

Analysis of Anger Expression Style – Continuous Anger and Personality Types of Professional Soccer Players

Mustafa Yıldız¹, Hasan Şahan¹, Murat Tekin¹, Mehmet Ulukan² and Bekir Mehtap³

¹ Karamanoğlu Mehmetbey University, School of Physical Education and Sports, Karaman, Turkey

² Adnan Menderes University, School of Physical Education and Sports, Aydın, Turkey

³ Selçuk University, School of Physical Education and Sports, Konya, Turkey

ABSTRACT

The purpose of this study was to analyse the anger expression styles, the continuous anger and personality types of players who play football in the professional league. The research group consisted of 133 soccer players who are playing in sports teams in the Turkish Super League: Ankara Sport Club, Gençlerbirliği Sports Club and Hacettepe Sports Club in the first league, Turk Telekom sports in the second league, and Keçiören Gücü Sports and Ankarademir Sports playing in the third league in the 2008–2009 football season. The Eysenck personality inventory was modified to Turkish by Bayar in 1983¹, having been developed by Eysenck and Eysenck in 1975² and the continuous anger – anger style scale (SOTO) was modified to Turkish by Özer in 1994³. The state trait anger scale (STAS) was originally developed by Spielberger in 1983⁴. All these were used on soccer players participating in the study to determine the continuous anger and anger styles in this study. In the interpretation of data, a meaningfulness of $p < 0.05$, was applied by using regression analysis, the Kruskal Wallis Test, the one-way variance analysis (ANOVA) test and the Tukey test to find the differences among the groups. The SPSS (Statistical Package for Social Sciences) programme was used to find the accounted values and to evaluate the data. According to the results of this study, regarding the education level variable, while there was a meaningful difference between the continuous anger sub-dimension and anger control sub-dimension than continuous anger – anger expression styles, no significant difference was found among personality type sub-dimensions (psychoticism, extrovert, neurotic, false). In addition, a significant relationship was found between psychoticism, extrovert, neurotic, and lie sub-dimensions and the personality type sub-dimensions of professional players' constant anger-anger expression styles.

Key words: soccer players, anger, personality

Introduction

Generally, expressing or explaining emotional situations such as a grudge, hatred, anger and fury are behaviour concepts which contain aggressive and violence actions. Anger and aggression are the concepts that have a close connection with each other. In the emotional levels of aggressive behaviour, other degrees from anger to fury can be found, such as hatred, disgust and hostility⁵.

Spielberger stated that while characteristics of the personality are not exactly improved, and are not situated in the early years of adolescence, interventions to reduce anger could be more effective⁶.

According to Kiper, while several studies in the field of social psychology and aggressive behaviour have been carried out in an experimental environment, the sporting environment has the features of being a natural environment for this behaviour to appear, because there are always situations in sports which are thought to cause anger and aggression. For example, opponents are continuously trying to prevent each other's purposeful movements. The sporting environment is a suitable environment for learning with a more accurate expression, being imitated and being taken as the model of aggressive behavior⁷.

At the beginning of a reason becoming angry, the de-
tention is not considered important, humiliation, arbi-
trary behaviour of encountering and attacked come. At
the point of achieving goals and meeting the needs of
people to prevent any situation, event or person, the for-
mation of feelings of anger becomes the highest priority
motivation^{8,9}.

Today, football influences very large groups of people
and also creates a very serious problem¹⁰. Sport is mostly
described as being a good way to remove aggression and
relieve tension. On the other hand, it has been observed
that in several sports competitions, especially in football,
the number of violent and aggressive actions is increas-
ing¹¹.

In a sport affecting people so much socially, it is obvi-
ous that by intentionally disabling the acts of the players
who are the focus of interest it will affect the crowds who
watch the matches¹².

The results of this study might be useful to take con-
trol of and reduce players' angry behaviour, and prevent
violence and aggression or minimize it in football, which
is one of the most popular sports today.

