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RESEARCH ARTICLE

EXAMINATION OF THE HOPELESSNESS LEVELS OF THE SOCCER PLAYERS ABOUT THE GOAL TO PLAY IN A TOP LEAGUE

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ABSTRACT

While Hope includes the belief that plans for achieving the aim, hopelessness includes negative perspectives for the future. If hopelessness can be defined as a state of losing hope, it is necessary to know what hope is supposed to be. For this purpose, we aimed to investigate, in amateur sports clubs, the levels of hopelessness of soccer players in reaching the goal of playing in an upper league. The population of our study, which deals with the level of sports and hopelessness, consists of 75 male athletes between the ages of 17-19. Gender, age, sport age and branch were examined in personal information. The effect of the football club on the level of hopelessness of athletes was found statistically significant. Furthermore, the effect of working with the same coach on in terms of training year was also found significant. The factors are determinative in achieving their goal in young players who get closer to the upper categories, For this reason, it can be ensured that the Amateur Clubs can be supported the correct orientation of our youth. Training programs of coaches can be updated periodically. This can help trainers to obtain more formative knowledge in the training of young athletes and to improve their quality of education. Such an organization can allow more young athletes to receive qualified education. Young athletes who want to continue their sports life as a professional should have a good education in the youth academies. For this reason, to be carried out the educational activities of young people in a healthy manner, the competence prerequisite of the coaches who will undertake the education of the youth can be imposed.

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INTRODUCTION

Human nature constantly seeks happiness and acts in a conscious manner and makes decisions to live in harmony with the individual himself and his nature. Healthy individuals are aware of all their behaviors and develop responses according to their goals. While Hope includes the belief that plans for achieving the aim, hopelessness includes negative perspectives for the future (Dilbaz and Seber, 1993). Hope and hopelessness are opposite words. Positive expectations about the future create hope, while negative expectations characterize the concept of hopelessness. If hopelessness can be defined as a state of losing hope, it is necessary to know what hope is supposed to be. The concept of hope is described as the feeling of having positive expectations for the future. On the other hand hopelessness is described as a negative evaluation of expectations and desires regarding the future (Beck, 1974). The athlete also has a psychological capacity and should be considered as important as physical.

In today's sport, perfection in physical capacity is not considered to be enough alone to increase sporting performance to higher levels. It is explained by this context that athletes who are experiencing emotional changes are not able to achieve the expected success despite being physically prepared (Tavacioglu, 1999; Ayas, 2016; Tetik and Yurtsever, 2018). Sports, which is an important factor in terms of health, is a social activity area that provides physical, mental, emotional and social development of individuals. Sports, while providing physical development of people also develops a sense of self-confidence. In addition, sports are the most effective activities that enable people to be prepared psychologically. In this respect, sports also contribute to the establishment of the psycho-social balance of people individually and socially (Melges, 1969). Based on the mentioned literatures, we have planned our study to investigate the causes of hopelessness that may be encountered in the process of doing sports and reaching the planned goals for the future. For this purpose, "The Investigation of The Hopelessness Levels of the Football Players Between 17-19 Years Old about Advancing to Higher in Kocaeli Amateur

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Sports Club" is planned. For this purpose, It is aimed to investigate the levels of hopelessness in reaching the goal of playing in an upper league in the age group of 17 - 19 players playing football in Kocaeli Amateur Sports Clubs Infrastructures.

MATERIALS AND METHODS

Study Group: The population of our study, which deals with the level of sports and hopelessness, consists of 75 male athletes between the ages of 17-19. Gender, age, sport age and branch were examined in personal information.

Data Collection Method: The Beck Inventory was used to measure hopelessness levels of athletes playing football. The scale was developed by Beck et al. (1974) in order to determine the hopelessness levels of individuals and was adapted to Turkish by Durak (1994) The Beck Hopelessness Scale was developed to measure the negative expectations of the individual for the future. Beck and Steer (1988) classified the participants in four groups according to their responses. In the scores generated by the responses, they found that 0 to 3 hopelessness was not complete, 4 to 8 mild hopelessness, 9 to 14 moderate hopelessness, and 15 to 20 high hopelessness.

