

THE COMPARISON OF SOCIAL ANXIETY LEVELS BETWEEN ADOLESCENT(S) HEARING-IMPAIRED ATHLETES AND NORMAL HEALTHY ATHLETES

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ABSTRACT

Purpose

The purpose of this study is searching whether the social anxiety is different between hearing-impaired and normal healthy athletes in sport or not. 50 hearing-impaired and 50 normal healthy athletes attended the study voluntarily.

The inventory of social anxiety which consists of 22 questions was applied to the volunteers.

The averages of ages, heights and body weights of the volunteers who attended the study were determined in turn as 12.82±1.19 year, 147±98 cm, 39.94±11.32 kg for hearing-impaired athletes and 12.84±1.03 year, 145.62±10.60 cm and 36.38±10.86 kg for normal healthy athletes.

Methods

The differences of the findings which were obtained as result of measurements were evaluated by applying t test in independent groups to compare these independent groups in the computer environment. The level of significance was determined as 0.05.

Results

According to the findings which were collected, the fear of negative evaluation of hearing-impaired and normal healthy athletes was found as significant, social avoidance and distress in general was found as insignificant and social avoidance and distress specific to new situations were found as insignificant.

Conclusions

As a result, the social anxiety, the fear of negative evaluation, social avoidance and distress specific to new situations of normal healthy athletes were found as more significant than hearing-impaired athletes, social avoidance and distress in general was found as insignificant and it is thought to be necessary that we should give much more part the programs which can decrease the level of the anxiety in hearing-impaired athletes.

Key Words: Hearing-Impaired Athletes, Social Anxiety, Normal Healthy Athletes.

Introduction

The structural, physiological, psychological qualities which determine the level of athletic performance can get an excellent success with the effects of mental ability.

Anxiety is a quality which is peculiar to human being and it is the position of that the stimuli cause some reactions which

normally don't cause fear (I. Tavacıoğlu et al, 1997, E. Kuru, 2000).

Social anxiety (phobia) was named firstly by Janet in 1903.

Janet used this term which he named as 'social phobia' (phobie des situations sociales) to identify the people who are afraid of being watched by others while they are speaking, playing piano writing.

It is quite new that social anxiety is

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described as irrelevant. The most important quality in diagnosis of social anxiety is the fear of being watched and investigated which comes out in different circumstances.

circumstances such as speaking in society, going to common toilets (K.Y. Moutier & M. Stein, 1999).

Being hearing-impaired is a condition that the performance of education and harmony in society of a person are affected negatively with the reason of acquisition of speaking, usage of language and communication because of the deficiency of hearing sensibility partially or totally.

These are essential to fulfill hearing that the sound, its being in the borders of frequency and intensity which can be perceived by human ears, the receiver organ which will receive the sounds, namely ear, the reach of the sound to the hearing center in the brain by passing through the structure in the ear without being hindered, and to be received and interpreted in the center correctly (E. Belgin 1995, 12).

The purpose of this study is comparing how the social anxiety changes in hearing-impaired and normal healthy athletes in sport.

Methods

1. Collection of Subjects

The study was carried out in the hearing-impaired athletes who are between the age of 12 and 16 and study in the impaired school in Kayseri and the healthy voluntary athletes who are in the adolescence and study in high school.

The best and the most correct measurements were supplied by giving information to the volunteers about the purpose and content of the research.

The information of identity was predicated on to determine the ages of the volunteers.

The heights and weights of their bodies are measured by electronic weighing machines.

2. Collection of Data

Social anxiety was described as fear and avoidance related to social, temporary

It was requested from the volunteers who attended the research that they fill the 'Social Anxiety Measure in Adolescents' without missing with the help of teachers and trainers.

This is a 22- item-measure which was carried out by L.J. La Greca ,1998.

The revised form of SASC-R is a 22- item-measure which is known as SASC-R.

The 18 ones of these are items of measure and the rest 4 of them are the items which were chosen of other subjects such as 'I like reading book' , 'I enjoy doing sport' which don't join the rating.

The validity and the reliability were supported with the studies which were carried out on the normal and the clinical samples. (La Greca & Stone 1993).

SASC-R which was developed for the children is adapted to the adolescent by doing minor changes of the words such as 'my peer' instead of 'other children, 'to do something' instead of 'playing the game' and the form is named as (Social Anxiety Scale for Adolescents- SAS-A) (L.J. La Greca ve N. Lopez, 1998).

SAS-A consists of 22 items, 4 of which are irrelevant like the form for children. Its being in the structure of three factors like the form for children was strengthened with different researches. (L.J.Garcia-Lopez ve ark. 2001, H.M.Inderbitzen-Nolan ve Walters 2000).

