

THE INVESTIGATION OF STRESS AND AGGRESSION LEVELS IN HEARING-IMPAIRED SPORTSMEN AGED BETWEEN 18-25 YEARS OLD

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ABSTRACT

Purpose: The purpose of this study is to investigate levels of stress and aggression in hearing-impaired athletes aged between 18-25 years old.

Method: 50 hearing impaired sportsmen playing in different sport clubs in Izmir and 50 non-sportsmen involved the study voluntarily. 3 parted questionnaires were applied to the subjects. First, second and third sections consisted of questions on demographic characteristics, the stress scale and aggression scale consisted of 10 and 34 expressions, respectively. Obtained data recorded by package program. In order to test the research hypotheses, regression analysis and t test were applied.

Result: A positive linear relationship was found with levels of aggression and ages of the sportsmen whereas no significant correlation between stress levels and ages found. There were no significant differences between age and levels of stress and aggression in both sportsmen and non-sportsmen groups. Although significant relationship between gender and aggression and stress found in hearing-impaired sportsmen and non-sportsmen, boys showed more aggressive behavior than girls. No relation found between levels of aggression and stress in the hearing-impaired sportsmen who do team and individual sports. No significant relationship found between hearing-impaired sportsmen and non-sportsmen groups in terms of levels of aggression and stress.

Conclusion: As a result, hearing-impaired individuals to be rehabilitated through sports and must be kept from violence, aggression and concept of stress. Particularly, disabled members should be encouraged to participate in sports.

Key Words: Hearing loss, Stress, Aggression.

Introduction

There are individual differences among all people in the world. Body type, cultural, social, economic, psychological and developmental characteristics with other living creatures in nature, with the difference arising with factions within their own class is an entity with different characteristics (M. Akandere, 1993,17).

Partially or completely due to lack of sensitivity of hearing in learning to speak, because of the use of language and communication difficulties negatively affected an individual's educational performance and social status of compliance.

Hearing to take place, to be sound, the sound the human ear is perceived as present within the boundaries of the frequency and severity, the organ recipient to perceive the sound to the ear so the sound reaches the ear of the hearing center in the brain structures through unhindered, this center should be interpreted correctly detected (E. Belgin, 1995, 12)

Stress is not easy to define, describing today's most complex concepts in a more favored one. Definition of stress is the number of investigator. Selye (1976) stress, in short, "the body of any pressure on him, can not be a specific response," defined as. Besides, a little bit of stress as well as being useful in everyday life is also stated that necessary, also not possible to fully stress the individual, and it expressed that there is

stress everywhere but not at the end of human life would be added to. (E. Göçet, 2006, 33-34).

Stress is a mental process, or sadness, anxiety, depression is not like the moods. This means that if there is a physical and a physiological response to stress brings occur. Accordingly, a state of physiological stress and worry, anxiety, depression, or is not blocking. These mental states, may be the initiator for the physiological response, but he does not stress (I. Çakır, 2006, 29). Stress, strain, and to adapt the processes occurring within the complex, emotional, behavioral responses and physiological reactions to these connections is the name given (Z. Baltaş, 2000,133).

Mental structure of the external factor of any person in fear, anxiety, excitement, sadness gives birth, these states are also stress (N. Öner, 1989, 12).

Aggression, a behavior has existed since the day that there are human beings. Aggression, Anger, hostility, competition, frustration, fear and harm caused by such situations, to stop him, him or herself to be a barrier intended to protect the physical, verbal or symbolic behavior of all kinds. Target of aggression as well as other people, institutions, as well as the physical environment or the depression itself may be the person (S. Budak, 2000, 65-66).

It is known that sports is an important factor

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for societies to keep healthy. Thanks to sport, it is known that societies live a comfortable and a good life away from the stress and tension. How the stress and aggressiveness level of hearing-impaired athletes and to what extend the effect of sport reflects on it led us to this study.

Human is bio-cultural and social entity. Hearing obstacle bears a social characteristic by affecting not only the person but also the environment and the family the person lives in. Hearing is the basic element of language and talking and these are interbedded with each other in real life.

Any disorder in this mechanism handicaps learning of language and talking by natural ways and makes gaining of communication skills tough (Ş. Bilir, S. Bal, 1995; D. Cüceloğlu, 1987).

Hearing-obstacle is being negatively affected of person's educational performance and social status badly because of the partially or wholly loss in the hearing sensibility, and the difficulty in speaking, use of language and intercommunication effect.

For the happening of the hearing; it should be that there is a sound, and that the frequency and the range of the sound is perceptible for the human ear, that there is a sound receiver organ- that is ear, that the sound passes through the ear without facing any obstacles and reach the hearing centre and that it is perceived and commented correctly (E. Belgin, 1995).

Steadman's Medical Dictionary stress is described as the reaction of body against harmful and various abnormal situations that disrupts the balance of the body's normal psychological equilibrium ; as a persistence that body resists against to any action that is externally applied; as a psychological stimulus that's effective in emergence of tension and disequilibrium of a person (M.A. Şimşek, 2005).

