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**Short Communication**

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# **Examination on the Aggression Levels of Turkish National Skiing Athletes**

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## **BSTRACT**

Leading the aggression in some athletes ensures productivity; however, misleading does not give the same result. The aggression may reach dangerous extents. Nevertheless, aggressive behavior can be regarded as a relaxation. One of the important reasons of violence and aggression seen in sports is the belief that it increases the performance or success. Based upon these arguments, we aim to examine the aggression levels of Turkey national skiing athletes. The study has been conducted on 9 female and 11 male national skiing athletes who participated in International Alpine Skiing Cup held in Sarıkamış in 2012. An assessment instrument that comprises 2 parts was used to acquire data. At the first part, demographic data of the participants were gathered; at the second part, a 30-item Aggression Scale of which reliability has been developed by İpek İler was used to analyze the participants' aggression and factors influencing aggression. Consequently, the aggression levels were observed below the average pursuant to the gender, age and year of sports. Furthermore, assertiveness level was observed as high while disruptive and passive dimensions of aggression were found low. It is believed the athletes' being national athletes at the elite level has importance in both team success and individual success.

**Key Words:** Sports, Turkish National Team, Skiing, Aggression, Assertiveness.

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## INTRODUCTION

Aggression in sports may be defined as verbal or physical acts that one or some of the elements (athletes, coaches, spectators) get involved in mentioned case during the competition or bout do in order to harm the other one or attain the objective by violating the rules of sports.

There are two fundamental points to be emphasized in aggressive behaviors in sports: The first one is related to for what purpose the act of aggression is done. The second one is the target to which the act of aggression is tended. The conditions under which the games and competitions are done and the matches at which spectators present provide the ground for aggression. However, every behavior (a strike) that harms the opponent should not be regarded as aggression. The limits of aggression in sports are determined by the rules of regarded sports and the purpose behind the behavior (1).

In certain studies, it was found out that individuals who perform sports with intense aggression elements tend to behave aggressively more often while in other studies it was put forth individuals performing this kind of sports control the aggressive behaviours in an easier way and accordingly act less aggressively (2).

Disorder and concern for the future cause anxiety in individuals. This anxiety leads to aggression and violence. Aggression is an essential impulse in lives of all living creatures and instinctual behavioural pattern with biological grounds (3).

At the present time, sport is not an action aimed at only competition. Yet, it is not a factor that keeps individuals healthy. Sports stands out as actions which keep people healthy and enhance their health or maintain their healthy states. In developed countries, individuals are invited to do physical exercises to be healthy or recuperate (3).

We live together with aggression and violence in society and violence and aggression in particularly football hit the headlines almost every week. Along with attitudes and behaviours of sport managers, football coaches, coaches, referees, sports columnists and supporters, there are several historical, economic, sociological, psychological and biological reasons behind the violence and aggression seen in sports (4).

The limits of aggression in sports are determined by the rules of regarded sports and the purpose behind the behaviour.

Sportive performance is defined as motoric and psycho-motoric talents which are executed with the best potentiality in order to achieve success in a sportive action (5).

The increase in sportive aggression raises the performance of the athletes. It is argued over-arousal causes that since hyperarousal is a mean of aggression which includes hostility. The same case is seen at instrumental aggression (6). In hyperarousal, individuals show indications of nervousness, negligence along with toughness, being unable to concentrate and clumsiness (7).

As well as there are several reasons behind aggressive behaviours displayed by the athletes, they can be collected under five basic titles (8):

Athletes become more aggressive if:

- \*the athlete of team is losing the match
- \*they have a feeling the referee or referees conduct the match in an improper way
- \* they are surprised
- \*they suffer because of any physical contact or injury
- \*they perform under their capacity (8).

Apart from aforementioned factors, several conditions related to competition may lead to aggression in some way. These are (8):

\*Temperature: Aggressive behaviours increase at the matches held when weather temperature is high.

\*The score: When the difference between the score of the teams is high, aggression is seen at the highest level. However, if the score is close, aggression is at its lowest level.

\*Playing at home or away: The teams playing away play more aggressively than the home team.

\*The match result: At the end of the match, losing teams act more aggressively than the winning teams.

\*Athletes' or Teams' Score at the League: The teams are at lower ranks at the league tend to act more aggressively when they play with a team that is above themselves at the list.

\*The stages of the match: While it is seen less aggressive behaviours at the first half, they increase at the second half. The losing team acts more aggressively at the half of the game though the winning team enacts aggressive behaviours at the end of the game (8).

For attempts to prevent aggression and violence in sport, it is a must to know origin of the aggression; to take responsibilities as coach, athlete and club managers; to avoid broadcasting that will cause aggression as Media Company; to support education for spectator, supporter and so society to behave within fair-play rules. (9).

In our study, it is aimed to examine aggression level of Turkish national ski athletes based upon these importance and thoughts.

## MATERIALS AND METHODS

**Participants.** In our study, 9 female and 11 male ski athletes who attended International Alpine Skiing Discipline Sarikamiş Cup in 2012 and were from Turkish national ski team constitute subject group.

