Full Length Research Paper

Determınatıon of the footballers' anger expressıon styles ın terms of some varıable at dıfferent unverstıes and hıgh schools ın Turkey

Kazım NAS

Karamanoglu Mehmetbey University, Physical Education and Sports High School, Karaman,Turkey.

This research aims at revealing whether or not footballers' anger expression styles show an alteration in terms of different variables. The descriptive method which is one of the quantitative research methods was adopted as the research model. Research group consists of 154 footballers who play in 8 teams from 12 teams in fifth-group in the regional amateur league. "Personal Information Form" which was developed by researcher in order to determine personal characteristic of the footballers and "The State-Trait Anger Scale (STAS)", were used as data collection tools. Unique sample Kolmogorov Smirnov Test was used in order to see whether measurements were proper for normal dispersion. T-test and Anova (one way variance analysis) were used to analyze and interpret the data as it was a normal dispersion and tukey test was used in order to determine the differences among groups and meaningfulness was determined as P>0.05. SPSS (Statistical package for social sciences) packet programme was used to evaluate the data and find the calculated values. It can be said that the trait anger point average of the footballers who participated in the research with (Mean=21.43), internalized anger point average (Mean=17.18), sub dimension of anger locution, and externalized anger point average (Mean=17,25) were low, but their controlled anger point average was mid-level with (Ort.=20.45). Meaningful difference was found in terms of personal characteristic on trait anger and anger types of participants' education status, Begining Age of the Sports, Years of the playing football and Place of Residence variables (P<0.05), whereas significant difference was not found on age, marital status, teams, father's job status, mother's job status, How many teams he played on and position at which they play variables (P>0.05).

Key words: Anger, sports, football.

INTRODUCTION

Football, known as soccer in some parts of the world, is one of the most popular team sports, played by circa 300 million people all over the world. It also has the highest global television audience in sports. In football, there is no direct relationship between the number of goals scored and the points earned along a match, in the end, it is just necessary to score one goal more than the opposing team to win a match (earning 3 points) or to

score the same number of goals for a draw (earning 1 point each). However, in most cases, scoring many goals make possible secures the win, and therefore, this is a major aim for each team. Of course, the opposing team that pauses its own objectives, will try to neutralize these efforts at the same time. This competition, this struggle, is the beauty of the game (Villa and Lozano, 2016). People, due to the pressure of the developing world, are confronted with a lot of emotions daily; in different situations such as fear, joy, sorrow, etc. One of them is anger (Baygöl, 1997). Anger is a natural emotion for human (Ustun et al., 1995). Anger which is important for human life, usually reveals the problems in the family, work, and health. Anger is a negative sense that is related to perception that shows variability in terms of severity and continuity, exposure to a sensual rise and a faulty behavior (Yavuzer, 1992).

Aggression is a multiply determined behavior deliberately chosen for the sake of destroying or damaging other persons or things and influenced by a range of biological, psychosocial, and contextual factors (Donnelly and Ward, 2015). Aggressive behaviors among athletes have increased especially in recent years, and this increase has affected schools that are a part of the community (Malhiwt al., 2014). Human aggression as any form of behaviour directed toward the goal of harming or injuring another living being who is motivated to avoid such treatment. The use of this definition in sport is problematic because behaviours that are integral to competitive success would be described as harmful or injurious (e.g. rendering an opponent unconscious in boxing) (Baron and Richardson,1994). Using derisive words to others; insulting a person directly or indirectly, and expressing anger both with spoken words and body language (Köknel, 1986). In order to overcome anger, it is essential to determine not to suppress or hide it. It creates a lifelong loyalty with a major sense of dependency and belonging due to its competitive nature, and surprising outcome. For these reasons, football has become a passion for people through the ages as a sport branch that represents our impulses (Cengiz, 2014). The aim of this study is to show the importance of football in Turkey due to the deep interest of millions of people in it and its ability to unite different kinds of people. Violent and aggressive behavior in football is examined in this study as these characters are displayed both in and outside the pitch. The result of the study will be revealed and recommendations will be made.

