

❖ SPORT AND PERFORMANCE

THE ASSESMENT OF THE FAILURE AND SUCCESS CASES OF THE SPORTMEN PARTICIPATING TO MUAI-THAI TURKEY CHAMPIONSHIP

ARSLAN FATMA¹, MURAT TEKİN², ELİF ÜSTÜN¹

¹Gazi University Physical Education and Sports High School, Health Sciences İnstitution, Ankara/TURKEY

²Karamanoğlu Mehmet Bey University Physical Education and Sports High School Karaman/TURKEY

Abstract

Objective: This research is made to determine the factors which affect the success and failure of the sportsmen competing at elite level in the branch of Muay-Thai in Turkey championship. The universe of the research involves Muay-Thai sportsmen at elite level and participating to Turkey Championship. The sampling group is constituted by 80 successful and 80 unsuccessful sportsmen in Turkey Championship.

Method: In the research, a survey has been made to determine the factors affecting sportsmen's success and failure and by interviewing face to face with sportsmen participating to competition, data has been collected. The findings have been analyzed statistically by using frequency method.

Discussions and Conclusion: After the research which has been made to determine the factors affecting the success and failure of sportsmen participating to Muay-Thai Turkey Championship, has been carried out, it can be concluded that while many factors are well to the fare in successful sportsmen, in failed sportsmen motivation, stress, regular training and lack of strategy are well to the fare.

Key words: Success, Failure, Muai-Thai, Sports.

Introduction

The Far-Eastern sports are made to gain physical fitness, defense and mental discipline. (N. Merrilee, M. A. Zetaruk, D.Z. Violan, J. M. Lyle, 2000; J. C. Cox, 1993, S. Savaş, A. Uğraş, 2004). Muai-Thai is a type of martial arts of Thailand which allows boxing, kicking, using of knee and elbow. It is a branch of sports which provides physical and mental evolution and emphasizes discipline and respect momentously (C. Boykin, 2002, S. Gartland, M.H.A. Malik and M. E. Lovell, 2001).

The concept of success is approached in terms of two aspects. In the first one, it is evaluated according to that a sportsman's fulfilling a movement function. In the second one, success shows the result of this sports activity (C. İkizler, 1994). Motivation is defined as mechanisms which direct organism to behavior, determine the regularity and permanence of these behaviours and provide various interior and exterior factors determining and giving aim to behaviour and working of these factors (A. Aydın, 2001).

One of the factors affecting the success of the sportman is the trainer. The trainer makes private practices to make the sportsman successful and to have the sportsman gain factors like motivation and necessary personality features. However a sportsman is capable and he practices, he needs help of trainer to win (E. Başer, 1998). The aim of this study is to determine the factors affecting the success and failure of the sportsmen participating to Turkey Championship in the branch of Muai-Thai.

Material and Method

The aim of the research is to determine the factors affecting the success and failure of elite

sportsmen competing at Muai-Thai Turkey Championship in Antalya. The system of the research involves sportsmen who participate to Turkey Championship and compete at Muai Thai at an elite level. The sampling group is constituted by 80 successful and 80 unsuccessful sportsmen in Turkey Championship.

Data has been collected to achieve the goal of the research in two ways. Firstly, the literature related to the subject has been scanned and then a survey has been made to determine the factors affecting the success and failure sportsmen for the aim of the research. Data has been collected by interviewing face to face with sportsmen participating to the competition and by defining 24 survey questions one by one under a headline which have been measured in SPSS programme, answer choices to each defined question have been coded numerically. After all the question forms have been enrolled to the SPSS programme, by taking frequencies and percentages of each question, table documentaries have been developed.

