

Original Article

Comparison of Loneliness, Trait Anger-Anger Expression Style, Self-esteem Attributes with Different Playing Position in Soccer

Cem KURT, Ph.D¹; Fatih ÇATIKKAŞ, Ph.D²; İmran KURT ÖMÜRLÜ, Ph.D³; Ozan ATALAĞ Ph.D²

1 School of Physical Education and Sports, Trakya University, EDİRNE

2 School of Physical Education and Sports, Ege University, İZMİR

3 Medicine Faculty, Biostatistics Department Adnan Menderes University, AYDIN

Published online: March 31, 2012

(Accepted for publication March 12, 2012)

Abstract

Purpose: The main goal of this study was to determine the effects of positional differences of soccer players on loneliness, self-esteem levels, trait anger and anger expression scores.

Methods: Data collection form, UCLA – loneliness scale, State-Trait Anxiety Inventory and Rosenberg Self Esteem scale was used to collect information. 443 male soccer players from 7 different cities of Turkey were assessed in terms of loneliness level, self-esteem score, trait anger and anger expression with 3 different playing positions (defense n=193, midfielder n=165 offense n=85).

Results: Scores for defense, mid-field and offense are; Loneliness: 32 (28-40), 33(27-38) 32 (28-44), Self-esteem: 31 (28-34), 31(28.5-35), 31(28-34), trait anger: 21(18-26), 21(17-25), 23(17.5-25.5), anger control: 22 (18-26), 23(18-26), 22(18-25.5), respectively. There's no meaningful difference found between groups in terms of either descriptive attributes or loneliness level, self-esteem score, trait anger and anger expression ($p>0.05$).

Conclusion: This is thought to be the result of similar age, sports experience, status (amateur players) and weekly total training amount of players thus making the group homogenous

Keywords: Amateur, Turkish Football Player, psychological feature, playing position

Introduction

Soccer is one of the most popular sports of all time. For instance; In Brazil whose population is over 180 million, there are more than 30 million recreational soccer players thus making this sport a national phenomenon (Bloomfield, Polman & O'Donoghue, 2007). Although its popularity depends on several factors the most important ones are: variability and unpredictability of the sport. Because of those attributes, soccer is defined as a "stochastic" sport. From a sociological perspective; it's a phenomenon that can even express our sadness and / or happiness (Kuru & Var, 2009).

Soccer is a team sport. In order to succeed, it is necessary for highly specialized players in specific positions and tasks to help one another. For a successful soccer team; each player should be trained not only for conditional attributes like endurance, strength, speed or agility but also should be trained technically and tactically. In accordance with that, each player should have different physical, physiological and psychological attributes depending on his/her playing position (Akin, Kireker & Köklü, 2009).

It has been showed in various studies that soccer players have different physical, physiological or anthropometrical attributes depending on their playing positions (Bloomfield, Polman & O'Donoghue, 2007; Hazir, 2010; Köklü, Özkan, Alemdaroğlu & Ersöz, 2009). It has been found that this physical and physiological difference which depends on positions is more evident in professional leagues (Hazir, 2010).

Although there are some studies showing that psychological factors like concentration, competition anxiety, anger style, anger management, self-image, self-esteem can affect player's playing style and injury risk, they do not seem to be enough in number (Junge, Dvorak, Rösch, Graf-Baumann, Chomiak & Peterson, 2000).

From this perspective, the aim of our study is to assess loneliness, trait anger, anger expression style and self-esteem characteristics of different playing positions in soccer.

Our hypothesis is that, there are significant differences for different playing positions in soccer in terms of loneliness, trait anger, anger expression style and self-esteem.

Loneliness is defined as a subjective psychological situation in which inconsistency between individual's current relationships and desired social relationships occurs (Doğan, Çötök & Tekin, 2011). Interpersonal relationships are one of the most important parts of a quality life. Therefore, loneliness is a sign of lacking social relationships (Doğan, Çötök & Tekin, 2011; Batgün & Hasta, 2010).

