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INVESTIGATION OF FEARS OF NEGATIVE EVALUATION OF YOUNG NATIONAL KICK BOXERS IN TERMS OF SOME VARIABLES

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Abstract

Purpose. This research was a survey model that aimed at investigating fear of negative evaluation of young national kick-boxers in terms of some variables.

Methods. The study was conducted with 41 kick-boxers (23 female kick-boxers and 18 male kick-boxers) who were selected out of 48 kick-boxers of Turkish National Young Kick-boxing Team using random sampling method and who were preparing at Niğde Demirkazık Sportive Camping Center between the 27th of August and the 8th of September, 2012 for the World Young Kick-boxing Championship to be held in Slovakia-Bratislava between the 8th and the 15th of September. Participation was voluntary. The mean age was 17.2 ± 0.4 and mean sports-age was 5.40 ± 2.70 . In the study; Fear of Negative Evaluation Scale which was developed by Leary (1983) and Turkish adaptation of which was performed by Çetin et al. (2010) was used. It is a five-point Likert type scale with 11 items. Internal consistency coefficient was .84. Reliability coefficient obtained by split-half was .83. The scale was administered to 76 subjects after a two-week interval using test-retest method in order to determine the reliability of the scale. After the administration of the scale, test-retest reliability coefficient of the scale was found to be .82. For the statistical analysis of the data, such descriptive methods as frequency (n) and percentages (%) were used for the personal descriptive data. In order to detect the differences; non-parametric test -Mann-Whitney U test- was employed because the data did not follow a normal distribution in the variables and homogeneity conditions were not obtained. Level of significance was set at 0.05. As the result of the study; it was seen that level of fear of negative evaluation of young national kick-boxers was not statistically different in terms of gender variable.

Conclusions. On the other hand; full contact kick-boxing and having a close/emotional friend from opposite sex affected their level of fear of negative evaluation negatively.

Key Words: Fear of Negative Evaluation, Social Anxiety, National Kick-boxer/

Introduction

Human beings are by their nature social creatures and live and die in a web of relations. These relations range from parents, friends, neighbors and colleagues and may be different in many ways (Hortaçsu, 2003). As long as a healthy relation with others is established, human beings can continue their life. Communication is one of the absolute facts for all people (Ergin and Birol, 2005). However; developing social relations, expression oneself –in short communicating- may pose a problem due to various reasons.

There are too many people who cannot express themselves, cannot talk in front of others, experience anxiety in community -that is, experiencing 'social anxiety' (Kağıtçıbaşı, 1988). Social anxiety is

described as a constant fear for a situation in which others evaluate the individual; as a feeling of discomfort for being embarrassed, shame or being fooled due to his behaviors. Those who undergo social anxiety are over-sensitive to others' evaluations, negative opinions and tend to do everything to avoid these evaluations and opinions (Dilbaz, 1997). Social fear is a significant behavior disorder that prevents individual from many social settings, decrease his quality of life and isolates him from forming interpersonal relations.

Social anxiety is a common problem in the general population and many people experience anxiety in different social situations to some degree (Sanders, 2003). In the study of Bayramkaya, Toros and Özge (2005) on Turkish adolescents, it was seen that prevalence of social anxiety was 14.4%. social anxiety

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increases more and more among those who have poor social supports, lower educational status, receive psychiatric treatments and are female (Walsh, 2005). Social anxiety is described in Diagnostic and Statistical Manual of Mental Disorders as an intense, irrational and persistent fear of being scrutinized or negatively evaluated by others when the person is exposed to unfamiliar people or to possible scrutiny by others and the individual fears that he or she will act in a way (or show anxiety symptoms) that will be humiliating or embarrassing (Apa, DSM-IV, 2001). The difference between social anxiety and social anxiety disorder is the degree of the emotional problems experienced by the people. People with social anxiety disorder experience the problem more severely and more intensely (Cited: Hamatra, 2009)

Although the findings related to the age of the social phobia differed in the studies, Tillman et al. (2003) examined many behavioral disorders of social phobia among the children aged 7-16 and found out that the onset age of the social phobia was 7.3. There are also other studies that suggest that social phobia start during childhood. For example; the study of Boyd et al. (1990) on the frequency and onset-age of phobia reported that frequency of social phobia increased between the ages of 11 and 17. At the age of 20s, frequency of social phobia decreases and almost disappears during the following years (Cited by Demir, 2009).

It may be argued that communication with others has an impact upon one's psychological health (Demir and Kaya, 2008). Particularly; during the transition to adulthood -adolescent period- (Nurmi, 2004), relations of the adolescents with their peers play a key role in their social identity and social behavior development (La Greca and Lopez, 1998; Nurmi, 2004). When the developmental tasks to be done by the adolescents are considered, adolescent period poses the highest risk for social anxiety (Albano and Hayward, 2004).

