INVESTIGATION OF STATE ANXIETY AND LIFE SATISFACTION CHARACTERISTICS OF TENNIS PLAYERS

M.Toprak KESKIN[1], Turhan TOROS*[2], Rabia Yıldız ÖZTÜRK[3]

1. Nevsehir Haci Bektas Veli University- School of Sports Sciences and Technology- https://orcid.org/0000-0001-9439-0094,
toprakkeskin@hotmail.com
2. Department of Sports Sciences, Mersin University, Mersin, Turkey
https://orcid.org/0000-0002-8328-2925
Corresponding author turhantoros@yahoo.com
3. Department of Sports Sciences, Mersin University, Mersin, Turkey
https://orcid.org/0000-0003-0911-6459, rbyldz1@gmail.com-

ABSTRACT

This study aims to examine the relationship between tennis players' state anxiety (somatic anxiety, cognitive anxiety, and self-confidence) and their life satisfaction. To examine the problem statements put forward, sports ages between 21-34 ($X^{\perp-}$years = 27.44 ± 3.50) and sports ages between 4-10 (X years sports age = 6.49 ± 2.90) 46 women; and 51 men aged between 21-32 ($X^{\perp-}$years = 26.16 ± 2.98) and sport ages between 4-12 years ($X^{\perp-}$sports age = 6.92 ± 2.10). tennis player participated. As a result of the normality test, the independent T-test was used to find the difference between the two groups as statistical analysis, and the Pearson Correlation Analysis was used to look at their relationship with age and sports age. In the research findings, there was no significant difference in state anxiety levels according to gender category (p>, 05), and a negative significant relationship was found between cognitive anxiety and life satisfaction in female tennis players (p<,05; r=-,198). On the other hand, there was no relationship between state anxiety and life satisfaction scores in male tennis players (p>, 05).

Keywords: Tennis, anxiety, state anxiety, satisfaction with life, gender, age.

1. INTRODUCTION

The individual wants to be successful both in his private life and sports life. Sports psychology has worked in many fields. [7-9, 20, 24] Performing under pressure ensures success. The individual who grows up under these pressures also begins to fear failure. For him, success means being accepted and loved by his environment. Fear of failure is the most important source of anxiety. Köknel (2005) anxiety. Schultz and Schultz (2002) defined it as the power that motivates the individual to reduce this state of tension by causing tension in human behavior. Anxiety is when stimuli that do not normally evoke a feeling of fear cause some fear reactions. Here, there is a painful effect that is not related to reality, cannot be understood and explained (Bedir, 2008). In the case of anxiety and fear, the reactions of the individual are similar. Therefore, it is not easy to distinguish between anxiety and fear. [15] When anxiety is managed successfully, coordination and flexibility in attention develop. Mindful skills keep athletes from focusing on negative thoughts. For example; many people who disagree with the whistle blown by the referees respond angrily. How anger a person responds to such situations is related to their personality tendencies to anger and their anxiety levels.[10] For the first time, Neugarten et al. (1961), the concept of "satisfaction with life" guided many researchers later. To define life satisfaction, it would be appropriate to explain the concept of "satisfaction" first. Satisfaction is the fulfillment of expectations, needs, wishes, and wishes. "Life satisfaction" is the situation or result obtained by comparing a person's expectations (what he wants) with what he has. Life satisfaction shows the result of the comparison of one's expectations with the actual situation. Life satisfaction generally includes a person's entire life and a wide variety of aspects of that life. When it comes to life satisfaction, it is not the satisfaction of a particular situation, but the satisfaction of all experiences in general happiness, morale, etc. It expresses the state of well-being from different angles and the dominance of positive emotion over negative emotion in daily relationships. [17] This study aims to examine the relationship between tennis players' state anxiety (somatic anxiety, cognitive anxiety, and self-confidence) and their life satisfaction.

METHOD
Research Model

In this study, which aims to reveal the characteristics of tennis players' state anxiety and life satisfaction in terms of some factors, a relational screening model, which includes comparison and type of correlation between variables, was used.