Data Collection: In order to collect the data in the study, necessary permissions were obtained by correspondence with Kocaeli Amateur Infrastructure Teams Izmit FK, Kocaeli Gunes Spor, Kirkpınar Spor, Cinarli Spor, Izmit GB Sports Clubs. Beck Hopelessness Inventory was applied to 17-19 year old athletes who participated voluntarily in the study with 25 person for each group. Before application, the beck hopelessness scale information, was given to the students about how to fill out.

Statistical analysis: SPSS v20 package program was used for statistical analysis (SPSS for Windows v. 20.0, SPSS, Chicago, IL, USA). Descriptive statistics are presented with mean, standard deviation for continuous data, and presented with numbers and percentages for categorical data. Normal distribution of continuous data was evaluated by Kolmogorov-Smirnov and Shapiro-Wilk tests. Mann-Whitney U test was used for comparison between two groups in the case of normal distribution non-compliance. $p < 0.05$ was considered statistically significant.

Data Analysis: Statistical analysis of the study was performed with SPSS - v20.0 package program. After entering variables of the subjects, the mean, standard deviation, and one-way variance analysis (One -Way Anova) for unrelated measurements, and Mann-Whitney U-test were used for the intergroup evaluations.

RESULTS

This research is limited to the determination of hopelessness levels of 75 amateur footballers in youth academy between 17-19 years of age and examining whether some variables are effective. The effect of the sport age on the level of hopelessness is given in Table 1. According to the data we have obtained; 23 people between 1-3 years with 8.39 ± 3.02 . 39 people between 4-6 years with 8.44 ± 2.45 . 13 patients between 7-10 years with 9.15 ± 2.54 , and no significant difference was found between the groups. Hopelessness values of the athletes are shown in Table 2. According to the data obtained; 15 people participated in each group.

Table 1. The effect of sport age on the level of hopelessness

Sport age	N	Mean	SD	p
1-3	23	8,39	3,02	p >0,05
4-6	39	8,44	2,45	
7-10	13	9,15	2,54	
Total	75			

Table 2. The effect of the football club on the level of hopelessness of athletes

	N	Mean	SD	p
Kirkpınarspor	15	8,93	1,94	p <0,05
İzmit FK	15	8,87	1,84	
İzmit GB	15	6,80	2,67	
Gunes Spor	15	7,67	3,65	
Cinarli Spor	15	10,4	0,83	
Total	75			

Table 3. The effect of working with the same coach on the level of hopelessness in terms of training year

Training Time	N	Mean	SD	P
1	32	9,53	1,84	p <0,05
2	17	7,59	2,98	
3	23	8,00	3,01	
4	3	7,67	2,30	

The mean score of the Kirkpınarspor group was 8,93 and the standard deviation was 1,94. Izmit F.K. has $8,87 \pm 1,84$; İzmit GB sports $6,80 \pm 2,67$, Kocaeli Gunespor has average $7,67 \pm 3,65$, Cinarlispor has $10,4 \pm 0,83$. There was a significant difference between the groups ($p < 0.05$). Hopelessness levels of the athletes according to the years of training with the same trainer are shown in Table 3. According to the data obtained; 1 year group has 32 people with $9,53 \pm 1,84$. 2 years group has 17 people with $7,59 \pm 2,98$. 3 years group has 23 people with $8,00 \pm 3,01$, 4 years group has 3 people with $7,67 \pm 2,30$. A significant difference was found between the groups ($p < 0.05$). In Table 4, no significant difference was observed in the comparison of the coaches by yearly intervals.