METHODS

Research model

The research is a descriptive study. Descriptive statistics are statistical transactions that provide gathering, describing and presenting numeric values (Büyüköztürk, 2010).

Research group

Research group consists of 154 active athletes playing in 8 of the 12 teams in the group of 5. regional amateur league in the 2015 to 2016 football season and also are students studying at different unversties in Turkey.

Data gathering

Firstly, existing data related to the aim of research was gotten from the literature. Thus, a theoretical frame for the study was established. Secondly, The State Trait Anger Scale (STAS), developed by Spielberger (1938), was to measure participants anger in points (Trans et al., 1997).

Data gathering devices

Devices and methods of data are given below.

Personal Information Form

Ten questioned personal information form was prepared by researcher with the aim of forming independent variables of research subjects and with the aim of gathering data about personal features of 154 active athletes playing in 8 of the 12 teams in the group of 5, regional amateur league in the 2015 to 2016 football season.

State trait anger scale (STAS)

The State Trait Anger Scale (STAS) was developed by Spielberg (1983). The purpose is to measure sense of anger and the way it is expressed via words and its continuity. The scale can be applied to adolescents, adults, and groups. İt consists of 40 items. However, trait anger sub test was not translated into Turkish (Trans et al., 1997). State Trait Anger Scale is comprised of four sub-factors. These are; trait anger, introvert anger, extrovert anger and controlled anger sub tests. Trait anger (first ten items) measures anger actions and anger expressions strategies when there was no situation which can cause anger, introvert anger test (13th, 15th, 16th, 20th, 23rd, 26th, 27th and 31st items) measures suppression of anger on situations which can cause anger, on the other hand; extrovert anger sub test (12th, 17th, 19th, 22nd, 24th, 29th, 32nd and 33rd items) measures anger display and tendency to show aggressive behaviours, and anger control sub test (11th, 14th, 18th, 21st, 25th, 28th, 30th and 34th items) measures the level of anger control. The scale was developed in quartet Likert type and participants were asked to choose suitable option from "No description" to "Total description". Thus, each sub test has its own point. High points mean high levels of anger tendency. (Trans et al., 1997). In this study, internal consistency index (Cronbach Alpha) of trait anger type was found at 0.74 and expression of angry word type internal consistency index (Cronbach Alpha) was found at 0.63.

Analyzing data

T-test and Anova tests were used to analyze and evaluate the data, and meaningfulness was obtained as P>0.05. SPSS 21 (Statistical package for social sciences) package programme was used on evaluating data and finding calculated values.

Table 1. Age, Marital Status and Team Distribution of Participant Sample Group.

Variables		n	%
Age	16-18	16	10.3
	19-21	38	24.7
	22-24	41	26.6
	25-27	22	14.3
	28-30	14	9.1
	31 ve +	23	15.0
Marital Status	Maried	34	22.0
	Single	120	78.0
Teams	68 Aksaray Sports	19	12.3
	Akşehir Sports	18	11.7
	Anamur Municipality Sports	18	11.7
	Ceyhan Municipality FK	20	13.0
	Erdemli Municipality Sports	20	13.0
	Karaman Municipality Sports	21	13.6
	Konya Eregli Sports	20	13.0
	Seyhan Municipali Sports	18	11.7