Loneliness is a mental situation which affects many people from different ages. Specifically adolescence stage is a great risk factor for loneliness (Özdemir & Tuncay, 2008; Arkar, Sarı & Fidaner, 2004).

Anger is a kind of excitement which a person shows to an unpleasant situation, an event or to a person's behavior (Kaya & Solmaz, 2009). There are three possible aspects of anger on individuals: anger expression

inward, anger expression outward and anger control (Brunelle, Janelle&Tennant, 1999). Many coaches believe that an angry player can perform better during competition. However this approach is denied by scientific studies (Brunelle, Janelle&Tennant, 1999). Both in our daily lives or in a sports environment, anger control which is defined as the ability to express anger in right ways, will be an important part for our performance (Kaya & Solmaz, 2009). One of the most important factors that affect sports performance is “self-esteem”. Self-esteem is the reflection of an individual’s evaluation of his/ her worth, being neither higher nor lower than reality and being pleased with himself/ herself (Erşan, Doğan&Doğan, 2009). In short, it is not about one-self seeing himself/herself as perfect, instead, it is accepting himself/herself for whoever he/she is and making an effort towards becoming better (Top,Kaymak,Göllü&Kaya ,2010).

Material and Methods

Subjects

491 male soccer players from 7 different cities (Ankara, İstanbul, İzmir, Edirne, Kırklareli,Tekirdağ,İzmit) of Turkey participated in this study. 443 of the questionnaires were evaluated while 48 questionnaires were eliminated due to the fact that they were not filled in according to the directions of the questionnaires. Participants were compared according to their loneliness, trait anger, anger control, self-esteem levels with their playing positions. Playing positions are divided into 3 groups; defense (n=193), mid-field (n=165) and offense (n=85).

Instruments

Data Collection Questionnaire:Data collection questionnaire was used to gather age, BMI, sports experience, playing positions, weekly training number, weekly total training time and status (amateur / professional) information.

UCLA – Loneliness Scale (UCLA- LS) for Loneliness levels, Trait Anger and Anger Expression Scale (CAAES) for assessing anger expression and Rosenberg Self-Esteem Scale (RSS) for assessing self-esteem levels were used.

UCLA – Loneliness Scale (UCLA- LS): It is a 20 question scale for assessing perceived loneliness of one self. Reliability and validity of this scale in Turkey was studied by Demir (1989) (Batıgün &Hasta, 2010).

The State–Trait Anxiety Inventory (STAI): It was developed by Spielberger et al. to assess anger expression styles of individuals (1983). Reliability and validity of this scale in Turkey was studied by Özer (1994) (Albayrak &Kutlu, 2009).

Rosenberg Self-Esteem Scale (RSE): This scale was mainly developed to assess self-esteem levels of adolescents (1963). Reliability and validity of this scale in Turkey was studied Çuhadaroğlu (1986) (Balat&Akman, 2004).

Data Analysis

Normal distribution compatibility of quantitative data was analyzed with Kolmogorov Smirnov test. Kruskal Wallis test was used to compare the groups due to the fact that data collected were found to be not normally distributed. Descriptive statistics were shown as median (25-75 percentage).

Results

Age, BMI, sports experience, playing positions, weekly training number, weekly total training time, status (amateur/ professional) information was shown in Table 1. In terms of these criterions, there was no statistical difference found between groups ($p>0.05$)

Loneliness levels, Trait Anger and Anger Expression Style scores, Self-esteem levels were shown in Table 2. In terms of these criterions, there was no statistical difference found between groups ($p>0.05$)

Table 1: Descriptive Statistics for Playing Positions

	Defenders (n=193)	Mid-fielders (n=165)	Offensive Players (n=85)	p
Age (year)	19(17-22)	19(16-22)	21(17-24)	0.130
BMI (kg(m ²))	22.6(21.1-23.8)	22.2(20.5-23.6)	22.4(21.5-23.6)	0.143
Soccer Experience (year)	7(4-10)	7(4-10)	7(5-11)	0.490
Weekly Training Sessions (unit)	4(3-6)	4(3-5)	5(3-5)	0.629
Time For One Training Session (min.)	90(90-120)	100(90-120)	90(90-120)	0.348
Weekly Total Training Time (hours.)	8 (5.45-10)	8 (5.25-10)	8(6-10)	0.964

