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EXAMINATION OF THE UNDERGRADUATE FEMALE FUTSAL PLAYERS ASSERTIVENESS AND TRAIT ANXIETY LEVELS

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ABSTRACT

Aim: This study aims to research the assertiveness and trait anxiety levels of the female athletes who entered the intervarsity Futsal competitions. **Methods:** In the study, Rathus Assertiveness Schedule was used to assess the assertiveness level of the athletes. Also, Trait Anxiety Inventory was used to assess trait anxiety levels of the athletes. In our study, surveys were conducted with voluntary 98 female Futsal players who entered the intervarsity Futsal competitions. Considering the global variables, their assertiveness levels increase while their trait anxiety levels decrease. The statistically data were analyzed in level of $p < 0.05$. **Conclusion:** We can say that sport develops the levels of assertiveness, in other words, individuals' ability to express themselves.

Keywords: Sport, Trait Anxiety, Assertiveness, University, Futsal

INTRODUCTION

Assertiveness generally is a way of clear, direct and honest communication within a convenient frame. Due to its role in strengthening individual's social station and enabling them to be more impressive on others, acting assertively is one of the social communication skills that increases self-confidence, helps individual to awaken respect on their social circle, raises the chance of establishing honest relationships, gives individual the feeling that they have the power to control their daily life and is essential in balancing interpersonal communication flow (Ker-Dinçer, 2005).

The word "anxiety" derives from the Ancient Greek word "anxietes" which means worry, fear, curiosity. For the first time, the word was used by Cicero and temporarily differed from the notion (angor) that means oppression and suffocation. The notion anxiety was used in psychology at the first half of the century; and the first researches and studies on that field were conducted at the end of 1940s (Öztürk, 1994).

Trait Anxiety is defined as an individual's tendency to anxiety. In this context, it can also be defined as individual's tendency to perceiving the circumstances they experience as stressful or interpreting them as stress. With reference to the objective criteria, trait anxiety is feeling of displeasure and infelicity that results from the fact that neutral circumstances are perceived as dangerous and threatening by individuals. It is seen that individuals who have high level of anxiety are easily offended and descend into desperation and pessimism. Those individuals experience trait anxiety more frequently and intensely than other people (Öner and Le, 1983).

Many studies have indicated that involving in sports activities enhances body, psychology and personality structure, makes a significant contribution to strengthen the will, facilitate group work, provide mutual solidarity, gain self-confidence, control oneself and learn to respect others; and enables individuals to have high assertiveness level and low anxiety level. In this context, it can be considered sportive activities have an impact on individuals' assertiveness and anxiety level (Akandere, 1997).

In the studies that have been conducted to put forth the differences between people who exercise and people who do not exercise, it has been found out the ones who exercise are more lively, extravert, hardworking, patient, willing to contact with other people, open to adapt to new circumstances and balanced emotionally than the ones who do not exercise (Tiryaki *et al.*, 1991).

Sport is a biological, pedagogical and social phenomenon that promotes individuals' health physiologically and psychologically, regulates their social behaviours, and brings up individuals to intellectual and motoric standarts. Assertiveness can be defined as individuals' ability of expressing their

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positive and negative emotions, thoughts and desires without ignoring the rights of other individuals and feeling anxious or guilty about it. Lower or higher level of assertiveness and anxiety of volleyball players affects their success. To that end, we aim to research the assertiveness and trait anxiety level of female Futsal players.

Research Significance

Although it has been conducted several researches on the assertiveness level of children, teenagers and athletes, there are rare studies that research the assertiveness and trait anxiety levels of female Futsal players in our country. Thus, research of the assertiveness and trait anxiety levels of female Futsal players has been considered necessary and we believe this study will contribute to the sport scientists, program development specialists, sports psychologists, and academicians who work on that field.

MATERIALS AND METHODS

Methodology

Target population of the study comprises 119 undergradute Futsal players from the provinces of “Sivas, Diyarbakir, Erzurum, Gaziantep, Malatya, Şanlıurfa, Van, Erzincan, Adiyaman and Elazığ” who have entered intersarsity Futsal competititons.

