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## RESEARCH OF THE SATISFACTION LEVELS OF YOUNG NATIONAL ATHLETES

### GENÇ MİLLİ SPORCULARIN TATMİN DÜZEYLERİNİN İNCELENMESİ

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#### ABSTRACT

This research has been done to reveal the effect of demographic characteristics of athletes participating in taekwondo national team camp on athlete satisfaction. The method of the research is the screening method which is one of the descriptive research methods. The sample group of the study consists of 125 athletes totally, which are 69 male and 56 female. The data in this study were collected by using "Personal Information Form" which was developed by the researcher and "Athlete Satisfaction Questionnaire – ASQ" which was developed in 1998 by Riemer and Chelladurai and then adapted to Turkish by Türksöy "Sporcu Tatmin Ölçeği" in 2008. Data were analyzed using the t-test. In the research of the effect of the athletes participating in the national team camp, on athletesatisfaction; when we examined the level of satisfaction in terms of variables gender, age, being a national athlete or not; a significant difference was determined on the satisfaction level of trainer according to gender variable and a significant difference on the satisfaction level of team accordingto age variable. There was no significant difference determined according to other variables. As a result of the research, according to the answers of athletes participating in the national team camp, for the levels of athlete satisfaction, it was observed that the trainer satisfaction was more positive according to the gender and the team satisfaction was more positive at the age level for the athletes under the age of 17.

**Keywords:** Athlete, Satisfaction, Taekwondo

#### ÖZET

Bu araştırma; taekwondo milli takım kampına katılan sporcuların demografik özelliklerinin sporcu tatmini üzerine etkisini ortaya koymak amacıyla yapılmıştır. Araştırmanın yöntemi betimsel araştırma yöntemlerinden tarama yöntemidir. Araştırmanın örneklem grubunu milli takım kamplarına katılan 69 erkek 56 kadın olmak üzere toplam 125 sporcu oluşturmaktadır. Araştırmada veriler, arařtırma tarafından geliştirilen 'Kişisel Bilgi formu' ve (Athlete Satisfaction Questionnaire-ASQ) Riemer ve Chelladurai tarafından 1998 yılında geliştirilmiş Türksöy (2008) tarafından Türkçeye uyarlanmış 'Sporcu Tatmin Ölçeği' ile toplanmıştır. Veriler t-testi kullanılarak analiz edilmiştir. Milli takım kampına katılan sporcuların sporcu tatmini üzerine etkisinin araştırılmasında; cinsiyet, yaş, milli sporcu olup olmama, değişkenleri açısından incelediğimizde: cinsiyet durumuna göre, antrenör tatmini düzeyinde, yaş değişkenine göre, takım tatmini düzeyinde anlamlı farklılığın olduğu görülmüş, diğer değişkenler açısından anlamlılığın olmadığı tespit edilmiştir. Araştırmanın sonucunda, milli takım kampına katılan sporcuların sporcu tatmini düzeylerine yönelik vermiş oldukları cevaplar doğrultusunda; cinsiyete göre, antrenör tatmininde, yaş düzeyinde ise 17 yaş altı sporcularda takım tatmininde, sporcu tatmininin daha olumlu yönde olduğu görülmüştür.

**Anahtar Kelimeler:** Sporcu, Tatmin, Taekwondo

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#### INTRODUCTION

Chelladurai and Riemer (1997) defined athlete satisfaction as a positive situation resulting from the evaluation of processes, structures and results, due to the sporting experience of an athlete. Chelladurai and Riemer have declared that the differences between one's desires and expectations is a function of satisfaction. Actually, athlete satisfaction has allowed the individual to reach his personal standards. The aspects of athlete satisfaction were researched,

classified in two parts and defined as “result (winning, reaching the goal) and processes” by Chelladurai P and Riemer H.A. in 1997. Sports which is an occupation for human beings, providing the development in physically, spiritually and in social area at the same time, is a phenomenon based on his war with nature (Acet, 2005).