Aggression is generally used to demonstrate individual's behaviors which is done to damage. In this context, components such as "to harm, hurt," or "intent, purpose," function as the key words for conceptualization of offensive conducts . Because person who acts aggressively harms or disturbs others with nasty stimulant. Although Hurtful, injurious behaviors take place in the center of the definitions about aggressiveness, it may not always be performed in order to harm. Individuals can apply to aggression for many reasons except harming others. Such as liberty acquisition, acquisition of status, controlling other people, establishing authority and having success are some of these aims (Y. Kurtyılmaz, 2005).

This study was done to investigate the aggression and stress levels of the hearing-impaired athletes and determine the role of sport in this effect.

Method

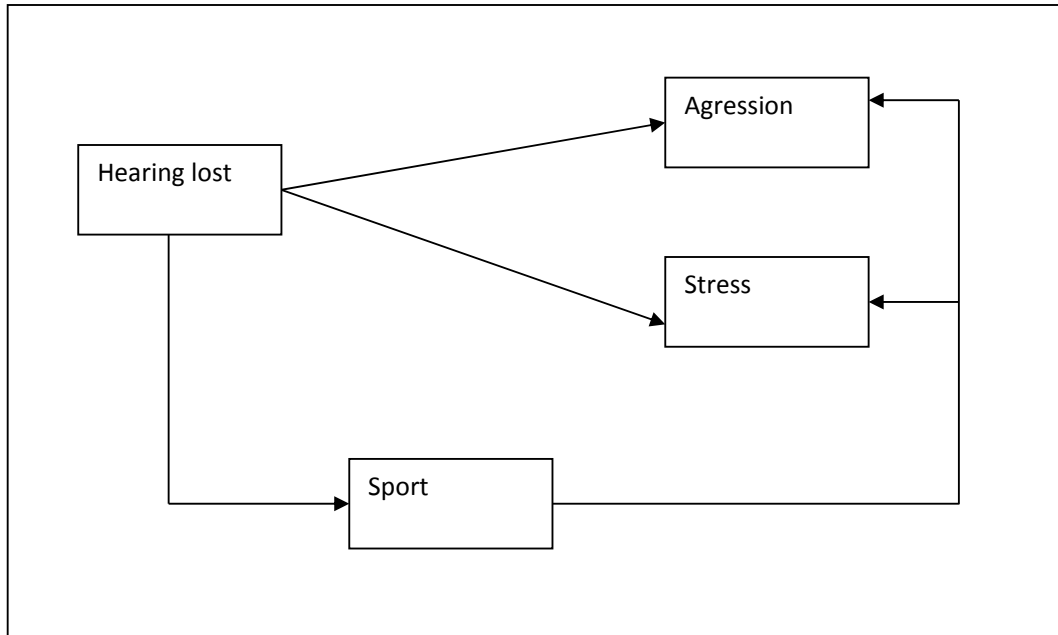
In accordance with the information contained in the theoretical part of the study, a survey form (Annex-1 Annex-2, Appendix-3) was prepared. Applied questionnaire consists of three parts. In the first section, there are demographic characteristics of athletes (age, experience, gender, education, sport branch). In the second part, there is a stress scale, which was used at Z. Odabaşı's (2006) " stress on work life" and is formed by 10 statements to determine the level of stress. These statements prepared according to 5 Likert scale, and ordered as a "never = 1, rarely = 2, occasional = 3, frequently = 4, very often = 5". As a result of "item analysis" that was done in the research in order to improve the reliability of the scale 5 expressions became out of evaluation (Z. Odabaşı, 2006).

Finally, in the third part, there is an aggression scale, occurs of 34 expressions developed by Buss and Perry (1992) , used by Y. Yalçın (2009) for his master thesis named " The effect of sport satisfaction on level of sportsmen's stress and aggression: An application to determine the role of trainer's gender in Antalya" to determine the scale of the aggression. These expression prepared according to 5-Likert scale and ordered as a " beneath at all = 1, very little suitable = 2, reasonable = 3, very suitable=4, pat = 5"

After getting required authorization via individual interviews with hearing impaired athletes and others who are not athletes, poll forms were applied. For the research; totally 100 questionnaires were given out. The questionnaire forms were given to either the team coaches and school teachers and they were wanted them to give these questionnaires out to their hearing impaired athletes and hearing impaired non-athletes or the athletes themselves and they were wanted to fill the forms on their own and then 100 of questionnaires were evaluated. The research data obtained were loaded to computer program and every analysis was scoped out by using this program. In order to test the research hypotheses, regression analysis and test were applied.

Reliability analyses of the scales that were used in the study were done and the stress scale's Cronbach's alpha value was determined as 0,746 and aggression scale's Cronbach's alpha value was determined as 0,933. As the reliability level of scales was found as acceptable, it was passed to findings section.

Model of Research



Results

The average age of hearing impaired athletes and athletes who participated in the study was

respectively determined as 20.62 ± 2.514 and 3.46 ± 4.30 .