The research sample consists of 98 Futsal players who have entered the competitions. In the study, it was used a personal information form to gather information about female Futsal players, the 30-question assertiveness inventory (Rathus Assertiveness Schedule) that was developed by (Rathus, 1973) and adapted to Turkish by Voltan (1980) to assess the assertiveness level (Rathus, 1973; Voltan, 1980).

Also, 20-question “Trait Anxiety Inventory” created by Spielberger *et al.*, (1989) to assess trait anxiety levels of individuals and adapted to Turkish by Öner and Le Compte (1977) was implemented face to face in order to determine anxiety levels of the Futsal players (Öner and Le, 1983; Spielberge and Charles, 1989). SPSS statistical package was used to analyse the acquired data in this study.

Frequency distribution, arithmetic mean, percentages and t test was calculated with SPSS and for the results displaying One -Way Anova meaningful differences Tukey test results were used to determine between which groups the differences were seen. The error level in the study was accepted as (p<0,05).

RESULTS AND DISCUSSION

Results

Table 1: Anova results of women futsal players' assertiveness and trait anxiety levels as regards variable of age

Groups	<i>f</i> , \bar{x} and <i>ss</i> Values – ANOVA Results of Assertiveness Levels							
	N	\bar{x}	Ss	Var. Atil.	KT	AO	F	p
18-20 years old	16	118,12	14,80	Intergroup	2360,03	786,67	5,31	,002
21-23 years old	51	121,62	12,52	Intragroup	28429,92	148,07		
24-26 years old	21	112,90	6,46	Total	30789,95			
27 years old and over	10	120,94	14,65					
Total	98	119,10	12,56					
Groups	<i>f</i> , \bar{x} and <i>ss</i> Values – ANOVA Results of Trait Anxiety Levels							
	N	\bar{x}	Ss	Var. Atil.	KT	AO	F	p
18-20 years old	16	51,72	5,69	Intergroup	54,03	2	54,03	1,45 ,22
21-23 years old	51	50,95	5,59	Intragroup	7144,74	37,21		
24-26 years old	21	50,42	6,90	Total	30789,95			
27 years old and over	10	48,21	7,40					
Total	98	50,70	6,12					

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According to Table 1, it was seen statistically differences between 21-23 years old and 24-26 years old students on assertiveness level. But it was not seen statistically difference on their trait anxiety level ($p < 0,05$).

Table 2: Anova Results of Women Futsal Players' Assertiveness and Trait Anxiety As Regards Variable of Their Families' Monthly Income

Groups	<i>f</i> , \bar{x} and <i>ss</i> Values – ANOVA Results of Assertiveness Levels							
	N	\bar{x}	Ss	Var. Atil.	KT	AO	F	p
750 and low TL	31	120,54	13,69	Intergroup	308,39	102,79	,64	,58
751 - 1250 TL	32	119,03	10,42	Intragroup	28429,92	158,75		
1251 and 2000 TL	33	118,10	13,59	Total	30789,95			
2001 and high TL	2	113,00	,00					
Total	98	119,10	12,56					
Groups	<i>f</i> , \bar{x} and <i>ss</i> Values – ANOVA Results of Trait Anxiety Levels							
	N	\bar{x}	Ss	Var. Atil.	KT	AO	F	p
750 and low TL	31	51,01	5,17	Intergroup	409,61	2 136,53	3,80	,01
751 - 1250 TL	32	51,89	5,15	Intragroup	6897,21	35,92		
1251 and 2000 TL	33	49,00	7,37	Total	7306,83			
2001 and high TL	2	57,00	,00					
Total	98	50,70	6,12					

According to Table 2, it was not observed statistically differences on their assertiveness level ($p < 0,05$). It was found out statistically difference on women futsal players' trait anxiety levels whose families' monthly income were 751-1250 TL and 1251-2000 TL.