These sub-measures which were also supported with factor analysis were fear of negative evaluation (FNE), social avoidance and distress (SAD-General) and social avoidance and distress specific to new situations (SAD-New).

3. Statistical Analysis

The differences of the findings were assessed by applying Independent Sample t test in independent groups to compare these independent groups in the computer environment and the level of significance was determined as 0.05.

RESULTS

Table I. The Demographic Qualities in Hearing-Impaired and Normal Healthy Athletes

Volunteers	Variables	$\bar{x} \pm SD$
Hearing-Impaired Athlete (n=50)	Age (year)	12,82±1,19
	The weight of the body (kg)	39,94±11,32
	The height (cm)	147,98±1,67
Normal Healthy Athlete (n=50)	Age (year)	12,84±1,03
	The weight of the body (kg)	36,38±10,86
	The height (cm)	145,62±10,60

The ages of the hearing-impaired athletes who attended the research were 12.82 ± 1.19 and the ages of normal healthy athletes were 12.84 ± 1.03 .

The weight of the bodies of hearing-impaired athletes was determined as 39.94 ± 11.32 and the weight of the bodies of normal healthy athletes are 36.38 ± 10.86 . The heights of hearing-

impaired athletes were determined as 147.98 ± 10.67 and the heights of normal athletes were 145.62 ± 10.60 .

Table II. The Fear of Negative Evaluation of Hearing-Impaired Athletes and Normal Healthy Athletes

	n	$\bar{x} \pm SD$	t	P
Hearing-Impaired Athletes	50	24,64±3,16	3,748	0,000*
Normal Healthy Athletes	50	22,28±3,13		

*p<0.05

According to the Table II, the fear of negative evaluation between hearing-impaired and normal healthy athletes was found as significant. (p<0.05).

Table III. The Social Avoidance and Distress in General of Hearing-Impaired and Normal Healthy Athletes

	n	$\bar{x} \pm SD$	t	P
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Hearing-Impaired Athletes	50	10,56±3,25	1,30	0,191
Normal Healthy Athletes	50	9,78±2,69		

According to the Table III, the social avoidance and distress in general between hearing-impaired and

normal healthy athletes was found as insignificant. ($p>0.05$).

Table IV. Social Avoidance Specific To and Distress Situations of Hearing-Impaired and Normal Healthy Athletes

	n	$\bar{x} \pm SD$	t	P
Hearing-Impaired Athletes	50	21,48±4,92	6,31	0,000*
Normal Healthy Athletes	50	16,10±3,47		

* $p<0.05$

According to the Table IV, social avoidance and distress specific to new situations between hearing-impaired and normal healthy athletes was found as significant ($p>0.05$).

Discussion

The aim is reaching the peak level and maintains this success like all other sport branches.

On the other hand, it is essential that athletes should be supplied with being social and healthy self-confident individuals should exist in society.

In the study, while fear of negative evaluation, social avoidance and distress specific to new situations of hearing-impaired and normal healthy athletes were found as significant, social avoidance and distress in general was found as insignificant.

Significant difference wasn't found in the parameter of social avoidance and distress in general.

It was observed that while SAD- New is much in male, SAD- General is much in female.

In the studies made by Erkan and his friends on adolescents, there was no connection between the social avoidance and distress and the sexes.

The study in the literature showed parallelism with our finding.

It was indicated that there are some difficulty in the learning of social and ethical rules by hearing-impaired students because of the deficiency of their hearing (B.Luetke –Stahlman & Luckner, 2000).

It depends on the ability of communication of hearing-impaired students to progress in expected level in social and other areas like normal individuals who can hear. (G. Akçamete, 2005; I Tüfekçioğlu et al, 1992).

G. Akçamete, 2005, emphasized that the acquisition process of the information about social rules of hearing-impaired students follows main patterns like their peers who can.

Another reason of the possibility of these hearing-impaired students to be declined in the foundations where they are studying is that these students show aggressive, cooperative, bully behaviors towards their peers because they don't know social and ethical rules adequately (Akçamete, 2005)

The reason of these behaviors may stem from the borders of verbal communication and the effect of this borders on their communication

with their peers negatively and the increase of social anxiety .

The researches showed that the sport activities have great role on the eliminating of anxiety among the groups of students in university who do exercises or not and the people who are related with sport in their daily life are less anxious. (M.Akandere, 1997).

For conclusion, the social anxiety of normal healthy athletes was determined more significant than hearing-impaired students.

The hearing-impaired individuals should be supplied with the inception with sport in their earlier years.

Special training program in sport should be carried out with the purpose of improving the level of the knowledge of hearing-impaired students about ethical and social rules.

While hearing-impaired students are being trained via teeming, the essential arrangement should be carried out to improve the knowledge of social and ethical rules of them not only in the activities in the classroom but also out of the classroom.

The parents should be included in the training program.

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