Research Group

The universe of the study consisted of active licensed tennis players in Turkey. The sample of the study is composed of tennis players from Mersin, Istanbul, Ankara, Antalya, and Izmir provinces. 46 women aged between 21-34 ($X^{\perp-}$year = 27.44 ± 3.50) and sports age between 4-10 years ($X^{\perp-}$sports age = 6.49 ± 2.90), and 51 men aged between 21-32 ($X^{\perp-}$years = 26.16 ± 2.98) sport ages between 4-12 years ($X^{\perp-}$sports age = 6.92 ± 2.10), a total of 97 tennis players participated voluntarily.

Operation Way

The data used in the study were collected by the researchers themselves. During the data collection process, the necessary explanations were made to the participants by the researcher for the purpose, scope and protection of the information to be

obtained. Participants voluntarily participated with an informed consent form according to the Helsinki criteria. The ethics committee was consulted for this study and the necessary permissions were obtained. Only individuals who volunteered to participate were included in the study.

Data Collection Tools
A "Personal Information Form" containing questions such as gender and age was distributed to the participants to determine their demographic characteristics.

Life Satisfaction Scale
The original form of the scale developed by Diener et al. (1985), is a single factor, 5-item, and 7-point Likert-type. Each item is evaluated according to a 7-graded response system (1 = Strongly Disagree, 7 = Strongly Agree). Diener et al. (1985) found the Cronbach alpha value of the scale's reliability as .87 and the criterion-related validity as .82 in the original study. The related scale was previously adapted to Turkish by Köker (1991) and 7-item is used as a rating by various researchers in Turkey. Köker (1991) found that the test-retest consistency coefficient of the scale, which was applied three weeks apart, was 0.85. Yetim (1991) calculated the corrected split-half value as 75 and Kuder Richardson-20 as 79. The test-retest reliability coefficient of the scale and 85 item-test correlation coefficients are between 71 and 80 (Yetim, 1991). In the reliability study conducted within the scope of this study, the internal consistency coefficient of the Life Satisfaction Scale was found as 91.

Competitive State Anxiety Inventory

The Competitive State Anxiety Inventory-2 CSAI-2 is one of the scales used to measure pre-competition anxiety in the field of sports psychology. The inventory, which was developed by Martens et al. To measure cognitive anxiety, somatic anxiety, and self-confidence, consists of three subscales and 27 items. Judgments are made according to 4 evaluation steps. CSAI-2 was adapted to Turkey by Koruç (1998). The test-retest reliability coefficients of the scale performed one month apart, were calculated as .96 for cognitive anxiety, .93 for somatic anxiety, and .95 for self-confidence. As the competition approached, anxiety started to increase. While there was a correlation at the level of .56, .67, .54, respectively, in the measurements made two weeks apart, a correlation was found at the level of .23, .22, .32 two days before the competition. This finding gives information about the stability of the tool based on time and also gives information about its validity. During the adaptation of the scale to Turkish, item analysis and factor analysis were also performed. The results of the factor analysis performed to test the construct validity of the scale show that the factor loads varied between .68 and .98 for the cognitive anxiety sub-dimension, .69 and .98 for the somatic anxiety sub-dimension, and .75 and .97 for the self-confidence sub-dimension. In the reliability studies conducted within the scope of this study, it was observed that the internal consistency coefficients of the Competitive State Anxiety Inventory were .78 for cognitive anxiety, .81 for somatic anxiety, and .88 for self-confidence.

Analysis of the Data
The data were analyzed statistically. Kolmogorov Smirnov's value of life satisfaction scale and general self-efficacy scale sub-dimension scores were not found significant as a result of the normality test (p> .05). While the distribution was found to be normal as a result of the normality test, the Independent Groups T-test for paired comparisons and the Pearson Correlation Coefficient were used to look at the relationship status.