The purpose of this study is to examine the profes-
sional soccer players' personality types and continuous
anger-anger expression styles.

Methods

Research group

The research group consists of 133 players who play
in sports teams in the Super League: Ankara Sports,
Gençlerbirliği Sports and Hacettepe Sports in the first
league, Turk Telekom sports in the second league, and
Keçiören Gücü Sports and Ankarademir sports in the
third league in the 2008–2009 football season.

Data collection tools

In this research, the Continuous Anger – Anger Style
Scale (SÖ-CAR) and the Eysenck personality inventory
were used.

Continuous anger – Anger Style Scale (SO-AUTO)

The State-Trait Anger Scale (STAS), originally devel-
oped by Spielberger in 1983⁴, and the Continuous Anger
– Anger Style Scale (SO-AUTO), adapted to Turkish by
Özer in 1994³ to determine the Continuous Anger – An-
ger Styles that are dependent variables, were used in this
study.

The scale which was used to determine the anger and
anger styles of adolescents and adults consists of 34
items and 4 sub-dimensions.

The sub-dimensions of the scale are continuous anger
(10 items), anger interior (8 items), anger external (8
items), and anger control (8 items). The items belong-
ing to each subscale are given in the table.

The sub-scales of continuous anger and the anger
style scale and descriptions of this scale:

- Continuous anger: The anger level is high.
- Anger interior: The anger is suppressed.
- External anger: The anger is easily expressed.
- Anger control: Shows that anger is controlled.

Criterion validity and construct validity studies were
carried out by Ozer (1994)³. The validity study linked cri-
teria correlations with the depressive adjectives list and
anger inventory. The continuous anxiety of continuing
anger and anger style scales were found to significantly
correlate at the.01 and.001 level. Besides, it stated a high
inverse correlation between continuous anger and the
anger expression scale.

The validity of the scale structure was achieved with
the factor analysis method. It was indicated in being par-
allel with the original of factor structure of other dimen-
sions, except aspect anger subscale.

Whilst determining the reliability of the scale, Cron-
bach's alpha coefficient was calculated to determine the
internal consistency: 79 for the continuing anger dimen-
sion, 84 for the anger control dimension, 78 for the anger
external dimension, and 62 for the anger internal dimen-
sion were found.

Eysenck Personality Inventory

In this study, the Eysenck personality inventory was
the other dependent variable; it was developed in 1975 by
Eysenck and Eysenck, and in 1983² it was adapted into
Turkish by Bayar, and this version was used.

The Eysenck personality inventory was subjected to
continuous innovation over time and the »lie« scale,
called EPI (L), for the first time in the Eysenck series
was seen to participate and the reason was stated to be
held to expose some subjects trying to give the false ap-
pearance²¹.

The Eysenck personality inventory is a group test
which was applied to the 15 year old and over age group.
There is no time limit. The Eysenck personality inventory,
which is a 101 item paper pencil test, consists of four parts:
psychoticism (P), extraversion (E), neuroticism (N), lie (L).

The Maudsly personality inventory (MIP), previously
only based on the neuroticism and extraversion scale,
was later developed by Eysenck and Eysenck personality
inventory (EPI) and was made up by adding the Yalan
Dimension in the sections.

The Eysenck personality inventory (EPI) is an im-
proved version of having been previously generated a lot
of personality inventory. The new one is different from
the EPI, which is the last of the series, and it underwent
developments due to studies done on other scales, and is
expected to give better results.

Used (EPQ); (EPI) which was formed with attending of
psychoticism scale is the latest and greatest new version.

The Eysenck personality inventory was applied to
groups who were guilty and innocent in many European
countries, which obtained successful results.

As the test is formulated with a simple language, it increases the value of the test¹⁴.