**Tools.** In the study, personal data form (gender, age, year of sports) was used in order to gather information about Turkish national ski team athletes and aggressiveness inventory whose reliability was developed by İpek İter KİPER (1984) and which consists of 30 items was used in order to specify athletes' aggression level (10).

**Aggression Scale (İ.İ.A.S).** Aggression scale developed by İpek İLTER (KİPER) was used in this study. This inventory was implemented to Turkish national ski team athletes as a group. Scale includes three sub-tests which consist of 30 items. These are destructive aggression, impulsive aggression and passive aggression. Each sub-test was determined by 10 questions. The items 1, 2, 3, 13, 14, 15, 22, 23, 24, 29 are about destructive aggression, the items 4, 5, 6, 10, 11, 12, 19, 20, 21, 28 are about impulsive aggression and the items 7, 8, 9, 16, 17, 18, 25, 26, 27, 30 are about passive aggression. Questions are seven-point Likert scale that includes answers from "it does not suit me at all" to "it suits me a lot". Theoretically in every sub-test, the subject who answers every question as 'it suits me a lot' gets +30 points and the subject who answers the question as 'it does not suit me at all' gets -30 points. Nevertheless, because minus points cannot be used statistically and it is thought that 'zero' will be a problem at statistical analysis; 31 points are added to every total point. Thus, the lowest point taken from each sub-test is 1 and the highest point is 61. A general aggressiveness point is also achieved on the basis of total points of every three scales for every subject even if there is not any general aggressiveness point at inventory (11).

**Statistical Analysis.** Frequency distribution, arithmetic mean, percentages, independent sample t-test and One-Way ANOVA with Tukey posthoc test was used to analyze data. Data was analyzed using SPSS software. A level of 0.05 was considered significant.

## RESULTS

Nine female (45%) and 11 male (55%) ski athletes who attended International Alpine Skiing Discipline Sarikamiş Cup in 2012 and were from Turkish national ski team athletes constitutes subject group.

In table 1, 2, and 3, when the analysis results with regard to the points of

aggression scale as to variable of Turkish national ski team athletes' gender, age, and years of sports history, respectively, were examined, it was stated that there was not significant differentiation in terms of gender, age, and years of sports history variables, respectively, from sub-dimensions of general aggressiveness and aggression levels ( $p < 0.05$ ).

**Table 1. Aggression Factors Scale Points in Regard to Gender**

Aggression Level	Gender	N	$\bar{X}$	Ss	t	p
Aggressive behavior	Male	11	105.00	17.70	0.41	0.68
	Female	9	101.66	18.33		
Disruptive behavior	Male	11	34.72	8.47	0.81	0.42
	Female	9	31.55	8.81		
Assertive behavior	Male	11	40.90	7.23	-1.27	0.22
	Female	9	46.88	13.46		
Passive behavior	Male	11	29.36	8.98	1.48	0.15
	Female	9	23.22	9.43		

**Table 2. Aggression and it's Factors Scale Points as to Age**

Aggression Level	Age	N	$\bar{X}$	Ss	F	p
Aggressive behavior	17-19 Years	8	100.87	19.40	0.19	0.82
	20-22 Years	8	106.50	12.05		
	23-28 Years	4	102.75	26.42		
	Total	20	103.50	17.58		
Disruptive behavior	17-19 Years	8	32.00	8.97	0.94	0.40
	20-22 Years	8	36.37	7.68		
	23-28 Years	4	29.75	9.53		
	Total	20	33.30	8.55		
Assertive behavior	17-19 Years	8	42.87	12.06	0.95	0.40
	20-22 Years	8	41.12	9.94		
	23-28 Years	4	50.00	8.60		
	Total	20	43.60	10.63		
Passive behavior	17-19 Years	8	26.00	8.03	0.53	0.59
	20-22 Years	8	29.00	8.81		
	23-28 Years	4	23.00	14.23		
	Total	20	26.60	9.47		

## DISCUSSION AND CONCLUSION

In this part, the findings about whether sub-scales of general aggressiveness levels and aggression levels of Turkish national ski team athletes who were research sample shows any differentiation or not as to some variables was discussed and interpreted. It is

thought that being national team athletes at elite level have importance for both team success and individual success as psychological mindedness.

According to research findings, when the gathered points for destructive aggression, impulsive aggression, passive aggression

and general aggressiveness levels of the subjects with relation to aggression state are examined, it is observed that impulsive behavior levels are higher than passive and destructive behavior points. Different studies support our study, as well. (12,13,14,15,16,17,18,) When the points of Turkish national ski team male and female subjects in terms of general aggressiveness and aggression sub-dimensions are examined, any significant difference between males and females cannot be

ascertained statistically. It can be concluded that male subjects have higher points at general aggressiveness, destructive aggression and passive aggression; even if there is not so significant difference at impulsive aggression, female subjects have higher points ( $p < 0.05$ ). Similar to this study, the studies of Soykan (1993), Kopper (1996), Tiryaki 1996, Scharf (2000), Giles and Heyman (2005), Yıldız S. (2009) support our study by showing similarity to research findings (19,20,21,22,23,11).

