

THE RELATIONSHIP WITH POSITIVE THINKING SKILLS AND SPORTSMANSHIP ORIENTATIONS IN FOOTBALL PLAYERS

A RELAÇÃO COM AS HABILIDADES DE PENSAMENTO POSITIVO E AS ORIENTAÇÕES ESPORTIVAS NOS JOGADORES DE FUTEBOL*

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Abstract: The goal of the study is determining the relationship with football players' positive thinking skills and sportsmanship orientations. The study consisted of a total of 690 football players in 30 teams competing in the 1st, 2nd and 3rd groups of the 4th region of the regional amateur league organized by the Turkish Football Federation in 2021-2022, and the sample consisted of 149 athletes voluntarily participating in this universe. Personal information, positive thinking and sportsmanship orientation scales were used collecting data. Statistical analysis was performed on a computer environment. Pearson moment product correlation analysis (r) was applied. As a result, it was determined that the positive thinking skills and sportsmanship orientations of the regional amateur footballers were at a level that could be considered high. A positively moderate correlation was seen between positive thinking skills and sportsmanship orientations sub-dimensions and total scores. Athletes competing in this league, which is the last stage of the transition from amateur to professional, are considered to be semi-professional and it is thought that their ability to resist various pressures such as psychological and physiological in challenging competitions is due to their sportive experience and abilities.

Keywords: Football. Positive thinking. Sportsmanship.

Resumo: O objetivo do estudo é determinar a relação com as habilidades de pensamento positivo e as orientações esportivas dos jogadores de futebol. O estudo consistiu em um total de 690 jogadores de futebol em 30 equipes competindo no 1º, 2º e 3º grupos da 4ª região da liga amadora regional organizada pela Federação Turca de Futebol em 2021-2022, e a amostra consistiu de 149 atletas que participaram voluntariamente deste universo. Foram utilizadas informações pessoais, pensamento positivo e escalas de orientação esportiva para a coleta de dados. A análise estatística foi realizada em um ambiente de computador. Foi aplicada a análise de correlação de produtos do momento Pearson (r). Como resultado, foi determinado que as habilidades de pensamento positivo e as orientações esportivas dos jogadores de futebol amadores regionais estavam em um nível que poderia ser considerado alto. Foi observada uma correlação positivamente moderada entre as habilidades de pensamento positivo e as orientações esportivas sub-dimensionais e a pontuação total. Os atletas que competem nesta liga, que é a última etapa da transição de amador para profissional, são considerados semi-profissionais e pensa-se que sua capacidade de resistir a várias pressões, tais como psicológicas e fisiológicas em competições desafiadoras, se deve à sua experiência e habilidades esportivas.

Palavras-chave: Futebol. Pensamento positivo. Desportivismo.

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1. INTRODUCTION

Sports can be seen as an important contributor to the socialization process and as an important resource in the development of appropriate behaviors. By the nature of sports, is a social phenomenon that requires participants to communicate, interact and relate to each other.

While this social structure produces positive results such as helping encouraging and supporting a teammate who has performed poorly, it can also cause negative events such as lying, provoking and injuring other people (Kavussanu, 2008).

As in all sports branches, performance is very important in football. Performance is the ability of an individual to successfully use her/his talent and capacity while performing a task requested from her/his. (Başer, 1996). On the other hand, sportive performance is the highest level of success that a person can reach in the branch of sports s/he is engaged in (Bayraktar & Kurtoglu, 2004). However, it is very common to exhibit non-sports behaviors at competitive sports levels (Hopkins, & Lantz, 1999).

There are many factors that negatively affect athletes' performance in competitions. Athletes can overcome the situations that negatively affect their performance with their way of thinking.

The using positive thinking skills effectively by the individual may be related to his/her ability to cope with psychological and physical problems and increase in both psychological and physical well-being. In addition, the development and implementation of positive thinking is a situation that can be effective in all living areas of the individual (Bekhet & Zauszniewski, 2013; Karagöz, 2011). For this reason, it is considered important for the individual to use positive thinking skills more in order to develop sporty behaviors in the field.

Although sportsmanship seems to be a comprehensive and exemplary consistent behavior related to moral and social values in sports activities, sportsmanship behaviors also help to reduce inappropriate behaviors in a competitive sports environment (Gencheva et al., 2017).

Balçıkanlı and Yıldırım (2011) defined sportsmanship orientation as "the tendency of the moral points of the person to emerge when a person encounters someone who is in

danger or distress and experiences a contradiction with the desire to help that person and to maintain his/her goal at that moment".

The studies examining positive thinking (Tazegül, 2018; Çelik et al., 2020; Tazegül, 2016; Şahinler et al., 2020) and sportsmanship tendencies (Gürpınar and Kurşun, 2013; Özsarı, 2018; Balçıkanlı and Yıldırım, 2011; Özsarı et al., 2018) were found in various sports groups. However, there are no studies examining the positive thinking skills and sportsmanship orientations of football players together. Therefore, the goal of this study is to examine the relationship with footballers' positive thinking skills and sportsmanship orientations.

2. METHODOLOGY

Model of the Study:

Descriptive and relational survey method was used in the study (Karasar, 2004).