The Eysenck personality inventory subscales and descriptions of these characteristics are as follows:

- Psychoticism: Giving the others trouble, uncomfortable characters.
- Extraversion: Social and cheerful characters.
- Neuroticism: Anxious, opposing and resentful characters.
- Lie: Shows characters that are trying to give a false appearance.

Analysis of the data

In the analysis of data, using multiple linear regression analysis, the normal distribution of data was evaluated with the Kolmogorov-Smirnov test. The one-way ANOVA test, for parametric data which is suitable for normal distribution between the groups comparisons, and to determine difference between groups Tukey test were used. Nonparametric data statistics were used to evaluate data which did not fit into the normal distribution. A meaningfulness of $p < 0.05$, $p < 0.01$ was taken by using the Kruskal-Wallis test to evaluate the nonparametric data. The SPSS (Statistical Package for Social Sciences) programme was used to evaluate the data and to find the calculated values.

Results

When Table 1 is analysed, it can be seen that there is a meaningful relationship between constant anger and

anger types and the psychoticism sub-dimension of personality types ($R=0.39$, $R^2=0.15$, $F=5.80$, $p < 0.05$). The total variation in the psychoticism scale of continuous anger and anger types (continuous anger, anger, anger sub-internal, anger sub-external) of personality is explained as 15%. The obtained F valuation shows that continuous anger and anger types explain the psychoticism sub-dimension meaningfully as a whole. When the t-test results related to the meaningfulness of regration quotient were analyzed it is seen that only anger sub-internal dimension of continuous anger and anger types is effective explanatory on psychotism. The continuous anger, anger sub-external, and anger control sub-dimensions did not have a meaningful effect on explaining the psychoticism dimension points.

When Table 2 is analysed, it can be seen that there is a meaningful relationship between continuous anger and anger types and the extrovert sub-dimension of personality types ($R=0.32$, $R^2=0.10$, $F=3.58$, $p < 0.05$). The total variation in the extrovert scale of the continuous anger and anger types (continuous anger, anger, anger sub-internal, and anger sub-external) of personality is explained as 10%. The obtained valuation shows that the continuous anger and anger types explain the extrovert sub-dimension meaningfully as a whole. When t-test results related to meaningfulness of regration quotient were analysed. It is seen that only the anger sub-external dimension of continuous anger and anger types is an effective explanatory device, and continuous anger, anger sub-internal. and the anger control sub-dimensions don't have a meaningful effect on explaining the extrovert dimension points.

TABLE 1
THE PSYCHOTICISM SUB-DIMENSION OF PERSONALITY TYPES OF CONTINUOUS ANGER AND ANGER OF FOOTBALLERS WHO PLAY IN THE PROFESSIONAL LEAGUE

	B	SH _B	β	t	p	Binary r	Partial r
Stable	5.73	2.80		2.05	0.04*		
Continuous anger	-3.14	0.09	-0.00	-0.04	0.97	0.25	-0.00
Anger sub-internal	-0.15	0.13	-0.12	-1.16	0.25	0.14	-0.10
Anger sub-external	0.44	0.15	0.39	3.03	0.003*	0.36	0.26
Anger control	-0.12	0.08	-0.14	-1.55	0.12	-0.24	-0.14

* $p < 0.05$
 $R=0.39$ $R^2=0.15$ $F=5.80$ $p=0.000$

TABLE 2
THE EXTROVERT SUB-DIMENSIONS OF THE PERSONALITY TYPES OF CONSTANT ANGER AND ANGER OF FOOTBALLERS WHO PLAY IN THE PROFESSIONAL LEAGUE

	B	SH _B	β	t	p	Binary r	Partial r
Stable	16.80	2.13		7.89	0.000*		
Continuous anger	1.28	0.07	0.02	0.20	0.84	-0.17	0.02
Anger sub-internal	0.18	0.10	0.20	1.85	0.06*	-0.05	0.16
Anger sub-external	-0.36	0.11	-0.43	-3.21	0.002*	-0.28	-0.27
Anger control	-2.16	0.06	-0.03	-0.36	0.72	0.07	-0.03