Personal features of research group

Data related to demographic features of football players and their interpretations are given. In Table 1, It is seen after examining participants' education status that 62% of them graduated from high school and 38% of them graduated from University. 10.4% of the participants has lived in the metropolis, 60.4% of them in the city, 22.7% in the town and 6.5% of them in the village. They also stated that while 11.1% of their fathers are officers, 22.7% of them are workers, 11.7% of their fathers are trademen, 31.8% are retired men and 22.7% are self-employed. While 20.8% of their mothers are working, 79.2% are not working. 10.4% of the participants' sports beginning age is between 5 and 7, 41% are between 8 and 10, 34% are between 11 and 13 and 14.2% are between 14 to 16 years. For the years of the playing football, 18.8% are between 4 to 6 years, 26.6% are between 7 to 9 years, 22.7% are between 10 to 12 years, 12.4% between 13 to 15 years and 19.5% are 16 years and above. On the number of teams played on, 21.4% played on between 1 to 2 teams, 22.7% between 3 to 4 teams, 25.3% between 7 to 8 teams and 15.6% have played on 9 teams and more. For the position played, 13% are goalkeepers, 19.5% are back players, 16.2% are stoppers, 32.5% are midfielders and 18.8 are forward players Table 2.

One-sample kolmogorov-smirnov tests

In this part, One-Sample Kolmogorov-Smirnov test table is shown which indicates normal or non-normal distribution for analysis that are related to anger trait and angery word types of participant football players. In Table 3, it is seen that anger trait, introvert anger, extrovert anger and controlled anger sub dimensions are p>0.05. This shows us that the data are suitable for normal distribution.

In Table 4, anger trait, introverted anger, extroverted anger and controlled anger sub dimensions are analyzed. Treat anger points of participants is found as X =21.43. Accordingly, when maximum and minimum values are considered, (minimum is 10 and maximum is 40), the treat anger points X =21.43 is found to be lower than the mean. So, it can be said that participants trait anger point is low. Introverted anger points of participants is found as X =17.18. Accordingly, when maximum and minimum values are considered (min is 8 and max. is 32), it is concluded that the introverted anger point is below the mean. Extroverted anger points of participants is found as X =17.25. When maximum And minimum values are considered (min is 8 and max. is 32), it is concluded that the extroverted anger point is below the mean. Controlled anger points of participants is found as X =20.45. Accordingly, when maximum and minimum values are considered (min is 8 and max. is 32), it is concluded that the controlled anger point is below the mean. In conclusion, it can be said that participants' anger trait, introverted anger, extroverted anger and controlled anger sub dimensions points are low. In Table 5, participants' treat anger and anger wording sub dimensions point means are analyzed by t-test in order to know whether

Table 2. The distribution of related demographic features of participant sample group.

Personal Features of Participants		n	%
Education status	High School	95	62.0
	University	59	38.0
	Metropolis	16	10.4
	City	93	60.4
Place of residence	Town	35	22.7
	Village	10	6.5
	Officer	17	11.1
	Worker	35	22.7
Father's job status	Trademan	18	11.7
	Retired	49	31.8
	Self-Employed	35	22.7
Mother's job status	Working	32	20.8
	No working	122	79.2
	5-7 Age	16	10.4
	8-10 Age	63	41.0
Begining age of the sports	11-13 Age	53	34.4
	14-16 Age	22	14.2
	4-6 Year	29	18.8
	7-9 Year	41	26.6
Years of the playing football	10-12 Year	35	22.7
	13-15 Year	19	12.4
	16 and + Year	30	19.5
	1-2 Teams	33	21.4
	3-4 Teams	35	22.7
How many teams he has played	5-6 Teams	39	25.3
	7-8 Teams	23	15.0
	9 and +	24	15.6
	Goal Keeper	20	13.0
	Back	30	19.5
Position he plays	Stopper	25	16.2
	Midfielder	50	32.5
	Forward	29	18.8

Table 3. One Sample Kolmogorov-Smirnov test that ındicates trait anger and anger wording types of participants.

Parameters	Trait anger	Introvert anger	Extrovert anger	Controlled anger
n	154	154	154	154
Mean	21.43	17.18	17.25	20.45
Std. Deviation	4.79	3.62	4.04	4.42
Kolmogorov-Smirnov Z	1.07	0.87	1.06	1.20
p	0.19	0.43	0.21	0.10

Table 4. Participants' results related to anger trait, angry words types scale subdimesions with total point.

