliability for our country was adapted to by Özer in 1994, developed by Spielberg in 1983 was used. As a result of analysis made, no outstanding difference of anger level was found between males and females in terms of permanent anger factor ( $p=0,579$ ); similarly no significant difference was discovered in respect to sub factor of anger-out ( $p=0,315$ ). Also in analysis of anger-in ( $p=0.673$ ) and anger-out ( $p=0.290$ ) sub scales, important difference wasn't pointed out between male and female athletes.

**Keywords:** Anger, sports, physical education, taekwondo

## Introduction

Anger is one of human being's five basic emotions comprised of happiness, sadness, fear and hatred. It springs when individuals' requests and needs are prevented, his expectations are not supplied. In anger, provocation and threat especially injustice towards person's self-respect is perceived (Kısaç, 1999).

Anger is described as quite intense, negative sense felt in case of being precluded, attacked, threatened, deprived, and restricted, it generally results in aggressive behaviours in any way toward the thing or person causing it (Budak, 2000).

Reasons of anger change according to gender. For instance, giving bad names for women causes anger; other men's attack and being humiliated by opposite sex are reasons of anger for men (Biaggio, 1989).

Looking up definitions of anger, being prevented especially is noticed. Considering the fact that prevention happens frequently in sports area, confrontation with the emotion of anger and its effect on performance is highly possible. Sports environments have the feature of being natural environments for emergence of anger (Kiper, 1984).

In martial arts such as boxing, wrestling, judo and taekwondo in which direct contact with the rival is indispensable, any movement for the aim is always responded with preclusion by the rival. Besides, sports environment is suitable for modelling and learning aggressive treatment (Yıldız, 2008).

## Methodology

**Research Group:** Sample group of the research includes 52 females, 115 males, totally 167 elite athletes took part in the eliminations held in Antalya / Alanya.

**Data Collection Tool:** Spielberg's the State-Trait Anger Scale is a kind of scale (STAS) measuring emotion and expression of anger and self-evaluating. The Scale developed by Spielberg in 1983 and its validity and reliability for our country was adapted by Özer in 1994. It is consisted of four sub scales: anger-in, anger-out, anger control and permanent anger and 34 items. Expressions were scored from 1 to 4 such as 1 point for the expression 'not at all', 2 points for 'somewhat', 3 points for 'moderately so', 4 points for 'very much so'. The lowest score in sub scales of anger-in, anger-out, and anger control is 8, the highest score is 32, and the lowest score in permanent anger sub scale is 10, the highest score in this subscale is 40. There is no general total score in the scale; items of 4 sub scales include total score of that subscale. High scores got in permanent anger sub scale shows that anger level is high, high scores in anger control sub scale indicates that anger can be controlled, high scores in sub scale of anger-out mean anger can be expressed easily. High scores in sub scale of anger-in reveal that anger is suppressed.

Questions numbered as 1,2,3,4,5,6,7,8,9,10 reflects permanent anger scale; questions 13,15,16,20,23,26,27,31 indicates sub scale of anger-in; 12,17,19,22,24,29,32,33 numbered questions shows sub scale of anger-out; the 11,14,18,21,25,28,30,34 questions are for anger control subscale(Spielberger, 1991, Özer, 1994).

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

## Findings

**Table 1.** Percentage frequency distribution of participants according to gender.

		f	%	Total
<b>Gender</b>	Male	115	68,9	167
	Female	52	31,1	

In Table 1 it is observed that %68,9 of the participants are males, %31,1 of them are females.

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

	$\bar{x}$	SD	Youngest	Oldest	Total
<b>Age</b>	20,80	2,26	17	25	162

In Table 2. it was detected that average age of participants is 20, 80.

**Table 3.** STAS sub dimensions arithmetic mean and standard deviation values

	$\bar{x}$	S	Total
<b>Anger-in</b>	19,06	5,05	
<b>Anger-out</b>	19,22	5,11	167
<b>Anger Control</b>	19,58	4,56	
<b>Permanent Anger</b>	23,60	5,86	

It is seen in Table 3. that arithmetic mean of anger-in sub scale is 19, 06, arithmetic mean of anger-out sub scale is 19,22, arithmetic mean of anger control sub scale is 19,58 and arithmetic mean of permanent anger sub scale is 23,60.

**Table 4.** Results of t test between gender of participants and STAS sub dimensions.

	Gender	N	$\bar{x}$	S	sd	t	p																																
<b>Anger-in</b>	Female	52	19,44	5,56	165	-0,66	0,58																																
	Male	115	18,89	4,82				<b>Anger-out</b>	Female	52	19,81	5,60	165	-1,01	0,51	Male	115	18,95	4,87	<b>Anger Control</b>	Female	52	19,23	5,16	165	0,67	0,31	Male	115	19,74	4,28	<b>Permanent Anger</b>	Female	52	23,98	6,18	165	-0,56	0,51
<b>Anger-out</b>	Female	52	19,81	5,60	165	-1,01	0,51																																
	Male	115	18,95	4,87				<b>Anger Control</b>	Female	52	19,23	5,16	165	0,67	0,31	Male	115	19,74	4,28	<b>Permanent Anger</b>	Female	52	23,98	6,18	165	-0,56	0,51	Male	115	23,43	5,73								
<b>Anger Control</b>	Female	52	19,23	5,16	165	0,67	0,31																																
	Male	115	19,74	4,28				<b>Permanent Anger</b>	Female	52	23,98	6,18	165	-0,56	0,51	Male	115	23,43	5,73																				
<b>Permanent Anger</b>	Female	52	23,98	6,18	165	-0,56	0,51																																
	Male	115	23,43	5,73																																			

Analysing Table 4., no significant difference is observed between gender of the participants and STAS sub dimensions.

## Discussion and Conclusion

The research was conducted to determine anger levels of the athletes taking part in Adults National Team eliminations. It was detected that average age of participants is 20, 80 in Table 2.

No significant difference is observed between male and female participants and STAS sub dimensions ( $p < 0.05$ , Table 4). However, considering arithmetic means it was noticed that male athletes' level of anger is higher than females'.

Anger arousing mentally leads to sentimental and physiological changes such as activation of adrenalin and noradrenalin hormones in body, increase of isometric, clenching, blushing, and feeling of athetosis. As a result of these, anger is revealed out as behaviour.

Ogilvie (1968) concluded in his research that successful female athletes' characteristics were not very different from the females' in society.

Gülveren (2008) deduced no important difference in terms of gender in anger level of students at final grade in high school. In another research conducted on education managers, Akmaz (2009) identified similarly that gender had no effect.

In conclusion, when anger level of male and female athletes who participated in eliminations for Taekwondo National Team was compared, it was observed that anger had no difference in terms of gender factor. Athletes' experiencing same physical and mental training process, having the same social relations comes to mind as reason.

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