Table 1: The interior and exterior factors affecting the success of subjects participating to the research

Variables	Yes		No		Partially	
	N	%	N	%	N	%
<i>The effect of strength</i>	27	33,8	47	58,8	6	7,6
The effect of resistance	25	31,3	48	60,0	7	8,8
The effect of flexibility	22	27,5	47	58,8	11	13,8
The effect of motivation	56	70,0	20	25,0	4	5,0
The effect of stress	50	62,5	24	30,0	6	7,5
The effect of trainer	18	22,5	61	76,3	1	1,3
The effect of family	11	13,8	65	81,3	4	5,0
The effect of balanced diet	19	23,8	47	58,8	14	17,5
The effect of climate	16	20,0	57	71,3	7	8,8
The effect of saloon	16	20,0	59	73,8	5	6,3
The effect of practicing regularly	44	55,0	28	35,0	8	10,0
The effect of the place they are practicing	18	22,5	57	71,3	5	6,3
The effect of materials they are using	23	28,8	48	60,0	9	11,3
The effect of technique dominance	33	41,3	37	46,3	10	12,5
The effect of tactic dominance	37	46,3	31	38,8	12	15,0
The effect of being coordinated better than rival	34	42,5	36	45,0	10	12,5
The effect of being well of their conditions	40	50,0	33	41,3	7	8,8
The effect of competition referees	25	31,3	45	56,3	10	12,5

Table 2: The interior and exterior factors affecting failure of the subjects participating to the research

Variables	Yes		No		Partially	
	N	%	N	%	N	%
<i>The effect of strength</i>	68	85,0	5	6,3	7	8,8
The effect of resistance	75	93,8	3	3,8	2	2,5
The effect of flexibility	69	86,3	5	6,3	6	7,5
The effect of motivation	72	90,0	2	2,5	6	7,5
The effect of stress	35	43,8	31	38,8	13	16,3
The effect of the trainer	75	93,8	3	3,8	2	2,5
The effect of the family	30	37,5	20	25,0	10	12,5
The effect of balanced diet	52	65,0	17	21,3	11	13,8
The effect of climate	22	27,5	49	61,3	9	11,3
The effect of saloon	41	51,3	31	38,8	8	10,0
The effect of practicing regularly	72	90,0	7	8,8	1	1,3
The effect of the place they are practicing	70	87,5	6	7,5	4	5,0
The effect of materials they are using	51	63,8	21	26,3	8	10,0
The effect of technique dominance	70	87,5	3	3,8	7	8,8
The effect of tactic dominance	74	92,5	2	2,5	4	5,0
The effect of being coordinated better than rival	73	91,3	1	1,3	6	7,5
The effect of being well of their conditions	70	87,5	6	7,5	4	5,0
The effect of the competition referees	18	22,5	53	66,3	9	11,3

Discussion

There have been an intense stress and anxiety on sportsmen in competition period. If they can not be controlled, they can affect success and performance of the sportsmen negatively and they can cause failure (V. Yılmaz, Z. Korunç, 2004). Essentially, to prevent the factor of failure which is a negative result for sportsman and trainer, the factors causing failure should be determined.

Therefore; in the study to determine the factors affecting success and failure of sportsmen participating to Muai Thai Adults Turkey Championship, the factors like strength, resistance, flexibility, family, climate, referee, practicing regularly the place they are practicing, technique dominance, tactic dominance, being coordinated better than rival, physical fitness, diet, saloon and materials are assessed individually on 80 successful and 80 unsuccessful sportsmen. At the result of the assessment, it can be seen that while in the success of the successful sportsmen, many factors are well to the fore, in the failure of unsuccessful sportsmen, only motivation, stress, lack of regular practice and lack of tactic are well to the fore.

According to Akandere (2000), this negative effect of motivation and stress on sportsmen shows parallelism with the study of M.C. CUE (1984) named as "stress in junior mecal students, relationship to

personality and performance" (M. Akandere, 2000, M.C. Cue, 1984). Gümüş and his friends (2006) have cited that in their study named as "Examination of Instant Anxiety Level according to Score Sequence in Professional Football Teams", at the result of subjective assessment of sportsman, the perception of possible failure is certainly followed by anxiety reaction (M. Gümüş, I.T. Ulusoy, F. Yamaner, T.C. Akalın, 2006).