Scanlan, Stein & Ravizza (1989) defined the satisfaction in sports as a positive influencing reaction for the emotions and/or perceptions that the sports experience reflects such as having fun, loving and being satisfied. The concept of satisfaction is described as the emotional reaction of individuals to activities in daily life as well as the physical and social conditions; and the degree of fulfillment of individuals' expectations in the psychological contract (Schemerhorn et al., 1994). Satisfaction can also be defined as the emotional state resulting from the self assessment of the individual. This emotional state can only be understood with the individual's expression of his/her feelings (Çelik, 2011). The coaches' knowledge about the satisfaction levels of team players, can cause them to understand better the psychology of the team and the management dimensions. According to different theories, it has been suggested that satisfaction dimensions are related with the trainer behavior, ethics and training functions. Trainer behavior and ethics can affect the athlete satisfaction. Therefore, one of the most important factors in coaching is to win the satisfaction of athletes (Maghsoudi, 2009).

Sports are the easiest way for the individuals to communicate with the society physically, psychologically and socially (Dalbudak, 2019). It is also known that the psychological conditions play a role in success in sports. To fulfill the expectations of athletes, to make them satisfied are the most effective ones among the factors motivating them (Mungan, 1995, Uzun & Ramazanoğlu, 2000, Wampbell & Jones, 1994). Satisfaction in sports corresponds to the perception of the social environment that promotes the objectives of competence and social affirmation positively. Existed literature and meta-analyzes support the positive effect of competence-directed conditions (social affirmation and competence) in athlete's sports satisfaction (Duda, 2001). According to Granito and Carlton (1993), satisfaction in sports is much more important than the real athletic success. If an athlete does not feel satisfied, some factors (capacity, performance, workout, teammates etc.) can cause this, and in this case the performance success and sports satisfaction will not be possible. As a result of this, the performance of the athlete may decrease, the athlete may have more negative and pessimistic thoughts, further the decreasing of satisfaction may continue (Aumand, 2005). Taking the satisfaction of athlete in four dimensions, Jorehnush has defined it as the satisfaction from coach behaviour, from coach support, from coach strategy and from personal behavior (Landis & Koch, 1977).

The level of satisfaction in athletes is always a subject of interest for many researchers. Athlete satisfaction is derived from the physical, psychological and environmental aspects associated with athletes. The level of satisfaction of an athlete is an indication of emotions and thoughts of the sports team about the environment. Satisfaction in sports has been studied in a combination with several variables (İnce, 2006). Sportive performance is defined as the motoric and psychomotoric abilities which are revealed with the best potentials in order to achieve a sportive action (Afyon, 2015). Some of the athlete satisfaction classifications; while individual satisfaction contains the athlete's achievement goals and performance, team satisfaction is related to team performance and goal achievement (Riemer, 1998). To meet the expectations of the athletes and to provide them the sports satisfaction are the most effective ones among motivating factors (Wampbell & Jones, 2004). There have mentioned four different factors which might effect the integrity of the group for the athlete satisfaction. These are environmental factors, personal factors, team factors and leadership factors. Although the factors are given separately, they are interrelated (Eys et al., 2005).

Not only with his physical existence, also with his emotions, thoughts and all savings, the athlete is in the sports. We can explain satisfaction in sports as the attitude of the athlete



against his own sports. Just like this attitude, satisfaction also shows a complex combination of values and behavioral tendencies. Athletes must be able to compete, increase their diversity and productivity, try do their job in a best way as qualified, they have to improve their employees' performance, and satisfy them in a best way related to satisfaction in sports. In sport enterprises, it is thought that increasing the productivity, and the feeling of being irreplaceable of employees will increase the sense of belonging to their jobs and this will also affect the productivity to increase.