As a result, many authors agree that social anxiety appears during adolescent period. Peer acceptance becomes very important during adolescent period and it is known how important that period is in terms of others' influences on us.

Sports has been increasing its influence on people both as an active participator and as a passive participator and has been growing and developing day by day. Together with this increased interest in sports; a significant rivalry atmosphere has been created and countries have been doing their best to use positive contributions of sports (Gümüş, 2002).

Today; there are many factors that affect sportive productivity. Some of these factors are called environmental factors while others as internal factors. One of the internal factors of the athletes is psychological factors. Psychological preparation of athletes is a crucial factor in sportive success.

Psychological status and their performance are closely related with their anxiety levels (Karabulut et al. 2013.)

Anxiety is universal and may affect the performance positively or negatively among all of the players. Anxiety may lead to deterioration in behaviors and abilities of the players by causing wrong decisions. Over-anxiety levels may force the players to make unrealistic decisions. It is seen that athletes often make wrong decisions when they are under excessive anxiety and pressure conditions (Tavacıoğlu, 1999). Athletes who cannot get sportive achievement in the trainings and competitions or show low performance, too, may feel anxious about how they are evaluated. Stressful and anxiety states, occur for most athletes especially before and during competition, given the social, professional and emotional "stake" involved in achieving good results (Ioana et al., 2012). In the studies, it was seen that high expectations, fear of error and failure, importance of competition, excessive importance attributed to the result and fear of negative evaluation are reported as the triggers of sportive anxiety (Sevimli, 2009).

When the literature is analyzed, it is noted that the number of the relevant studies is small. We are of the opinion that determination of the affecting-factors of fear of negative evaluation will be helpful in taking the necessary precautions so that the players can be more successful.

Material and Method

This research was a survey model that aimed at investigating fear of negative evaluation of young national kick-boxers in terms of some variables. The study was conducted with 41 kick-boxers (23 female kick-boxers and 18 male kick-boxers) who were selected out of 48 kick-boxers of Turkish Young Kick-boxing Team using random sampling method and who were preparing at Niğde Demirkazık Sportive Camping Center between the 27th of August and the 8th of September, 2012 for the World Young Kick-boxing Championship to be held in Slovakia-Bratislava between the 8th and the 15th of September. Participation was voluntary. The mean age was 17.2 ± 0.04 and mean sports-age was 5.40 ± 2.70 .

In the study; Fear of Negative Evaluation Scale which was developed by Leary (1983) and Turkish adaptation of which was performed by Çetin et al. (2010) was used. It is a self-report scale to measure one's tolerance about negative or hostile evaluation by others. It is a five-point Likert type scale with 11 items. Internal consistency coefficient was .84. Reliability coefficient obtained by split-half was .83. The scale was administered to 76 subjects after a two-week interval using test-retest method in order to determine the reliability of the scale. After the administration of the scale, test-retest reliability coefficient of the scale was found to be .82.



For the statistical analysis of the data, such descriptive methods as frequency (n) and percentages (%) were used for the personal descriptive data. In order to detect the differences; non-parametric test -Mann-Whitney U

test- was employed because the data did not follow a normal distribution in the variables and homogeneity conditions were not obtained. Level of significance was set at 0.05.

Table 1. Demographic Data About The Study-Group

<i>Variables</i>	<i>Subcategory</i>	<i>N</i>	<i>%</i>
Gender	Female	23	56.1
	Male	18	43.9
	Total	41	100
Branch of Kick-boxing	Full-Contact	25	61.0
	Semi-Contact	16	39.0
	Total	41	100
Having a close/emotional girl or boy friend	Yes	13	31.7
	No	28	68.3
	Total	41	100

As seen in Table 1, 56.1% of the study group were female and 43.9% were male. Kick-boxers of full-contact composed 61% of the study group while kick-boxers of semi-contact composed 39% of the study group. 31.7% of the study group told that they had a close/emotional girl or boy friend while 68.3% told that they did not.

Findings

Table 2. Results Of Mann-Whitney-U Test Performed To Detect The Level Of Fear Of Negative Evaluation In Terms Of Gender

	Gender	N	Median	Median Total	U	p
Fear of negative evaluation	Female	23	22.41	515.5	174.5	.392
	Male	18	19.19	345.5		
	Total	41				

As understood in the data presented in Table 2, there was no significant difference between kick-boxers' mean scores of Fear of Negative Evaluation Scale and "gender" variable ($p > .05$). However; when the Table was analyzed, it was seen that mean scores of Fear of negative evaluation of female kick-boxers ($X = 22.41$) were higher than the mean scores of male kick-boxers ($X = 19.19$).