* $p < 0.05$
 $R=0.32$ $R^2=0.10$ $F=3.58$ $P=0.008$

TABLE 3
THE NEUROTIC SUB-DIMENSION OF PERSONALITY TYPES OF CONTINUOUS ANGER AND ANGER OF FOOTBALLERS WHO PLAY IN THE PROFESSIONAL LEAGUE

	B	SH _B	β	t	p	Binary r	Partial r
Stable	12.53	2.00		6.26	0.000*		
Continuous anger	0.17	0.06	0.32	2.84	0.005*	0.27	0.24
Anger sub-internal	-1.24	0.09	-0.02	-0.14	0.89	0.03	-0.01
Anger sub-external	-0.13	0.10	-0.16	-1.24	0.22	0.09	-0.11
Anger control	-0.10	0.06	-0.16	-1.78	0.08*	-0.22	-0.16

* p<0.05
R=0.33 R²=0.11 F=3.83 p=0.006

TABLE 4
THE DECEIT SUB-DIMENSION OF PERSONALITY TYPES OF CONTINUOUS ANGER AND ANGER OF FOOTBALLERS WHO PLAY IN THE PROFESSIONAL LEAGUE

	B	SH _B	β	t	p	Binary r	Partial r
Stable	12.61	2.06		6.11	0.000*		
Continuous anger	8.15	0.06	0.15	1.30	0.20	-0.11	0.11
Anger sub-internal	3.00	0.09	0.04	0.32	0.75	-0.14	0.03
Anger sub-external	-0.29	0.11	-0.35	-2.65	0.009*	-0.27	-0.23
Anger control	6.83	0.06	0.11	1.17	0.25	0.16	0.10

* p<0.05
R=0.30 R²=0.09 F=3.20 P=0.020

When Table 3 is analysed, it can be seen that there is a meaningful relationship between constant anger and anger types and the neurotic sub-dimension of personality types (R=0.33, R²=0.11, F=3.83, p<0.05). The total variation in the extrovert scale of constant anger and anger types (constant anger, anger, anger sub-internal, anger sub-external) of personality is explained as 11%.

The obtained F valuation shows that continuous anger and anger types explain the neurotic sub-dimension meaningfully as a whole. When the t-test results related to meaningfulness of regression quotient were analysed. It can be seen that the continuous anger and anger types of only the continuous anger sub-dimension are an effective explanatory device for the neurotic sub-dimension, and anger sub-internal, anger sub-external, and anger control don't have a meaningful effect on explaining the neurotic dimension points.

When Table 4 is analysed, it can be seen that there is a meaningful relationship between continuous anger and anger types and the deceit sub-dimension of personality types (R=0.30, R²=0.09, F=3.20, p<0.05). The total variation in the extrovert scale of continuous anger and anger types (continuous anger, anger, anger sub-internal, anger sub-external) of personality is explained as 9%. The obtained F valuation shows that continuous anger and anger types explain the deceit sub-dimension meaningfully as a whole.

When the t-test results related to meaningfulness of regression quotient were analysed, it is seen that continuous anger and the anger types of only the anger sub-external sub-dimension are an effective explanatory device

for the deceit sub-dimension, and anger sub-internal, anger control and continuous anger don't have a meaningful effect on explaining the deceit dimension points.

When Table 5 is analysed, a meaningful difference is found between the continuous anger sub-dimensions of footballers who play in the professional league according to the education status variable (F=2.396, p<0.05).

When Table 6 is analysed, the continuous anger sub-dimension of continuous anger and anger expression types of footballers who play in the professional league, according to the education status variable, are higher for footballers whose education level is primary school as opposed to high school educated footballers.

When Table 7 is analysed, a meaningful difference is found between the anger sub-internal sub-dimension of footballers who play in the professional league and their education status variable (F=0.793, p>0.05).