Formation of Volunteer Groups

The study consisted of a total of 690 football players in 30 teams competing in the 1st, 2nd and 3rd groups of the 4th region of the regional amateur league organized by the Turkish Football Federation in 2021-2022, and the sample consisted of 149 athletes voluntarily participating in this universe.

Table 1: Participants' Descriptive Statistics

Variables	Groups	TI	%
Age	17-21	42	28.2
	22-26	67	45.0
	27+	40	26.8
Sports Age	1-7	25	16.8
	8-14	65	43.6
	15+	59	39.6
Educational Status	High School and Equivalent	69	46.3
	Bachelor's Degree	71	47.7
	Post-graduate	9	6.0
Position Played	Goalkeeper	13	8.7
	Defense	44	29.5
	Midfielder	51	34.2
	Offense	41	27.5
Monthly Earnings Excluding Premium	0-2000	50	33.6
	2001-4000	46	30.9
	4001+	53	35.6
	Total	149	100

It is determined that 28.2% of participants are 17-21, 45% are 22-26, 26.8% are 27 years and above, 16.8% are 1-7, 43.6% are 4-14, 39.6% are 15 years and above according to the age sports age variable, 43.3% are high school and equivalent, 47.7% are undergraduate, 6% are postgraduate, 8.7% are goalkeepers according to the position variable they play, 29.5% are defensive, 34.2% are middle field, 27.5% are offensive, and monthly earnings, excluding premium, 33.6% are 0-2000, 30.9% are 2001-4000 and 35.6% are 4001 TL and above.

Data Collection Tools

Participants were performed personal information form, positive thinking and sportsmanship orientation scales.

Personal Information Form

The personal information form consisted of five questions aimed at determining the age, sports age, education level, positions they played and monthly earning status without premiums of the volunteers participating in the study.

Positive Thinking Skills Scale:

Bekhet and Zauszniewski (2013) were developed the scale. It was consist of 8 items and 4 Likert Type. It has no reverse item. Akın et al (2015) were adopted to Turkish culture (Akın et al., 2015). The Cronbach alpha score was reported as .90.

Multidimensional Sportmanship Orientation Scale:

Vallerand et al. (1997) were developed the scale. It has 25 items. It contains 5 sub-dimensions and 5-point Likert-type scale It was adapted to Turkish culture by Sezen-Balçıklı (2010), it was observed that 5 items (Item 5, 10, 15, 20, 25) in the "Negative Approaches" dimension did not work and were removed. Therefore, the Turkish version of it has 20 items and 4-factors structure (Sezen-Balçıklı, 2010).

Statistical Analysis of Data

The skewness and kurtosis values of scales were presented in Table 2.

Table 2: The skewness and kurtosis values of the scale scores of the participants

Scale	n	Skewness	Kurtosis	P
Positive Thinking Skill	149	-.425	-.242	.014
Sportsmanship Orientation Total	149	-.765	.063	.000
Compliance with Social Norms	149	-.999	.478	.000
Respect for Rules and Management	149	-.561	-.348	.002
Commitment to Responsibilities in Sports	149	-1.430	1.328	.000
Respect for the Opponent	149	.631	-.499	.000

It was found that the deviations of the participants' positive thinking skills and sportsmanship orientations sub-headings and total scores from normality were significant. Demir et al. (2016) explained that skewness and kurtosis values were within ± 2 in terms of normality. The statistical analysis was performed in computer environment. Pearson moment product correlation analysis (r) was applied.

3. FINDINGS

Table 3: Descriptive statistics of the scores obtained from the positive thinking skill scale

Scale	n	Min	Max	X \pm SD
Positive Thinking Skill	149	6.00	24.00	17.839 \pm 4.211

The positive thinking skills of participants were at the level of 17.839 \pm 4.211.

Table 4: Descriptive statistics of the scores obtained from the sportsmanship scale

Scale	n	Min	Max	X \pm SD
Sportsmanship Orientation Total	149	46.00	100.00	82.128 \pm 12.344
Compliance with Social Norms	149	6.00	25.00	20.175 \pm 4.511
Respect for Rules and Management	149	8.00	25.00	19.329 \pm 4.074
Commitment to Responsibilities in Sports	149	14.00	25.00	23.007 \pm 2.690
Respect for the Opponent	149	6.00	25.00	19.617 \pm 4.482

It was determined that the total sportsmanship orientation score of the regional amateur footballers participating in the study was 82.128 \pm 12.344. When the sub-dimensions of sportsmanship orientation were examined, it was seen that compliance with social norms was 20.175 \pm 4.511, respect for rules and management was 19.329 \pm 4.074, commitment to responsibilities in sports was 23.007 \pm 2.690, and respect for the competitor was 19.617 \pm 4.482 (Table 4).