FINDINGS

Table 1. Comparison of the state anxiety scores of the study group in terms of gender

Score	Category	n	$\overline{x}$	Std d.	$Sh_{\overline{x}}$	t Test t	Sd	P
Cognitive Anxiety	Woman	46	20,34	4,45	,72	,146	78	,88
	Man	51	20,21	3,33	,51			
Somatic Anxiety	Woman	46	18,15	3,83	,62	1,25	78	,21
	Man	51	17,14	3,43	,53			
Self-Confidence	Woman	46	27,71	4,94	,80	1,15	78	,25
	Man	51	26,26	6,16	,95			

When Table 1 was examined, no statistically significant difference was found in the cognitive anxiety, somatic anxiety and self-confidence levels of the sample group participating in the study according to the gender category variable (p>, 05).

Table 2. The relationship between the state anxiety scores of the female tennis players in the study group and their life satisfaction scores

	Life Satisfaction
Cognitive Anxiety	-,198*
Somatic Anxiety	-,045
Self-Confidence	,083

*p<,05

When Table 2 is examined, a significant negative relationship was found between the life satisfaction of female tennis players and the cognitive anxiety sub-dimension of the inventory (p <.05; r = -, 198). There was no relationship between somatic anxiety and self-confidence sub-dimensions and life satisfaction scores (p>, 05).

Table 3. The relationship between the state anxiety scores of the male tennis players in the study group and their life satisfaction scores

	Life Satisfaction
Cognitive Anxiety	-,088
Somatic Anxiety	-,070
Self-Confidence	,103

When Table 3 is examined, no relationship was found between male tennis players' life satisfaction and state anxiety scores (p>, 05).

DISCUSSION

The aim of this study is to examine the relationship between tennis players' state anxiety (somatic anxiety, cognitive anxiety, and self-confidence) and their life satisfaction. No statistically significant difference was found in the cognitive anxiety, somatic anxiety, and self-confidence levels of the participating sample group according to the gender category variable. A significant negative relationship was found between the life satisfaction of female tennis players and the cognitive anxiety sub-dimension of the inventory. No relationship was found between somatic anxiety and self-confidence sub-dimensions and life satisfaction scores. There was no relationship between male tennis players' life satisfaction and state anxiety scores. Based on the results of the research showing that anxiety harms life satisfaction, the inference that individuals with high levels of stress control will have higher life satisfaction levels supports the positive and direct effect of this study on life satisfaction. In addition, this study seems to be compatible with Deniz's (2006) finding that there is a positive relationship between anxiety and life satisfaction.

When the literature is examined, there are studies that men have high life satisfaction, women have high life satisfaction levels. [25] and there is no difference according to gender. [25] In a study conducted by Tümkaya, Çelik, and Aybek (2011) on 274 high school students, it is stated that life satisfaction does not differ according to gender. It has been demonstrated that demographic variables and gender have little effect on life satisfaction during adolescence and childhood. [18] Different societies and different research group structures are thought to cause different results in the literature and the result in the research. It is known that moderate anxiety as a state of general arousal is preparatory, triggering, and functional factor in coping with stressors. [1] In other words, it's not neurotic anxiety in dealing with any stressor; state anxiety is required. In this context, when life satisfaction is evaluated as discussed. [3] It becomes necessary in daily life, in accepting the difficulties of life and in coping with the stressors involved in reaching desired goals. On the other hand, considering Meulemann's (2001) approach to life satisfaction, it means that the individual generally evaluates his/her life, evaluates the stressors he/she encounters in his life, and the positive and negative results he receives after the events. In this context, tennis players are likely to experience state anxiety in parallel with their other experiences at the time of the assessment. In addition, since the instantaneous anxiety experienced by tennis players has a triggering and preparatory function to cope with the stressors they encounter, the anxiety in question may have a positive effect on their evaluation of their lives as a factor that increases their coping success. In other words, life satisfaction is important as a driving force for the individual to direct his / her goals.

CONCLUSION

The most important contribution of the study to sports sciences is the study of anxiety and life satisfaction in sports and the demonstration of these relationships. In addition, it is seen that studies on anxiety and life satisfaction in the literature. For these two reasons, it is predicted that this research will be a reference. In addition, it is thought that the results of the research will benefit practitioner sports psychologists. In future studies, it will be more useful to conduct research not only on the individual but also on team sports. It is thought that examining the relationship between anxiety and other parameters of life satisfaction will be useful for future studies.

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