In the study of Yılmaz and his friends (2004) named as "The relation between the Anxiety Levels before and after Competition Performance", when it is thought that sportsmen have too intense stress and anxiety in competition periods, it has been concluded that uncontrolled anxiety case affects performance of sportsmen negatively and it also causes failure. (V. Yılmaz, Z. Korunç, 2004). In the study of Çöksevim and his friends (2006) named as "The Inventory Findings of the Permanence, Circumstance and short symptom in Kick Boxing sportsmen before and after matches", the study has been made on 20 national sportsmen in the branch of Kick Boxing and it has been observed that in competition sports, even in sportsmen at upper level, there is an intense anxiety before the match (B. Çöksevim, N. Sarıtat, 2006). The reason of this is determined as the cause of sportsmen's being sensually stressful before the competition can be the excitement of being elite sportsman, heavy concentration, getting a high degree and the thought of being champion. These studies support our research results.

Conclusions

It appears that each one of the factors affecting failure of sportsman related to one another, and if there is a lack of one of them, it causes failure of sportsman. Therefore, until the competition time, the conditions before competition, the relation between trainer and sportsman, the frequency and regularity of training affect both success and failure of sportsman. So, it is thought that trainers and families of sportsmen should be made conscious.

REFERENCES

- AKANDERE, M., 2000, *A Research upon applying despair scale on students participating to ability test of physical education and sports vocational high school*, Selcuk University, Physical Education and Sports –Science Magazine, Binding:2 Number:1, Konya.
- AKTAŞ A., ÇOBANOĞLU G., YAZICILAR İ., ER N., 2006, *The comparison of success-motivation level belonging to Sports in Professional Basketball Players in terms of gender*, Spormetre Physical Education and Sports Sciences, IV(2) 55-59.
- AYDIN, A., 2001, *Development and Learning Psychology*, Alfa Publishing, p;144, İstanbul.
- BAŞER, E., 1998, *Sports Psychology*, Bağırçan Publishing, Ankara.

- BOYKIN, C., 2002**, *Muay Thai Kickboxing - The Ultimate Guide to Conditioning, Training and Fighting*, Paladin Press, 320–327.
- COX, J.C., 1993**, *Traditional Asian martial arts training*, National Association for Physical Education in Higher Education, 45 (3), 366–388.
- ÇOKSEVİM, B., SARITAT, N., 2006**, *The Inventory Findings of the Permanence, Circumstance and Short Symptom before and after matches in Kick Boxing sportsmen*, 9. International Sports Sciences Congress, p; 1092, Muğla.
- GARTLAND, S, MALİK, M H A, LOVELL, M E, 2001**, *Injury and injury rates in Muay Thai kick boxing*, Br. J. Sports Med., 35, 308–313.
- GÜMÜŞ, M., ULUSOY, İT., YAMANER, F., AKALIN, T.C., 2006**, *Examination of Instant Anxiety Level according to Score Sequence in Professional Football Teams* 9. International Sports Sciences Congress, p; 1059, Muğla.
- İKİZLER, C., 1994**, *The Psychology of Success in Sports*, Alfa Publishing, İstanbul.
- CUE, M.C., 1984**, *Stres in Junior Mecal Students, Relationship To Personality And Performance*, Journal of medical 2.d. 11-12, P. 458 – 463.
- MERRİLEE, N., ZETARUK, M. A., VİOLAN, D. Z., LYLE, J. M., 2000**, *Karate İnjuries in children and adolescents, Accident Analysis and Prevention*, 32, 421-425.
- SAVAŞ, S., UĞRAŞ, A., 2004**, *The effects of Training Programme for 8 weeks before the season on Male Boxing, Taekwondo and Karate College Sportsmen's Physical and Physiological Features*, G.U., Gazi Education Faculty Magazine, 24(3), 257-274
- YILMAZ, V., KORUNÇ, Z., 2004**, *The Relation between the Anxiety Levels before and after Competition Performances*, The TSSA 8th International Sports Science Congress.