Table 2: Loneliness & Self-esteem Levels and State-Trait Anxiety Scores of the Groups

	Defenders (n=193)	Mid-fielders (n=165)	Offensive Players (n=85)	p
Loneliness Levels	32(28-40)	32(27-38)	32(28-44)	0.660
Trait Anger	21(18-26)	21(17-25)	23(17.5-26)	0.573
Anger expression inward	16(13-19)	16(13-19)	16(12-20)	0.746
Anger expression outward	15.5(12-19.3)	15.5(12-19)	16(12.5-20)	0.538
Anger Control	22(18-26)	23(18-26)	22(18-25.5)	0.461
Self-esteem	31(28-34)	31(28.5-35)	31(28-34)	0.882

Discussion and Conclusion

Although there are some studies found in the literature to show the effects of gender, being a national athlete, status (amateur/ professional), nature of the sport (team / individual sports) on loneliness levels, trait anger and anger expression style and self-esteem, there is no study found to assess the effects of positional differences on those above-mentioned factors.

It is been long known that physical activity has positive effects on loneliness levels, trait anger, anger expression style and self-esteem (Samadzadeh, Abbasi & Shahbazzadegan, 2011; Kuru & Baştuğ, 2008; Erşan, Doğan & Doğan, 2009).

Karakaya, Coşkun and Ağaoğlu (2006) noted that sports and physical activity is reversely proportional with stress, anxiety and depression levels and directly proportional with self-esteem and self-image.

In our modern lives, technological advancements like internet increases the levels of loneliness of the individuals. According to Özdemir and Tuncay (2008); stages of adolescence and freshmen years of university is the primary times for feeling lonely. In order to cope with loneliness, adolescents and teenagers require economical and psychological support, social interactions and cultural activities (Batıgün & Hasta, 2010).

In a study done by Özdemir and Tuncay (2008); loneliness levels of university students in Ankara (capital of Turkey) was found to be 45.49 ± 10.07

In another study done by Arkar, Sarı & Fidaner (2004), on male and female students from Dokuz Eylül University, student's loneliness scores were found to be 37.52 ± 8.9 and 34.94 ± 10.7 respectively.

Neto et al (1992) found the loneliness levels of Italian students aged between 14-17 as 32.0 (female) and 32.4 (male) total loneliness score was found as 32.2 ± 7.0 .

The highest score that can be taken from UCLA test is 80 whereas lowest is 20. It has got our attention that when we consider points in the literature and lowest- highest scores, it can be concluded that participants of our study has low loneliness scores.

Anger can be described as a healthy emotional reaction (Albayrak & Kutlu, 2009).but important point is the way it is expressed or whether it is controlled or not. Showing of anger emotion either verbally or physically can be described as "anger expression". Anger expression inward, on the other hand, is hiding anger, trying not to show any affects visually whatsoever. Anger control is individual's control over his emotions when he/she gets angry (either can be seen as calming down or controlling oneself) (Albayrak & Kutlu, 2009).

Traditional coaches argue that anger during competition can increase the performance of the player by increasing the levels of adrenaline causing energy levels to rise (Brunelle, Janelle & Tennant, 1999). On the other hand, experimental studies show that uncontrolled anger causes players to get "more than necessary" foul calls, over reacting thus making them prone to injuries or perform worse (Junge et al., 2000).

Albayrak and Kutlu (2009) assessed trait anger scores of high school students as 23.24 ± 5.72 , anger expression inward; 15.4 ± 3.78 , anger expression outward as 17.70 ± 4.55 , anger control as 19.39 ± 4.53 .

In a study done with university students by Sosyal, Can and Kılıç (2009) following scores were found. Trait anger: 24.18 ± 4.6 , anger expression inward: 18.56 ± 3.7 , anger expression outward 16.38 ± 3.4 , anger control: 20.20 ± 3.6 .