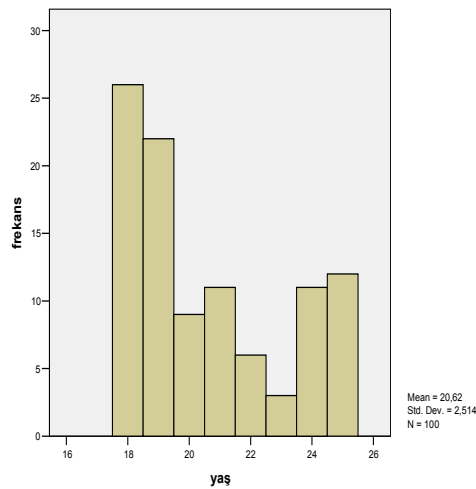


Table 3.1. The distribution of participants by sex

Athletes' gender	Frequency	%
Men	64	64
Women	36	36
Total	100	100

64 participants out of 100 were male and 36 participant's out of 100 were female. According to

this, it is seen that most of the participants were men in this study.

Table: 3. 2. The distribution of participants by level of education

Athlete's studying status	Frequency	%
Primary education	6	6
High school	50	50
University	44	44
Total	100	100

When the education levels of the participants are examined, it can be understood from the chart that 6 out of 100 went to primary school, 50 out of 100 went to high school, and 44 out of 100 went to university. It can be understood

from the chart above that the participant are mostly high school educated.

Table 3. 3. The distribution of participants athletes according to branches

Sports branches	Frequency	%
Individual sports	16	32
Team sports	34	68
Total	50	100

When you look at the distribution of athletes according to their branches, you see that 16 of them do individual sports and 34 of them do

team sports. According to this , a large part of the participated athletes takes place in the team sports.

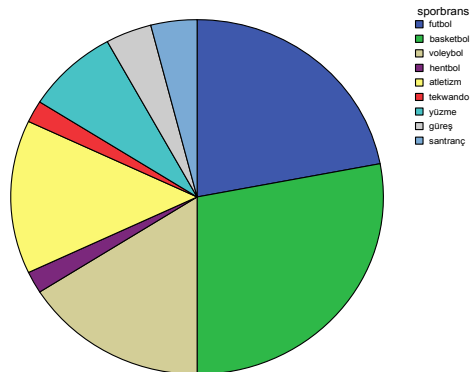


Table 3.4. The table about the range of aggression level between group of impaired athletes who do sports and group of impaired people who do not do sports

	Mean± SD		p
Athletes	2,31±0,60		
Nonathletes	2,79±0,77		
		3,431	0,001*

* p<0.05

A significant difference of which degree is 0.001 was found between the aggression levels of the impaired group which do sports and the impaired group which do not do sport (p<0.05).

T test was applied because there were only two groups to be compared in order to determine the

differences. This difference arises from that the aggression level of impaired athletes is lower than the impaired non-athletes. From this aspect, it is seen that sport plays an important role in reducing the aggression level of impaired people.

Table 3.5. Sport disability groups who do not do sports with disabled groups on the t-test table of the differences between stress levels

	Mean± SD	t	Level of significance
Athletes	2,77±0,66		
Nonathletes	2,66±0,61		
		-0,838	0,404

T test was used as there are only two groups to be compared in order to find the differences. No significant difference was found

Discussion And Conclusion

The average age of participant athletes was found as 20,62±2,514 and their average sport age was found as 3,46±4,30. When you look at the education levels of participants, you see that their educational rates are 6 primary, 50 high school and 44 university. When you look at the distribution of athletes according to their branches, you see that 16 of them do individual sports and 34 of them do team sports. According to this , a large part of the participated athletes takes place in the team sports

The rates of athletes participated in this study are , %22 football, %28 basketball, %16 volleyball, %2handball, %14 athletics, %2 Taekwando, %8 swimming, % 4 wrestling, %4 chess.

A significant difference was found between the aggression levels of the impaired group which do sports and the impaired group which do not do sport because sport is a social activity which enables the young to join dynamic social environments, it has an important role in the socialization of the person. When you take in to consider that in modern societies, the sport is mostly a collective activity, through sports activities people who do sports enter into social relations with various human groups. Sports provide individual to interact mutually by getting rid of his own narrow world and getting across with the other person who has different believes, ideas in different ambience

From this aspect, it can be said that sport has an important role in establishing and , improving new friendships, in supporting social cohesion, in regaining the impaired people and in reducing the aggression level (A. Yetim, 2005).

A significant relation was not found between impaired athletes and impaired non-athletes. Sport disability group and the sedentary group, there was a significant association between stress levels. Stress is a phenomenon that is impossible to avoid in daily life. Mediocrity stress can be seen in each person (E. Gün, 2006). Many of the studies in literature show that sportive activities are done to get rid of the stress which is the age's disease (Z. Pehlivan, 2009; Ş. Çoğalgil, N.F. Kishali, 2002). It is thought that the reason why there is not a significant relation in stress levels in this study is that although the participant do sports willingly they live a impaired life.

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between impaired athletes and impaired non-athletes. (p>0.05).

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