Parameter	n	Mean	Ss	Min	Max	Max. and Min. points
Anger trait	154	21.43	4.79	10.00	34.00	10-40
Introverted anger	154	17.18	3.62	10.00	27.00	8-32
Extrooverted anger	154	17.25	4.04	9.00	36.00	8-32
Controlled anger	154	20.45	4.42	9.00	32.00	8-32

Table 5. T- test results of participants education status variable of trait anger anger wording types scale subdimesions.

Parameter	Participants	n	$\overline{X}$	Ss	Sd	F	P
Trait anger	High School	95	21.20	4.32	152	5.058	0.442
	University	59	21.81	5.48			
Introverted anger	High School	95	17.69	3.69	152	1.450	0.027*
	University	59	16.37	3.37			
Extroverted anger	High School	95	17.10	3.93	152	0.494	0.550
	University	59	17.50	4.25			
Controlled anger	High School	95	20.50	4.12	152	1.576	0.857
	University	59	20.37	4.90			

they are different in terms of educational variable. At the end of the analysis, introverted anger dimension point mean is X =17.69 for high school graduate players and X =16.37 for University graduate players.

While there is no meaningful difference for anger trait, extroverted anger and controlled anger, a meaningful difference for introvert anger is found in terms of introverted anger dimension as for education status variable (F:1.45; p>0.05). In Table 6, participants' anger trait and anger wording sub dimensions point means are analyzed by F-test (Anova) in order to know whether they are different in terms of place of residence variable. At the end of the analysis, extroverted anger sub dimension point mean is X =16.0 for those who mostly lived in the metropol, is X =17.29 for those who mostly lived in city, and is X =16.77 for those who mostly lived in town and is X =20.70 for whom mostly lived in the village. While there is no significant difference for trait anger, extroverted anger and controlled anger, a significant difference for introver anger was found in terms of place of residence variable (F:2.57; p>0.05). In Table 7, participants' anger trait and angery words sub dimensions point means are analyzed by F–test (Oneway Anova) in order to know whether they differ in terms of sports beginning age variable. At the end of the analysis, anger trait sub dimension point mean is X =18.5 for those who started playing sport between 5 and 7, are X =22.2 for those who

started playing sport between 8 and 10, are X =21.92 for those who started playing sport between 11 and 13 are X =20.13 for those who started playing sport between 14 and 16. A significant difference was found in terms of anger trait dimension for sport starting age variable (F:3.328; p>0.05). In Table 8, participants' anger trait and angery words sub dimensions point means are analyzed by F–test (Oneway Anova) in order to know whether they differ in terms of years of playing football variable. At the end of the analysis, controlled anger sub-dimension point mean is X =18.65 for those who have played for 4 to 6 years, is X =19.70 for whom has played for 7 to 9 years, is X =20.80 for whom has played for 10 to 12 years, is X = 22.15 for whom has played for 13 to 15 year and is X =21.73 for whom has played for 15 and + years. A meaningful difference was found in terms of anger treat dimension as for years of the playing football variable (F:3.027; p<0.05).

RESULTS AND DISCUSSION

Anger trait and anger words of the participants' average scores of the subscales in the survey was found out. At the end of this evaluation, as the footballers' anger trait point mean is 21.43, introverted anger point mean, anger wording sub dimension, is 17.18, extroverted anger type

Table 6. F - Test results of participants' place of residence variable of trait anger anger wording types scale subdimesions.

