

## Türkiye Büyükler Taekwondo Milli Takım Seçmelerine Katılan Sporcuların Stresle Başa Çıkma Düzeylerinin Cinsiyet Faktörüne Göre İncelenmesi

**Mehmet ACET\***, **Metin ŞAHİN\*\***, **Muammer CANBAZ\*\*\***, **Taner YILMAZ\*\*\*\***

\* Kütahya, Dumlupınar University, School of Physical Education and Sports, Turkey 43000,

**Email:** [acetmehmet44@gmail.com](mailto:acetmehmet44@gmail.com)

\*\* Konya, Selçuk University, Faculty of Sport Sciences, Turkey, 42000,

\*\*\* Konya, Selçuklu Anatolion High School, 42000, **Email:** [muammercanbaz@hotmail.com](mailto:muammercanbaz@hotmail.com)

\*\*\*\* Uşak, Uşak University, Faculty of Sport Sciences, Turkey, 64000,

**Email:** [taner.yilmaz@usak.edu.tr](mailto:taner.yilmaz@usak.edu.tr)

### Özet

Bu çalışmanın amacı Türkiye büyükler taekwondo milli takım seçmelerine katılan sporcuların stresle başa çıkma düzeylerinin incelenmesidir. Araştırmanın örneklem grubu, büyükler taekwondo milli takım seçmelerine katılan bayan (n=56), erkek (n=118), toplam 174 elit sporcudan oluşmaktadır. Bayan sporcuların yaş ortalaması 20,48 ve erkek sporcuların yaş ortalaması 21,00 olarak belirlenmiştir. Sporcuların öfke düzeyinin belirlenmesinde A. Sibel Türküm (1999) tarafından geliştirilmiş olan 5'li Likert tipi stresle başa çıkma ölçeği (SBÖ) kullanılmıştır. Sosyal değişken bakımından bayan ve erkek sporcular arasında anlamlı farklılık çıkmamıştır. (p=0.987). Stresle Başa çıkma değişkeni bakımından gruplar arasında anlamlı farklılık bulunmuştur (p=0.031) buna göre bu değişken bakımından bayanların ortalaması erkeklere göre anlamlı olarak daha yüksek bulunmuştur.

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

## Analysis on Overcoming Level of Stress of Athletes Joined in Adults Taekwondo National Team Eliminations in Terms of Gender Factor

### Abstract

Aim of the study is to determine level of coping with stress of athletes joined in Adults Taekwondo National Team eliminations. Sample group of the research was consisted of elite 56 female, and 118 male athletes joined in the eliminations in Alanya, Antalya. Average age of females was 20, 48, males 'was 21.00. A-five-point coping with Stress Scale of Likert type developed by A.Sibel Türküm (1999) was used to identify the level of the athletes' stress. No outstanding differences were found between the genders (p=0,987). However, in terms of the factor to cope with stress, meaningful difference was found between groups (p=0,031). Taking into consideration this fact, mean of females was found pretty higher than the males.

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

## Introduction

Stress; is defined as a person's sensitive acts toward a range of related events and particular situations. It can be considered a struggle element for an event, a person, while a destruction for another one. It is concurrence result of type of living and perception of stress, external elements creating stress, and internal factors special to individual (Baltaş 2002).

Struggling with stress in sports has been an important research area in sports psychology. Especially in sports, there has been uprising interest for stress and stress control. In order to understand, it is necessary to review general studies regarding stress and coping with it (Folkman (1992).

It is women who mostly get into stress because of some compelling circumstances such as hormonal changes, birth, and work overload. Women and men experience physiologically, psychologically, and socially different stressors and their style to cope with stress is different (Shear et al. 2000).

Level of prolactin and CRH reaction to stress is higher in women (Young and Korszun 1999). Due to the fact that oestrogen and progesterone raise stress reaction, it can be said mental disorders related with stress are more likely to be seen.

Stress damage athletes' physical energy, possible wins and victories, their enjoyment and entertainment. Stress harms athletes' self-confidence by giving them the impression that they are not talented enough. Psychological stress can give damage to athletes' display of their abilities they gained through years of doing exercises and prevent them from living experience of flow. Stress can cause athletes' mutilation and make them retired at early age. Stress could arouse the feeling of exhaustion experienced mentally, sentimentally, socially and corporally (Altungül 2006).