Table 3. Results Of Mann-Whitney-U Test Performed To Detect The Level Of Fear Of Negative Evaluation In Terms Of Branch Of Kick-Boxing

	Branch of Kick-boxing	N	Median	Median Total	U	p
Fear of negative evaluation	Full-Contact	25	24.24	606	119	.030*
	Semi-Contact	16	15.94	255		
	Total	41				

According to the data presented in Table 3, there was a significant difference between kick-boxers' mean scores of Fear of Negative Evaluation Scale and "branch of kick-boxing" variable ($p < .05$). It was seen that mean scores of kick-boxers doing full-contact ($X = 24.24$) were higher than those doing semi-contact ($X = 15.94$).

Table 4. Results Of Mann-Whitney-U Test Performed To Detect The Level Of Fear Of Negative Evaluation In Terms Of Having A Close/Emotional Friend From Opposite Sex



	<i>Having a close/emotional girl or boy friend</i>	N	Median	Median Total	U	p
Fear of negative evaluation	Yes	13	27.77	361	94	.013*
	No	28	17.86	500		
	Total	41				

As seen in the data presented in Table 4, there was a significant difference between kick-boxers' mean scores of Fear of Negative Evaluation Scale and "having a close/emotional friend from opposite sex" variable ($p < .05$). Means scores of the kick-boxers who had a close/emotional girl or boy friend ($X = 27.77$) were higher than those who did not ($X = 17.86$).

Discussion

In the study which aimed at investigating fear of negative evaluation of kick-boxers in terms of different variables; no statistically significant difference was found between kick-boxers' mean scores of Fear of Negative Evaluation Scale and "gender" variable ($p > .05$). However, when mean scores were analyzed, it was seen that female kick-boxers had higher scores from both of the scales. In a study conducted (West and Newman, 2007), it was pointed out that girls experienced higher social phobia because their parents and the society prevent their actions before and during adolescence. In light of this result; girls in our society are expected to show calm and modest behaviors and not to go too far in their behaviors whereas boys are expected to be more assertive, interrogative and aggressive behaviors. Additionally, it may be suggested that girls' having more sensitive and fragile personality -especially- during adolescence period may have affected the study findings. In the studies of Leary and Kowalski (1995), Köydemir and Demir (2007), Sevimli (2009) Polat et al. (2010) similar results were obtained. These findings were in agreement with our findings.

Another finding of the study was that mean scores of kick-boxers who participated in the championship in full-contact branch were higher than those who participated in the championship in semi-contact. Full-contact is a discipline in which the competitor intends to win the opponent with all of his energy and strength. The competitor should hit fast and strongly to the parts of the body allowed with kicks and punches. As for semi-contact, the aim is to win the highest score by using the regular techniques and speed and what matters is not efficiency but technique and speed (Kick-Boks gov.tr). In literature; there was no such a study on kick-boxers. Arslan ve ark. (2009), in a study conducted on muai-Thai athletes, the athletes of the factors affecting the level of anxiety and fear and the sense of competition refers to the importance of competition.

It may be concluded that this result may have been resulted from the possibility that full-contact boxers have more anxiety due to the fact that full-contact requires more struggling, is a more severe branch, more importance is paid to the success in full-contact

and there are more trainers in full-contact than semi-contact.

It was discovered in the study that kick-boxers who had a close/emotional girl or boy friend experienced bigger negative evaluation fear. People who experience social anxiety have big difficulty in making social interactions. In order to form, to continue and to get satisfaction with positive interpersonal relations; people need to point out their emotions, opinions and wishes (Subaşı, 2007). Therefore; the fact that those who had a close/emotional girl or boy friend experienced bigger negative evaluation fear may have resulted from the possibility that the research group was composed of adolescents, they had emotional relations at an early age and ideas and opinions of the close/emotional girl or boy friend was valued a lot among this age group. And also; errors committed during the competitions in front of the close/emotional girl or boy friend may cause a humiliation and embarrassment among the adolescent kick-boxers.

Result

In the study, it was seen that gender variable did not have any effect upon the fear of negative evaluation of young national kick-boxer. On the other hand; another result of the study was that full contact kick-boxing affected the level of fear of negative evaluation negatively. Also; having a close/emotional friend from opposite sex affected the level of fear of negative evaluation negatively

The following recommendation can be put forward in light of the findings obtained in the study:

Families should be instructed by the specialists about the importance of child-raising.

Proper settings should be established so that children can be socialized.

Conclusions. During the selection of athletes; trainers and physical education teachers should select those who can minimize anxiety levels under every condition

Trainers should closely watch significant others of the athletes and should show attitudes that eliminate their anxiety. Trainers should be educated by professionals about how to eliminate anxiety and the athletes should be educated about the coping anxiety methods

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