Table 3: Anova results of women futsal players' assertiveness and trait anxiety level as regards variable of grade

Groups	<i>f</i> , \bar{x} and <i>ss</i> Values – ANOVA Results of Assertiveness Levels							
	N	\bar{x}	Ss	Var. Atil.	KT	AO	F	p
1st Grade	30	117,78	14,59	Intergroup	530,74	176,91	1,16	,32
2nd Grade	26	118,23	13,42	Intragroup	28949,16	151,56		
3rd Grade	21	119,95	8,92	Total	29479,91			
4th Grade	21	122,04	9,99					
Total	98	119,28	12,32					
Groups	<i>f</i> , \bar{x} and <i>ss</i> Values – ANOVA Results of Trait Anxiety Levels							
	N	\bar{x}	Ss	Var. Atil.	KT	AO	F	p
1st Grade	30	51,81	6,08	Intergroup	138,39	2 46,13	1,23	,30
2nd Grade	26	50,25	4,26	Intragroup	7157,52	37,47		
3rd Grade	21	49,57	6,045	Total	7295,91			
4th Grade	21	50,71	7,908					
Total	98	50,68	6,13					

According to Table 3, it was not observed statistically differences on their assertiveness and trait anxiety levels. ($p < 0,05$)

Discussion and Conclusion

The result which was deduced from the findings relating to the level of women futsal players' assertiveness and anxiety, the variables of "age, grade, class and family's income status" is that the assertiveness level of woman futsal players is high and the level of trait anxiety is at medium level.

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In the study, when it is taken a look to the level of participants' assertiveness levels and ages, it was understood that there is statistically significant difference. It was found out the level of 21-23 years old women futsal players' assertiveness score is higher than 24-26 years old players. Age is an important factor which effects assertiveness. Every age has its own developmental characteristics and individual's assertiveness levels differ from according to the features of their age. When similar studies were considered, Kaya (2001) found out that the assertiveness levels of elder students are higher as regards junior students in his study which was conducted on students (Kaya, 2001). Uğur (1996) stated that the assertiveness levels of individuals aged 21 and over are higher in his study (Uğur, 1996). Voltan (1980) drew a conclusion as to individuals having high assertiveness levels (Voltan, 1980b). Our study shows consistency with similar studies.

When we take a look to participants' ages in the study, it was found that there is not any significant difference statistically. When conducted studies were also examined, Bilge and Pektaş (2004) found a difference that was not very high on trait assertiveness levels' of 19-22 years old students. Cambaz and the others (2001) found point average of trait assertiveness was higher than the point average of state assertiveness in their studies on 15-24 years old apprentices. In his study, Korkut (1991) could not find any relationship between age and assertiveness in children 13-18 years old. The level and state consistency of assertiveness change at every age level. In consequence of our study, it was seen that the ages of women futsal players have not any influence on their trait anxiety points (Bilge and Pektaş, 2004; Canbaz *et al.*, 2001; Korkut, 1991).

When the monthly income of athletes' families and point average of RAE were considered, it was found out there was not significant differences between groups. When trait assertiveness levels were considered, it was found out trait assertiveness level decreased as monthly income level increased. Serpil (2001) stated that there is a positive relationship between families' monthly income and assertiveness level in her study "The Relationship Between The Self-esteem and The Assertiveness of Higher Nursery College" (Yilmaz and Ekinçi, 2001). Saruhan (1996) stated that most of the subjects who had assertive behaviors came from low socioeconomic status while most of the subjects who were not assertive and were on a high level of assertiveness came from high socioeconomic status in his dissertation "Investigation of The Relationship Between Parents' Action and The Assertiveness of The Students Who Attend The Last Class in The Centre of Ankara According to Some Variables" (Saruhan, 1996). When it was considered which grade the participants were at, it was found out there was not statistically significant difference on their assertiveness and trait anxiety levels. Menteş (2007) found a difference depending upon their grades which they were studying on high school students' assertiveness level (Menteş, 2007). Gacar and Coskuner found that trait anxiety levels decreased and assertiveness levels increased as wrestlers' grade and age raised in their study (Gacar and Coskuner, 2010). Also, when the conducted studies were examined, it was seen that the scores of their assertiveness level also raised as the grades they were at raised in accordance with the results. In conclusion, the main aim at health development of university women futsal players is to meet their needs in terms of not only physical and mental but also social and emotional. Not being met of these needs or the interruptions and imbalances can lead to emotional traumas. When emotional traumas could not be prevented, it paves the way for decreasing assertiveness level and for occurring undesirable perpetual anxiety in individuals.

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