## **MATERIAL AND METHOD**

### **Research Group**

The research group, in order to determine the satisfaction levels of the athletes participating in the taekwondo young national team camp in Antalya in 2016-2017 Education/Training period and to examine the socio demographic characteristics, consists of a total of 125 athletes with a total of 69 men and 56 women.

### **Collecting Data**

The current information related to the purpose of the research has been given systematically by scanning the literature. A theoretical framework has been established regarding the subject. In order to reach the aim of the study, a personal information form which was prepared by the researcher for determining the socio demographic characteristics of the students, and Athlete Satisfaction Questionnaire (ASQ) were used which was developed by Riemer & Chelladurai in 1998 and conducted the study of its validity and reliability by Türksoy in 2008 (STÖ). In the analysis of the data, frequency and percentage distributions were used, and according to demographic characteristics, t-test was used in order to determine the differences on the satisfaction levels of the participants between individual satisfaction, trainer satisfaction, team satisfaction and athlete satisfaction.

### **Data Analysis**

First of all, in order to determine whether to use parametric tests, the normality test was performed (Tekedere & Mahiroğlu, 2014). In order to determine the normality of the data, skewness and kurtosis values of the athlete satisfaction point averages were checked and since these two values were between -2 and +2 (skewness=0.460 and kurtosis=1.96), it was determined that the data were normally distributed (George & Mallery, 2010). Therefore, the parametric tests were used to analyze the data. In the analysis of the data, frequency and percentage distributions were used, and according to demographic characteristics, t-test was used in order to determine the differences on the satisfaction levels of the participants between individual satisfaction, trainer satisfaction, team satisfaction and athlete satisfaction. The cronbach alpha internal consistency coefficient of the scale applied was found as 0.745.

## RESULTS

In this section, the answers given by the athletes regarding the athlete satisfaction levels and the points they received are presented and interpreted by the statistical method.

**Table 1: Demographic Characteristics Table**

		n	%
Gender	Male	69	55.2
	Female	56	44.8
Age	Under 17	73	58.4
	17 and older	52	41.6
National Athlete	Yes	40	32.0
	No	85	68.0
Total		125	100

Table 1 shows the total values.

Table 2 shows the results of the t-test for whether the participants' individual satisfaction, trainer satisfaction, team satisfaction and athlete satisfaction levels vary according to gender.

**Table 2. T-test Findings Regarding Satisfaction Levels of Participants by Gender**

	Gender	N	X	S	T	Sd	P
Individual satisfaction	Male	69	4.14	1.69	1.27	123	.205
	Female	56	3.83	0.76			
Trainer satisfaction	Male	69	4.18	0.73	-2.39	123	.019
	Female	56	4.51	0.83			
Team satisfaction	Male	69	3.83	0.86	-1.77	123	.079
	Female	56	4.10	0.83			
Athlete satisfaction	Male	69	4.10	0.69	-1.51	123	.135
	Female	56	4.23	0.72			

When Table 2 is examined, according to the gender, the levels of participants' individual satisfaction ( $t(123) = 1.27, p > .05$ ), team satisfaction ( $t(123) = -1.77, p > .05$ ) and athlete satisfaction ( $t(123) = -1.51, p > .05$ ) did not show a significant difference, while the trainer satisfaction levels ( $t(123) = -2.39, p < .05$ ) show difference in favor of women.

Table 3 shows the t-test results for whether the participants' individual satisfaction, trainer satisfaction, team satisfaction and athlete satisfaction levels vary according to age.

**Table 3. T-test Findings Regarding Satisfaction Levels of Participants by Age**

	Age	N	X	S	t	sd	P
Individual satisfaction	Under 17	73	4.00	1.01	-0.09	123	.927
	17 and older	52	4.02	1.74			
Trainer satisfaction	Under 17	73	4.40	0.85	1.26	123	.210
	17 and older	52	4.22	0.68			
Team satisfaction	Under 17	73	4.09	0.79	2.18	123	.031
	17 and older	52	3.76	0.91			
Athlete satisfaction	Under 17	73	4.26	0.67	1.33	123	.188
	17 and older	52	4.09	0.75			

When Table 3 is examined, according to the age, the levels of participants' individual satisfaction ( $t(123) = -0.09, p > .05$ ), trainer satisfaction ( $t(123) = 1.26, p > .05$ ) and athlete satisfaction ( $t(123) = 1.33, p > .05$ ) did not show a significant difference, while the team satisfaction levels ( $t(123) = 2.18, p < .05$ ) show difference in favor of the group under 17 years of age.