DISCUSSION

The concepts of hope and hopelessness constitute two different concepts of expectation. These two extreme expectations differ from person to person, the situation, and when and how the result will take place (Melges, 1969; Dilbaz and Seber, 1993). Hope and hopelessness are created by the ability of the person to achieve the goal, the sense of self-confidence, belief that person will achieve one's short term goals rather than long-term ones and interaction between this beliefs (Dilbaz ve Seber, 1993). Activities of sports that provide the expectation against themselves or for a purpose are affected by hope and hopelessness. In addition to the physical and physiological capacities of many athletes; Considering that they have excellent abilities in psychological capacities such as motivation, managing concerns, concentrating and determining goals, the fact that psychological dimension should not be neglected in improving sport performance (Koç, 2004). Many factors in the education system as well as outside the system can adversely affect the student's specified areas of development. The aim of our research study is determining the level of hopelessness of the footballers from Kocaeli Sun sports, Kocaeli GB, İzmit FK, Kirkpınar sports, Cinarli spor U - 19 that are fighting in the youth league trying to advance to a higher league.

Table 4. Average, standard deviation and significance status by the training year/years with the same trainer

Training time	By the other years	Mean by Trainig time	Standard Deviation by training time	p
1	2	1,94	0,76	0,06
	3	1,53	0,69	0,13
	4	1,86	1,53	0,62
2	1	1,94	0,76	0,06
	3	0,41	0,81	0,95
	4	0,07	1,59	1,00
3	1	01,53	0,69	0,13
	2	0,41	0,81	0,95
	4	0,33	1,56	0,99
4	1	1,86	1,53	0,62
	2	0,07	1,59	1,00
	3	0,33	1,56	0,99
1	2	1,94	0,76	0,10
	3	1,53	0,69	0,19
	4	1,86	1,53	0,68
2	1	1,94	0,76	0,10
	3	0,41	0,81	0,96
	4	0,07	1,59	1,00
3	1	1,53	0,69	0,19
	2	0,41	0,81	0,96
	4	0,33	1,56	0,99
4	1	1,86	1,53	0,68
	2	0,07	1,59	1,00
	3	0,33	1,56	0,99

Table 5. The significance situation of hopelessness levels between teams

(A) Team	(B) Other Teams	Mean (A-B)	SD	p
Kirkpinarspor	İzmit FK	0,06		1,0
	İzmit GB	2,13		0,1
	Gunes Spor	1,26	0,8	0,5
	Cinarli Spor	1,53		0,4
	Kirkpinarspor	0,06		1,0
İzmit FK	İzmit GB	2,06		0,1
	Gunes Spor	1,20	0,8	0,6
	Cinarli Spor	1,60		0,3
	Kirkpinarspor	2,13		0,1
İzmit GB	İzmit FK	2,06		0,1
	Gunes Spor	0,86	0,8	0,8
	Cinarli Spor	3,66*		<0,001
	Kirkpinarspor	1,26		0,5
Gunes Spor	İzmit FK	1,20		0,6
	İzmit GB	0,86	0,8	0,8
	Cinarli Spor	2,80*		0,01
	Kirkpinarspor	1,53		0,4
Cinarli Spor	İzmit FK	1,60		0,3
	İzmit GB	3,66*	0,8	<0,001
	Gunes Spor	2,80*		0,01

The universe of the study is composed of athletes who play football between the ages of 17-19. 75 male athletes who participated in our study were administered a beck hopelessness scale to measure their level of hopelessness. In this section, the findings related to whether the Beck hopelessness levels of the athletes forming the research sample change according to various variables are discussed and interpreted. In our study; when the effect of active sports years on hopelessness levels was examined it was found that hopelessness levels of players who are in sports between 1-3 years (n=23) are higher than that are in sports between 4-6 years (n=39). 13 people with 7-10 years of sports history had lower level of hopelessness than the other two groups therefore, significance value of sport year was found ($p < 0.5$) in this study. Considering this data hopelessness level of players who have long history on youth setup can be determinative in terms of their needs being met. Arseven and Güven (1992), Yücel (2003), Erbaş (2005), Adalı (2006) and Bingöl et al. (2012), have determined that athletes' sports year do not affect the level of continuous or instant anxiety (Karabulut, 2013).