Table 5: The relationship with positive thinking skills and sportsmanship orientation levels

		Compliance with Social Norms	Respect for Rules and Management	Commitment to Responsibilities in Sports	Respect for the Opponent	Sportsmanship Orientation Total
Positive Thinking Skill	r	.359	.493	.361	.366	.505
	p	.000	.000	.000	.000	.000

n	149	149	149	149	149
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A moderate positive correlation was seen between the positive thinking skills of the regional amateur football players and the total scores of their sportsmanship orientation ($r=.505$, $p=.000$). Also, positively correlation was found between positive thinking skills and compliance with social norms ($r=.359$, $p=.000$), respect for rules and management ($r=.493$, $p=.000$), commitment to responsibilities in sports ($r=.361$, $p=.000$) and respect for the competitor scores ($r=.366$, $p=.000$).

4. DISCUSSION

Human being is a being who can think by nature, and the ability to think is one of the most important features of being human. Thinking can be defined as the processing of the mental presentation of knowledge and can be considered as a skill (Akın et al, 2015).

It was determined that the positive thinking skills of the participants were at a level that could be considered high. When the literature was examined, it was reported that the positive thinking skills of various athlete groups were at a high level (Koç et al., 2019) and/or above average (Tazegül, 2016; Tazegül, 2018). In addition, in their study comparing the positive thinking levels of individuals who do sports and sedentary individuals, it was reported that individuals who do sports have a better level of positive thinking skills (Çelik et al., 2020; Lipowski, 2012). Çelik et al. (2020) stated that when the hormonal and psychological effects of sports are considered, it may be due to the mental effects of sports on individuals' more positive thinking and optimism skills, and that sports and positive thinking skills may be complementary stakeholders. In this study, it is thought that the high level of positive thinking skills of football players in the regional amateur league is due to the fact that they have a certain sports culture and have a positive perspective that finds appropriate solutions to the negative situations that may occur to the relevant branch and makes positive decisions.

The scores obtained from the sub-dimensions of the sportsmanship orientation scale in general and from the total were at a level that can be considered high. Although the lowest score belongs to the sub-dimension of respect for rules and management, it is considered positive that it is above the average. Studies reported that the sportsmanship orientation levels of various sports groups are above average (Güllü & Şahin, 2018 ; Ulukan, 2021; Güllü 2018) or at a moderate level (Tsai & Fung, 2005). In this study, the

fact that the scores obtained by regional amateur footballers from the sub-dimensions of the sportsmanship orientation scale and the total are at a high level that can be accepted is considered as a result of the fact that the concept of Fair play is increasingly accepted, adopted, gained importance and became widespread in the football branch as in all sports branches.

A moderate positive correlation was found between the positive thinking skills of the regional amateur footballers participating in the study and the sub-dimensions and total scores of sportsmanship orientations. Studies examining the relationship between various sample groups' positive thinking and life commitment (Tazegül, 2018; Koç et al., 2019), liking their bodies (Tazegül, 2016), interpersonal communication (Karadağ, 2019), and life satisfaction (Lightsey & Boyraz, 2011) were found. Also, studies examining the relationship between sportsmanship orientations and empathic tendencies of various sample groups (Balçıkanlı & Yıldırım, 2011; Elik, 2017), mechanisms of moral distancing in sports (Çavdar, 2019), athlete personality traits (Sülün et al., 2021), Leadership orientation (Çetinöz et al., 2021) were found. In particular, researchers characterize sport as both a performance-based and a social practice because sports is actively involved in the socialization of individuals and it is stated that it plays an important role in developing self-confidence in general, such as support, fair play, solidarity and cooperation (Yıldız, 2019). Sportive self-confidence is considered as one of the important psychological variables that affect the performance levels of athletes (Çiftçi et al., 2021). In addition, it is stated that the self-confidence value is an important resource in terms of performance parameters (Thomas et al., 2011). It is known that positive thinking skills are important in order to demonstrate the performance expected from the athlete. Sports can be described as an important stakeholder of thinking positively in this respect. Indeed, some scientific studies have shown that sports reduce symptoms of depression and anxiety and contribute to mental well-being (Malm et al., 2019; Eime et al., 2013; McPhie & Rawana, 2015; McMahon et al., 2017). In line with this information, it is thought that athletes' having a positive mood will also positively affect their ability to use positive thinking skills effectively and their sportsmanship behaviors.

Athletes see their opponent as an individual with equivalent rights to make the game happen. Even if this situation is under difficult conditions, they show themselves without disturbing the equality of opportunity, without accepting unfair advantage, provided that the athlete applies the rules consistently and consciously (Yıldırım, 2004).

5. CONCLUSION

As a result, it was determined that the positive thinking skills and sportsmanship orientations of the regional amateur footballers were at a level that could be considered high. A positively moderate correlation was seen between positive thinking skills and sportsmanship orientations sub-dimensions and total scores. Athletes competing in this league, which is the last stage of the transition from amateur to professional, are considered to be semi-professional and it is thought that their ability to resist various pressures such as psychological and physiological in challenging competitions is due to their sportive experience and abilities.

Recommendations

- Studies can be conducted to examine the relationship between positive thinking skills and sportsmanship orientations of athletes who practice football professionally.
- Studies can be conducted to examine the relationship between positive thinking skills and sportsmanship orientations of athletes interested in other team sports.
- Trainings can be given to athletes to increase their positive thinking skills and sportsmanship orientations.

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