Parameter	Participants	n	$\overline{X}$	Ss	Sd	F	P	Difference
Trait anger	Metropolis	16	19.68	3.02	150	2.573	0.056	No
	City	93	21.55	5.28				
	Town	35	20.94	4.12				
	Village	10	24.80	2.52				
Introverted anger	Metropolis	16	16.18	2.63	150	2.144	0.097	No
	City	93	17.59	3.80				
	Town	35	16.20	3.42				
	Village	10	18.50	3.10				
Extroverted anger	Metropolis	16	16.00	2.78	150	3.230	0.024	4-1
	City	93	17.29	4.29				4-3
	Town	35	16.77	3.65				
	Village	10	20.70	3.09				
Controlled anger	Metropolis	16	21.75	5.06	150	2.327	0.077	No
	City	93	20.29	4.16				
	Town	35	21.14	4.71				
	Village	10	17.50	3.77				

Table 7. F-test results of participants' sport beginning age variable of trait anger anger wording types scale sub-dimesions.

Parameter	Participants	n	$\overline{X}$	Ss	Sd	F	P	Difference
Trait anger	5-7 Age	16	18.56	4.68	154	3.328	0.021	1-2
	8-10 Age	63	22.20	5.19				
	11-13 Age	53	21.92	3.39				
	14-16 Age	22	20.13	5.74				
Introverted anger	5-7 Age	16	15.50	2.94	154	1.879	0.136	No
	8-10 Age	63	17.65	3.26				
	11-13 Age	53	17.43	3.34				
	14-16 Age	22	16.50	5.18				
Extroverted anger	5-7 Age	16	16.00	3.18	154	0.625	0.600	No
	8-10 Age	63	17.28	4.11				
	11-13 Age	53	17.43	3.39				
	14-16 Age	22	17.68	5.67				
Controlled anger	5-7 Age	16	22.87	4.30	154	2.225	0.088	No
	8-10 Age	63	20.55	4.44				
	11-13 Age	53	20.03	3.87				
	14-16 Age	22	19.40	5.27				

point mean is 17.25 and controlled anger type point mean is 20.45, it is understood that point means are low when

max. and min. values are considered. This study shows no parallelism with Temel's PhD thesis (2015) on

Table 8. F-test results of participants' years of the playing football variable of trait anger anger wording types scale sub-dimesions.

Parameter	Participants	n	$\overline{X}$	Ss	Sd	F	P	Difference
	4-6	29	22.75	4.39				
	7-9	41	21.82	4.24				
Trait anger	10-12	35	20.17	4.08	154	1.376	0.245	No
	13-15	19	21.78	5.18				
	15 +	30	20.86	6.08				
	4-6	29	16.93	4.23				
	7-9	41	18.39	3.45				
Introverted anger	10-12	35	15.94	3.85	154	2.397	0.053	No
	13-15	19	16.78	2.67				
	15 +	30	17.50	3.05				
	4-6	29	18.55	4.74				
	7-9	41	17.75	3.38				
Extroverted anger	10-12	35	15.97	3.43	154	2.149	0.078	No
	13-15	19	16.26	3.66				
	15 +	30	17.46	4.69				
	4-6	29	18.65	4.02				
	7-9	41	19.70	3.81				
Controlled anger	10-12	35	20.80	3.73	154	3.027	0.020	2-3
	13-15	19	22.15	5.25				
	15 +	30	21.73	5.13				

physical education teachers for thier anger point average which is at mid level, however, it is concluded that this study shows parallelism in that controlled anger and extroverted anger sub dimension point scale is low. In another study done by Temel et al. (2015), it shows no parallelism with this study in that participant teachers' anger trait point mean and controlled anger point mean, one of the anger trait and angery words sub dimension, are at mid level but it shows parallelism in that introverted and extroverted anger point means are low. When anger trait and angry words types were analyzed, significant difference can not be found on footballers' age, marital status, teams they played, Father's Job Status, Mother's Job Status, How many teams he has played and position he plays. But, according to the players' education status, it can be concluded that players who graduated from high school could not control their anger as well as players who graduated from university could not keep the anger inside. It can be said that education has an important effect on anger control.