**Table 3. Aggression and it's Factors Scale Points as to Years of Sports History**

Aggression Level	Year of Sports	N	$\bar{X}$	Ss	F	p
<b>Aggressive behaviour</b>	7-10 Years	8	100.87	19.40	0.19	0.82
	11-14 Years	8	106.50	12.05		
	15 Years and over	4	102.75	26.42		
	Total	20	103.50	17.58		
<b>Disruptive behaviour</b>	7-10 Years	8	32.00	8.97	0.94	0.40
	11-14 Years	8	36.37	7.68		
	15 Years and over	4	29.75	9.53		
	Total	20	33.30	8.55		
<b>Assertive behaviour</b>	7-10 Years	8	42.87	12.06	0.95	0.40
	11-14 Years	8	41.12	9.94		
	15 Years and over	4	50.00	8.60		
	Total	20	43.60	10.63		
<b>Passive behavior</b>	7-10 Years	8	26.00	8.03	0.53	0.59
	11-14 Years	8	29.00	8.81		
	15 Years and over	4	23.00	14.23		
	Total	20	26.60	9.47		

When the aggressiveness points of Turkish national ski team athletes in terms of age groups are examined, any statistical difference cannot be identified in term of general aggressiveness and aggression sub-dimension. It can be stated that general aggressiveness, destructive behavior and passive behavior points are lower; even if there is no significant difference, impulsive behavior points are higher than average ( $p < 0.05$ ). The researches that were made by Yıldız S. (2009), Topuz and colleagues (2010) and showed similarity to our research support our study (11, 18).

When analysis results with regard to aggression scale points as to year of sports

of Turkish national ski team athletes, it was found that there is not any significant difference in terms of year of sports from sub-dimension of general aggressiveness and aggression level ( $p < 0.05$ ). However, it is observed that as year of sports increases; destructive and passive behavior level decrease and impulsive behavior level increases. As a different research, the study of Bilge (1990) and Karakaya (2002) supports our study (13, 12).

As a result, it is observed that while general aggressiveness levels and destructive behavior and passive behavior levels from sub-dimensions of aggression of Turkish national ski team athletes who attended our

study are lower, their impulsive behavior levels are high. Our study which are directly similar to our hypothesizes and also different studies showed that sport is a tool that contributes not only physical and mental development but also psychological development, as well. One of the most important reasons for violence and aggression cases in sport is the belief that this will increase performance and success. It is believed that our study will be a supportive study for upcoming studies.

#### APPLICABLE REMARKS

- Having an important role in the formation of performance psychology, should be given work in the training level for national team athletes to be successful.
- It could be think that; our study will be referring to other studies in the area.

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# بررسی سطوح پرخاشگری ورزشکاران ملی اسکی ترکیه

## آتالای گاکار\*

استادیار گروه تربیت بدنی و علوم ورزشی، دانشگاه فیرات، ایلازیگ، ترکیه.

### چکیده

عمده پرخاشگری در برخی از ورزشکاران تضمین بهره‌وری است. با این حال، گمراهی نتیجه معکوس می‌دهد. پرخاشگری احتمال دارد به درجات خطرناک برسد. با این وجود، رفتار پرخاشگرانه می‌تواند به عنوان یک آرامش دهنده در نظر گرفته شود. یکی از دلایل مهم خشونت و پرخاشگری دیده شده در ورزش این است که اعتقاد به آن عملکرد و یا موفقیت را افزایش می‌دهد. بر اساس این استدلال، هدف ما بررسی سطح پرخاشگری ورزشکاران اسکی ملی ترکیه است. مطالعه انجام شده بر روی ۹ زن و ۱۱ قهرمان ملی مرد بود که در سال ۲۰۱۲ در جام آلپاین که در ساریکیمیش شرکت داشتند. ابزار ارزیابی شامل ۲ قسمت است که برای به دست آوردن داده‌ها استفاده شد. در بخش اول، اطلاعات دموگرافیک که از شرکت‌کنندگان جمع‌آوری شد. در بخش دوم، یک مقیاس ۳۰ موردی پرخاشگری که اعتبار آن توسط اسپیک و ایلتر با استفاده از تجزیه و تحلیل پرخاشگری شرکت‌کنندگان و عوامل تأثیرگذار بر آن انجام شد. تجزیه و تحلیل با استفاده از نرم افزار SPSS و سطح معناداری  $p < 0.05$  در نظر گرفته شد. در نتیجه سطح پرخاشگری مشاهده شده پایین تر از سطح متوسط به دلیل جنسیت، سن و سابقه ورزشی بود. علاوه بر این، سطح ابراز وجود در میزان بالا مشاهده شد؛ در حالی که ابعاد مخرب و غیر فعال از پرخاشگری در سطح پایین بود. اعتقاد بر این است که ورزشکاران ملی در سطح ورزشکاران نخبه در موفقیت تیمی و موفقیت فردی نقش دارند.

**واژگان کلیدی:** ورزش، تیم ملی ترکیه، اسکی، پرخاشگری، ابراز وجود.

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