Table 4 shows the t-test results for whether the participants' individual satisfaction, trainer satisfaction, team satisfaction and athlete satisfaction levels vary according to their status of being a national athlete or not.

**Table 4. T-test Findings Regarding Satisfaction Levels of Participants by the Status of Being a National Athlete or Not**

	National Athlete	N	X	S	t	sd	P
Individual satisfaction	Yes	40	3.86	0.77	-.845	123	.400
	No	85	4.08	1.56			
Trainer satisfaction	Yes	40	4.36	1.00	.355	123	.724
	No	85	4.31	0.67			
Team satisfaction	Yes	40	3.98	0.71	.244	123	.808
	No	85	3.94	0.92			
Athlete satisfaction	Yes	40	4.19	.79	-.028	123	.978
	No	85	4.19	.67			

When Table 4 is examined, the levels of participants' individual satisfaction ( $t(123) = -.845, p > .05$ ), trainer satisfaction ( $t(123) = .355, p > .05$ ), team satisfaction ( $t(123) = .244, p > .05$ ) and athlete satisfaction ( $t(123) = -.028, p > .05$ ) did not show a significant difference according to the status of being a national athlete or not.

## DISCUSSION AND CONCLUSION

Based upon the findings of this study, the results of the similar studies about the same subject with our research were compared and discussions were made.

In the research, it was determined that there was no significant difference in the levels of individual satisfaction, team satisfaction and athlete satisfaction by the participants' gender variables, but the level of trainer satisfaction varied in favor of women. In a study performed on handball players, no difference was found between gender variable and sport satisfaction (Bebetso, 2006). The results of this research are supportive for our study.

In his study on football players, Türksoy did not find a significant difference according to age (Türksoy, 2007). In another study performed on wrestlers, there was no significant difference between age and athlete satisfaction (Şirin et al., 2016). Additionally, in a study called "Satisfaction Levels of Turkey Super Table Tennis Players", there wasn't any significant

difference in the athlete satisfaction levels according to the age variables (Korkmaz et al., 2009). Butin “Determination of Athlete Satisfaction Levels of Elite Taekwondo Players” titled study of Ramazanoğlu and Çoban, there was a significant difference found in athlete satisfaction according to the age variable of elite taekwondo players (2004). When the studies performed were examined, in general, although there were some results in a parallelism with our study, there were also results in opposite direction. According to the participants’ status of being a national athlete or not, there was no significant difference found on the levels of individual satisfaction, trainer satisfaction, team satisfaction and athlete satisfaction.

It is determined that the athletes dealing with individual sports prefer their trainer to behavior them more democratic, educative and instructive, and social supportive compared to the athletes dealing with team sports. In spite of that, the athletes dealing with team sports prefer more autocratic type of behavior in their trainers than the athletes doing individual sports (Witte, 2011). It has been observed that the young athletes’ preferred behaviors in their trainers have a positive feedback (Martin et al., 1999). According to the results of the study performed by Beam et al., (2004), the male athletes preferred more autocratic and social support behavior in their trainers than the female athletes. Further, it was observed that female athletes preferred situational consideration and educative instructional behavior in their trainers more than male athletes. As a result of the findings, there wasn’t a significant difference observed on the levels of individual satisfaction, trainer satisfaction, team satisfaction and athlete satisfaction according to gender, age and the status of being a national athlete. It is thought that the research will contribute the literature.

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