The study done by Yıldız (2008), showed that no parallelism difference between footballers' education status and Introverted Anger were not found. On the other hand, it shows that there was significant difference between footballers' education status and trait anger,

controlled anger and extroverted anger. According to the footballers' place of residence, footballers living in the village displayed their anger more easily than the footballers living in the town. That's why there is an important effect of the social environment on anger. The study done by Yöndem et al (2008) shows that there is a meaningful difference between the point mean of students who live in cities and students' who live in the big cities. So, although there is no parallelism with this study about trait anger and extroverted anger, there is a parallelism between this study and introvert anger of Yöndem et al. study. According to the footballers' begining age to the sports, Levels of the footballers' anger between 5 to 7 years are lower than footballers' between 8 to 10 years in terms of their anger levels. This is beacuse they had just started, and the initial excitement was still at play. But it can be said that those who were neither too new nor too old, had higher anger levels (8 to 10 years), because they were adolescents; and their age influenced their anger management. The study done by Yıldız (2008) doesn't show parallelism with this study. Because there is no meaningful difference in terms of the footballers' anger trait, intoverted anger, extroverted anger and controlled anger. Finally, according to the duration of the footballers playing, it can

be said that footballers having played for 7 to 9 years compared to footballers having played for 10 to 12 years can not control their anger in terms of controlled anger. According to Turker's study (2010), there were no significant difference between teachers whose mission time is different and trait anger, introverted and controlled anger. This result doesn't show parallelism with this study being done.

Conflict of Interests

The author has not declared any conflict of interests.

REFERENCES

Baron RA, Richardson DR (1994). Human Aggression (2nd ed.) Plenum Press, New York.

Büyüköztürk S (2010). data analysis handbook for social sciences. Ankara: Pegem Academy Publications.

Baygöl E (1997). Investigation of Adolescent Anger Response, Master, Bursa Uludag University.

Cengiz D (2014). Effect of the football and soccer supporter to social events; "Besiktas Fans Group: Bazaar". Master's Thesis. Bahçeşehir University. Istanbul.

Donnelly PD, Ward CL (2015). Oxford textbook of violence prevention epidemiolagy, evidence and policy. Oxford, UK: Oxford University Press.

Köknel O (1986). Personoality from anxiety to the happiness. Golden Books Publishing House, Istanbul.

Malhi P, Bharti B, Sidhu M (2014). Aggression in schools: psychosocial outcomes of bullying among Indian adolescents. Indian J. Pediatrics, 81(11):1171-1176.

Savaşır I, Şahin NH (1997). Cognitive behavioral therapy and the assessment: Frequently used scales. Ankara: Turkish Psychological Association Press.

Temel V, Akpınar S, Birol SS, Nas K, Akpınar Ö (2015). Determination of the Teachers' the level of anger and style in terms of some variables. Int. J. Soc. Res. 40(8).

Temel V (2015). Problem solving skills, styles of making decision and anger types of physical education and sports teachers. Published Doktorate Thesis, Karadeniz Tecnical University, Trabzon.

Turker S (2010). The determination of between conflict management strategies and anger and anger expression levels of the teahers. Unpublished doctoral thesis, Sakarya University Social Science Institute, Ankara.

Ustun B, Yavuzarslan F (1995). The Power of Anger, Hacettepe University School of Nursing Magazine, (2/2):42-46.

Villa G, Lozano S (2016). Assessing the scoring efficiency of a football match. European Journal of Operational Research 255:559-569.

Yavuzer H (1992). Child Psychology, Remzi Publishing House, Istanbul.

Yıldız M (2008). Determination of the footballers' ın dıfferent leagues Trait anger-anger expression and the personality types. Unpublished doctoral dissertation, Gazi University Health Sciences Institute, Ankara.

Yöndem ZD, Bıçak B (2008). Teachers' anger and anger I styles. Intl. J. Human Sci. [Online]. 5: 2. Access: http://www.insanbilimleri.co.