When Table 8 is analysed, a meaningful difference is found between the anger sub-external sub-dimension of

TABLE 5
THE DISPERSION ACCORDING TO THE EDUCATION STATUS VARIABLE WHICH SHOWS THE COMPARISON OF THE ONE-WAY ANOVA TEST AND THE CONTINUOUS ANGER SUB-DIMENSION OF CONTINUOUS ANGER AND ANGER TYPES OF FOOTBALLERS WHO PLAY IN THE PROFESSIONAL LEAGUE

Variance Source	KT	SD	KO	F	p
Between Groups	161.549	2	80.775	2.396	0.045*
In the Group	4383.278	130	33.718		

* p<0.05

TABLE 6
THE DISPERSION ACCORDING TO THE EDUCATION STATUS VARIABLE WHICH SHOWS THE COMPARISON OF THE TUKEY TEST AND THE CONTINUOUS ANGER SUB-DIMENSION OF CONTINUOUS ANGER AND ANGER TYPES OF FOOTBALLERS WHO PLAY IN THE PROFESSIONAL LEAGUE

	Education Status Variable	\bar{X} Difference	p
Primary School	High School	2.8033	0.028*
	Bachelor's Level	-1.0520	0.775
High School	Primary School	-2.8033	0.028*
	Bachelor's Level	1.7513	0.267
Bachelor's Level	Primary School	1.0520	0.775
	High School	-1.7513	0.267

* p<0.05

TABLE 7
THE DISPERSION ACCORDING TO THE EDUCATION STATUS VARIABLE WHICH SHOWS THE COMPARISON OF THE ONE-WAY ANOVA TEST AND THE ANGER SUB-INTERNAL SUB-DIMENSION OF THE CONTINUOUS ANGER AND ANGER TYPES OF FOOTBALLERS WHO PLAY IN THE PROFESSIONAL LEAGUE

Variance Source	KT	SD	KO	F	p
Between Groups	21.952	2	10.976	0.793	0.455
In the Group	1798.875	130	13.837		

TABLE 8
THE DISPERSION ACCORDING TO THE EDUCATION STATUS VARIABLE WHICH SHOWS THE COMPARISON OF ONE-WAY ANOVA TEST AND THE ANGER SUB-EXTERNAL SUB-DIMENSION OF CONTINUOUS ANGER AND ANGER TYPES OF FOOTBALLERS WHO PLAY IN THE PROFESSIONAL LEAGUE

Variance Source	KT	SD	KO	F	p
Between Groups	19.696	2	9.848	0.612	0.544
In the Group	2091.131	130	16.086		

TABLE 9
THE DISPERSION ACCORDING TO THE EDUCATION STATUS VARIABLE WHICH SHOWS THE COMPARISON OF THE ONE-WAY ANOVA TEST AND THE CONTINUOUS ANGER SUB-DIMENSION OF CONSTANT ANGER AND ANGER TYPES OF FOOTBALLERS WHO PLAY IN THE PROFESSIONAL LEAGUE

Variance Source	KT	SD	KO	F	p
Between Groups	138.881	2	69.441	2.812	0.047*
In the Group	3210.217	130	24.694		

* p<0.05

footballers who play in the professional league and their education status variable (F=0.612, p>0.05).

When Table 9 is analysed, a meaningful difference is found between the anger sub-external sub-dimension of footballers who play in the professional league and their education status variable (F=2.812, p<0.05).

When Table 10 is analysed, the continuous anger control of continuous anger and the anger expression types of footballers who play in the professional league, according to the education status variable, are higher for footballers whose education level is Bachelor's level as opposed to high school educated footballers.

When Table 11 is analyzed, a meaningful difference was not found between the psychoticism sub-scale of the personality types and the education status variable of footballers who play in the professional league ($\chi^2=0.955$, p>0.05).