## Materials and Methods

**Research Group:** Sample group of the research was consisted of elite females (n=56), and males (n=118) athletes joined in the eliminations in Alanya, Antalya.

**Data Collection Tool:** Scale of Coping with Stress (SBÖ in Turkish) is a 5 point Likert type Scale developed by Türküm (1999). Factor analysis results applied for determination of construct validity indicated that items of the scale grouped in 3 factors. Items numbered as 1.3.11.14.15.19.21.22., 'Avoidance of coping with stress', 2.5.6.7.8.9.12.16., 'Intention to solve' numbers 4.10.13.17.18.20.23., 'Seeking for Social Support' are sub scales. 10.17.20., items are reversely scored. Score to be got from 23 items in the scale is between 23-115 points. The higher the score in the scale means more frequently the methods used to cope with stress are used.

**Data Analysis:** Statistical processes were made by SPSS packet programme. Percentage frequency distributions mean standard deviation values were used and t test (independent sample t-test) was applied to determine difference between gender and level of coping with stress.

**Findings**

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

		f	%	Total
<b>Gender</b>	Male	118	67,8	174
	Female	56	32,2	

As seen in Table 1, %67, 8 of the participants are males, %32, 2 of them are females.

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

	$\bar{x}$	Sd	Youngest	Oldest	Total
<b>Age</b>	20,83	2,26	17	25	174

Average age of the participants as in Table 2., is 20, 83.

**Table 3.** Arithmetic mean and standard deviation values of Coping with Stress Scale sub dimensions and the scale itself

	$\bar{x}$	S	Total
<b>Avoidance</b>	28,04	6,12	174
<b>Cope with</b>	28,41	6,04	
<b>Social Support</b>	4,27	2,80	
<b>Total Score</b>	60,72	12,59	

In Table 3, arithmetic mean in sub dimension of avoidance is 28, 04. Arithmetic mean in sub dimension of coping with is 28, 41, arithmetic mean in sub dimension of social support is 4, 27 and arithmetic mean of total score got from the scale is 60, 72.

**Table 4.** T test results between participants' gender and sub dimensions of Coping with Stress Scale and the scale itself.

	Gender	n	$\bar{x}$	S	sd	t	p
<b>Avoidance</b>	Female	56	29,12	5,90	172	-1,62	0,11
	Male	118	27,52	6,19			
<b>Cope with</b>	Female	56	29,84	5,45	172	-2,17	0,03*
	Male	118	27,74	6,20			
<b>Social Support</b>	Female	56	4,12	2,50	172	0,47	0,64
	Male	118	4,34	2,94			
<b>Total Score</b>	Female	56	63,09	11,24	172	-1,72	0,09
	Male	118	59,60	13,08			

Analysing the Table 4 it was found there was no significant difference between sub dimensions of avoidance, social support and total score. However, in terms of the factor 'Cope with', important difference between groups was observed ( $p=0.031$ ). Regarding the factor, females' mean is higher.

## Discussion

Aim of the study is to determine level of coping with stress of athletes joined in Adults Taekwondo National Team eliminations. Average age of the participants was identified as 20, 83 (Table 2).

No remarkable difference between dimensions of avoidance, social support, and total score of the athletes joined in the eliminations; however, there was striking difference between groups in terms of coping with stress factor. ( $p=0.031$ ). Related with this factor Females' mean was noted as higher than males' (Table 4).

From the Results in the research made by one of the researchers dealing with the issue, Yaşar (2008), pointed out that female physical education teachers seek for social support more than males.

Contrary to the results of this study, Taş (2010) evaluated Orienteering athletes' style of coping with stress according to gender differences, he conclude that male athletes were more tolerant and positive toward events than females and they prefer analysing problems more patiently and realistically. Female athletes prefer option of sharing their problems with others, asking for help less than males.

In other study, Bulut (2005) stated that gender generally did not create significant difference in sub dimensions, while females use sensation centred methods in coping with factor more than males. Results of this study were similar to the one made by Bulut (2005), it revealed that while coping with stress females tackle with problems better than males, and they overcome these problems better than males. Researchers think the reason of this can be that females get in contact with society easier than males'.

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