The findings did not support our research study. In Table 1, there was no significant difference between the inter-group and intra-group significance levels of the effect of sport age on the level of hopelessness. This result may be interpreted as the sport year variable did not make any difference between the level of hopelessness of the athletes. Table 2 shows that the groups of the research sample have an effect on the level of hopelessness compared to the football club they play. The lowest level of hopelessness with an average of 10.4 Cinarli spor, 2nd place with an average of 8,93 İzmit FK, Kocaeli Sun sports with an average of 7.67 on the 4th place and the group with the highest hopelessness level in the 5th rank is the Izmit GB sport with an average of 6.80. Target and target planning of amateur clubs affects the level of hopelessness of the players. The levels of hopelessness of the athletes playing in different clubs were determined at different levels. As a result of a study conducted by Derebaşı (1996), there was no significant difference in the level of hopelessness of students according to the education level of the father. As a result of the study conducted by Tümkaya (2005), it was found that the

levels of hopelessness of adolescents decreased as the level of father education increased. Another study environment by Tmkaya (2005) found that the levels of hopelessness of adolescents decreased as the level of education of the mother increased. An analysis of the significance of Amateur teams selected from different districts of Kocaeli is presented in Table 5; No significant difference was found between Kirkpınar sports and other Amateur teams. There was no significant difference between Izmit FK sports and other clubs. When compared with İzmit GB sports and other amateur teams, there was a significant difference between $p < 0.05$ and Cınarlı spor. Another significant difference was found between Kocaeli Sun sports and Cınarlı sports ($p < 0.05$). It was found to be significant between Cınarlı sports and other amateur clubs ($p < 0.05$). The results obtained from our study in the amateur clubs in accordance with the results of these clubs to prepare the players to the top categories and can be said that the results are proportional to the objectives.

In Table 3, the effect of working with the same trainer on the level of hopelessness is examined; the average level of hopelessness of 32 players working with the same coach for 1 year was found 9.53, the average level of hopelessness of 23 players working with the same coach for 3 year was found 8.00, the average level of hopelessness of 3 players working with the same coach for 4 year was found 7.67. 17 people who were working with the same coach for 2 years, with an average of 7.59, has the highest level of hopelessness. This situation can be interpreted that long-term group shares will be more efficient than short-term group shares. Significant differences were found on the level of hopelessness about working with the same trainer ($p < 0,05$). According to the literature, it can be said that results could be affected because of the fact that research group was in adolescence. When examined table 3, no significant difference was found at mean, standard deviation, p values between the year of working with the same trainer and the levels of hopelessness. In addition, it was observed that all athletes who participated in the study had a significant difference when their hopelessness levels were examined with the same trainer. It can be said that the level of hopelessness of the athletes increases if the year of working with the same trainer is longer.

Conclusion

As a result, statistically significant differences were found in some parameters between the teams which forming the research group. When these differences were examined, it was seen that there were statistically significant differences between all the clubs participating in the study in terms of the level of hopelessness. Soccer infrastructure age categories start from U-11 age category and continue until U-21 age category. The factors (the quality of the education they receive, their talent status, the physical conditions of the their club in etc.) are determinative in achieving their goal in young players who get closer to the upper categories, For this reason, it can be ensured that the Amateur Clubs can be supported by the Turkish football Federation for the correct orientation of our youth. We think that there are statistically significant differences between the clubs in terms of the level of hopelessness according to clubs in central or rural areas, socio - cultural structure of the clubs, financial situations, financial situations of their family, club facilities and their cases of success. The area of our research can be extended by considering different variables.

By expanding the universe of this study, the expectations of the young athletes in different age categories from their coaches can be determined. Also, talents of the young athletes can be determined in the related fields in all age groups. In this way, their setting achievable goals can be provided. Turkey Football Federation can detect deficiencies of the amateur football clubs and re-plan educational activities of the young athletes in these clubs by making researches. Training programs of coaches can be updated periodically by Turkey Football Trainers Association. This can help trainers to obtain more formative knowledge in the training of young athletes and to improve their quality of education. Such an organization can allow more young athletes to receive qualified education. Young athletes who want to continue their sports life as a professional should have a good education in the youth academies. They are clubs that will provide this. For this reason, to be carried out the educational activities of young people in a healthy manner, the competence prerequisite of the coaches who will undertake the education of the youth can be imposed.

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