Yıldız et al. (2008) found trait anger scores of high school graduated soccer players as 21.53 ± 5.36 whereas university graduated score is 19.94 ± 5.86 . Anger expressions outward scores are 15.97 ± 3.85 and 14.97 ± 3.34 respectively. Also, anger expression inward scores are found as 16.14 ± 3.57 and 15.68 ± 3.85 respectively. According to those obtained scores, as education level increases, anger control scores also increase whereas trait anger scores decrease.

In a study done by Junge et al. (2000) with 588 soccer players from 3 different countries (Germany, France, Czech Republic) following scores were found: trait anger score: 21.11 ± 4.87 , anger expression inward: 16.04 ± 3.70 , anger expression outward: 13.97 ± 3.71 , anger control: 21.47 ± 4.13

Anger resides from the fact that basic human needs not met and suppressing feelings. It has been found that education level, health condition, school success, relationships with friends and family, life style (alcohol,

sleep deprivation etc.) have an effect on anger (Yıldız, 2009; Albayrak & Kutlu, 2009). Those above-mentioned factors were not included in our study.

Self-esteem has utmost importance in decision making and inter-personal relationships (Samadzadeh, Abbasi & Shahbazzadegan, 2011). It is known that low self-esteem can cause depression, damage relationships or can cause psycho-pathological issues like failure to succeed.

It has been widely accepted that participating in any sport can improve self-esteem. Also self-esteem is an important factor in success. It has been reported that members of the team sports has higher self-esteem than individual sports participants (Erşan, Doğan&Doğan, 2009).

It has been found that people who are involved in extreme sports like, mountain climbing, motor sports, skiing, windsurfing, aviation have higher self-esteem levels than other athletes. Status is another factor that affects the level of self-esteem. It is known that professional players have higher self-esteem than amateur players (Samadzadeh, Abbasi & Shahbazzadegan, 2011).

University Athletes' self-esteem was found as 15.89 ± 1.45 by Armstrong and Early (2009). On the other hand, in a study done by Lane, Jones and Stevens (2002), they have found that tennis players, whose experience is over 7 years, have self-esteem score of min. 23.33 ± 2.13 and max. 31.63 ± 3.36 .

Samadzadeh, Abbasi and Shahbazzadegan (2011) determined self-esteem scores of professional and amateur athletes as 41.12 ± 3.22 and 34.26 ± 3.71 respectively.

In conclusion, different playing positions were compared in terms of loneliness levels, trait anger and anger expression style, self-esteem in our study. There was no statistical difference found between compared variables. We think that this situation is largely related to the groups having similar status (amateur/professional), similar soccer experience, total training sessions and time.

To sum up, according to the results of our study, we can say that loneliness levels, trait anger - anger expression style and self-esteem are unrelated to playing positions in amateur soccer.