When Table 12 is analysed, according to the education status variable, a meaningful relationship was not found with the extrovert sub-dimension of footballers who play in the professional league (F=2000, p>0.05).

When Table 13 is analysed, according to the education status variable, a meaningful relationship was not found

TABLE 10
THE DISPERSION ACCORDING TO THE EDUCATION STATUS VARIABLE WHICH SHOWS THE COMPARISON OF THE TUKEY TEST AND THE ANGER CONTROL SUB-DIMENSION OF CONTINUOUS ANGER AND ANGER TYPES OF FOOTBALLERS WHO PLAY IN THE PROFESSIONAL LEAGUE

	Education Status Variable	\bar{X} Difference	p
Primary School	High School	1.5424	0.426
	Bachelor's Level	-0.6766	0.866
High School	Primary School	-1.5424	0.426
	Bachelor's Level	-2.2191	0.046*
Bachelor's Level	Primary School	0.6766	0.866
	High School	2.2191	0.046*

* p<0.05

TABLE 11
KRUSKAL-WALLIS TEST RESULTS ACCORDING TO THE EDUCATION STATUS VARIABLE WHICH SHOWS THE PSYCHOTICISM SUB-DIMENSION OF THE PERSONALITY TYPES OF FOOTBALLERS WHO PLAY IN THE PROFESSIONAL LEAGUE

	N	Sıra ortalaması	SD	χ^2	p
Primary School	21	59.62	2	0.955	0.620
High School	69	67.86			
Bachelor's Level	43	69.23			

TABLE 12
DISPERSION ACCORDING TO THE EDUCATION STATUS VARIABLE WHICH SHOWS THE COMPARISON OF THE ONE-WAY ANOVA TEST AND THE EXTROVERT SUB-DIMENSION OF THE PERSONALITY TYPES OF FOOTBALLERS WHO PLAY IN THE PROFESSIONAL LEAGUE

Variance Source	KT	SD	KO	F	p
Between Groups	44.126	2	22.063	2.000	0.139
In the Group	1433.754	130	11.029		

TABLE 13

DISPERSION ACCORDING TO THE EDUCATION STATUS VARIABLE WHICH SHOWS THE COMPARISON OF THE ONE-WAY ANOVA TEST AND THE NEUROTIC SUB-DIMENSION OF THE PERSONALITY TYPES OF FOOTBALLERS WHO PLAY IN THE PROFESSIONAL LEAGUE

Variance Source	KT	SD	KO	F	P
Between Groups	3.954	2	1.977	0.196	0.822
In the Group	1311.039	130	10.085		

TABLE 14

KRUSKAL-WALLIS TEST RESULTS ACCORDING TO THE EDUCATION STATUS VARIABLE WHICH SHOWS LIE SUB-DIMENSION OF THE PERSONALITY TYPES OF FOOTBALLERS WHO PLAY IN THE PROFESSIONAL LEAGUE

	N	Sıra ortalaması	SD	χ^2	p
Primary School	21	70.33	2	0.237	0.888
High School	69	65.75			
Bachelor's Level	43	67.38			

with the neurotic sub-dimension of footballers who play in the professional league ($F=0.196$, $p > 0.05$).

When Table 14 is analysed, a meaningful relationship was not found between the lie sub-scale of personality types and the education status variable of footballers who play in the professional league ($\chi^2=0.237$, $p > 0.05$).

Discussion

It can be seen that there is a meaningful relationship between professional footballers' continuous anger-anger mode and the psychoticism, extrovert, and neurotic sub-dimensions of personality types and the lie sub-dimension. This research was carried out on footballers who are involved in a team sport. Individuals' features and outfit at team sports may affect the team directly or indirectly. Expected success is related to how individuals' features reflect on team spirit. Özbaydar (1983) highlighted that people who do sport individually are more introverted, hidden, and well advised¹⁵. Kızmaz (2004) cited the work of James and Johnson (1983) and stated that people who do sport individually are more stressed and angry and they show relational features^{16,17}. Robazza, Bertolli and Bortoli (2006) highlighted that rivalry is the most important factor which triggers all sportsmen's anger levels, for those who do sport individually or within teams¹⁸. Anger includes complex processes and can't be explained by one dimension. According to researchers, sportsmen who do sport within a team consider their own features, and the individual differences of their team members, trainers and directors have an influence on sportsmen and improvement on consciousness of necessity of general distinction of team, more than individual, and saddle them with responsibility.