References

- Albayrak,B.,& Kutlu,Y.(2009). Anger expression and related factors in adolescents. *M.U.Nursing Science and Art E- Journal*,2(3),57-69.
- Akın,M.,Kireker, İ.,&Köklü, Y. (2009). Comparison of 16-year old group Professional league soccer players' some physical characteristics in terms of their league level and positions. *Türkiye Klinikleri J Sports Sci*, 1(2),72-78.
- Arkar,H.,Sarı,Ö.,&Fidaner,H.(2004). Relationships between quality of life,perceived socail support,social network,and loneliness in a Turkish sample. *New Symposium*, 42(1),20-27.
- Amstrong,S.,&Oomen-Early,J.(2009). Social connectedness, self-esteem,and depression symptomatology among collegiate athletes versus nonathletes. *Journal of American College Health*, 57(5),521-526.
- Balat, U.G.& Akman,B. (2004). The level of self-esteem in high school students of different socio-economic status. *Fırat University Journal of Social Science*, 14(2),175-183.
- Batıgün, D.A.,&Hasta D. (2010). Internet addiction : an evaluation in terms of loneliness and interpersonal relationship styles. *Anatolian Journal of Psychiatry*,11,213-219.
- Bloomfield,J., Polman, R.&O'Donoghue, P. (2007). Physical demands of different positions in FA Premier League soccer. *Journal of Sports Science and Medicine*, 6,63-70.
- Brunelle, P.J.,Janelle,M.C.,&Tennant,K.L. (1999). Controlling competitive anger among male soccer players. *Journal of Applied Sport Psychology*, 11,283-297.
- Doğan, T.,Çötök,N.A.,& Tekin,G.E. (2011). Reliability and validity of the Turkish version of the UCLA loneliness scale (ULS-8) among university students. *Procedia Social and Behavioral Sciences*, 15, 2058-2062.
- Erşan,E.E.,Doğan,O.,&Doğan,S.(2009). The relationship between self-esteem levels and some sociodemographic characteristics of the students of college of physical education and sports. *Klinik Psikiyatri*,12,35-42.
- Hazir, T. (2010). Physical characteristics and somatotype of soccer players according to playing level and position.*Journal of Human Kinetics*, 26,83-95.
- Junge,A.,Dvorak,J.,Rösch,D.,Graf-Baumann,T.,Chomiak,J.,&Peterson,L.(2000). Psychological and sport-specific characteristics of football players. *The American Journal of Sports Medicine*, 28(5),22-28.
- Karakaya, I.,Coşkun,A.,&Ağaoğlu,B. (2006). Evaluation of depression,anxiety and self-esteem levels in swimmers. *Anatolian Journal of Psychiatry*,7,162-166.
- Kuru,E.,&Var, L. (2009). Opinions of football audience on aggressive behaviors: a case study (example of Kırşehir). *Journal Of Kırşehir Education Faculty*, 2(10),141-153.
- Köklü,Y.,Özkan,A.,Alemdaroğlu,U.,&Ersöz,G.(2009). The comparison of some physical fitness and somatotype characteristics of young soccer players according to their playing positions. *Ankara University School*

- of Physical Education and Sports Spormetre Physical Education and Sports Science Journal, VII (2),61-68.
- Kaya, N.& Solmaz,S.(2009). Anger and anger expression of nurses working in otorhinolarynx clinic of one university hospital. *Turkiye Klinikleri J Nurs Sci*, 1(2),56-64.
- Kuru,E.,&Baştuğ,G. (2008). The research of the level of male and female footballers perceiving their own characteristic features and bodies. *Ankara University School of Physical Education and Sports Spormetre Physical Education and Sports Science Journal*, VI (2),95-101.
- Lane, M.A.,Jones, L.,&Stevens,J.M.(2002). Coping with failure: the effects of self-esteem and coping on changes in self-efficacy. *Journal of Sport Behavior*,25(4),331-345.
- Neto, F.(1992).Loneliness among Portuguese adolescents. *Social Behavior and Personality*,20(1),15-22.
- Özdemir,U.,& Tuncay,T.(2008). Correlates of loneliness among university students. *Child and Adolescent Psychiatry and Mental Health*,2,29.
- Samadzadeh, M.,Abbasi,M., & Shahbazzadegan, B. (2011). Comparison of sensation seeking and self-esteem with mental health in professional and amateur athletes, and non-athletes. *Procedia Social and Behavioral Sciences*, 15, 1942-1950.
- Soysal,Ş.A.,Can,H.,&Kılıç,M.K. (2009). The analysis of the relationship between type-A behavior pattern and expression of anger among university students and its comparison in terms of sex. *Klinik Psikiyatri*,12,61-67.
- Top, U.F., Kaymak,E.,Göllü,Ş.,& Kaya,B. (2010). Analysis of self-esteem and assertiveness of the students at the faculty of health sciences in terms of sociodemographic levels. *New Symposium*, 48(2),148-155.
- Yıldız,M.(2009). The investigation of personality type and traith anger-types of expression of soccer players who play in amateur and youth soccer leagues. *Atatürk University Journal of Physical Education and Sport Sciences*,11(3),15-27.

JPES