Anger is explained as an indicator of injury, over-rideness, inhibition of eagerness and needs, and a mes-

sage given on the case of inaccuracy of one thing¹⁹. Anger is defined as real or assumed prevention, an emotional situation that comes out in the case of threat and unfairness, and a strong feeling which is oriented to eliminate the bothersome stimulants related to cognitions and an emotional situation which changes from simple nervousness and indignation to strong fury²⁰. Physiological changes, which give rise to a feeling of anger, are rising tension, frowning, doubling, blushing, shaking, pins and needles, obturation, twitches in different parts of the body, perspiration, losing control, high temperature, breathing from the nose, biting lips, brain throbbing, headache, and accelerated movements²¹. Perception and interpretation as cognitive dimensions of anger are also important. The reason for behavioural reactions is more relevant than the meaning, comment and ideas considered and believes to the sources of these than related to own self. Ozer (1989) stated that this idea occurs as a result of social experiences in the early years²². For this reason, anger and the expression of anger can be explained as the outcome of biology and culture, cognitive structures and the common effects of the body. Avcı (2006) stated in his study that adult family members who have violent behaviours have high levels of anger.²³ According to this, anger level and the skill of controlling and tolerating anger can be said to be formed from both internal and external factors.

In this study, a meaningful relationship was found between footballers' continuous anger and types and the continuous expression sub-dimension. This situation shows that when the education level is raised, the continuous anger level decreases. But it was stated that there is no difference between the anger sub-dimension of continuous anger and anger expression type and the out of anger sub-dimension. Again, a meaningful difference was found between continuous anger and the anger control sub-dimension of anger expression types. As a result of this, it can be said that footballers whose education level is higher, act more sensitively towards controlling anger than footballers whose education level is high school.

On the other hand, a meaningful difference was confirmed between the psychoticism, extrovert, and neurotic sub-dimensions of the personality type of footballers and the lie dimension. It can be said that both primary school and high school educated footballers cannot adjust their anger control level as well as footballers who were educated at university. As a result, it is clear that education is accepted as an impressive factor to develop attitudes towards human behaviour. While learning goes hand in hand with the education process, how and where to use these learnt concepts are important attitudes attained by individuals.

People express their anger as gulping down or exhibition. They sometimes control their reactions. Gulping and putting down anger is a dissimulation of reactions. The externalization of anger is a reflection of reactions to people or objects. As for controlling anger, it is related to how patient, cool, gentle, understanding a person is, as well as their ability to rationalize, suppress and negotia-

te²⁴. Desired and healthy anger feeling, which is interpreted negatively with its way of declaration form, is to try to control anger, after decreasing feeling density considering this feeling again and solving the issue by talking openly²⁵. Gaining the ability to express anger correctly is called controlling anger²⁶.

Some researches which correspond to our research showed similar results to our findings. Thomas (1989)²⁷ confirmed in his research that as education level increases, anger control rises in both men and women, and as education level decreases, anger expressions rises²⁸.

REFERENCES

1. BAYAR P, Atletlerin Kişilik Özellikleri. Yayınlanmamış Yüksek Lisans Tezi (Ankara Üniversitesi, Eğitim Bilimleri Fakültesi, Ankara, 1983).
2. EYSENCK HJ, EYSENCK SB, Manual of the Eysenck Personality Questionnaire (adult and junior) (Hodder & Stoughton, London, 1975).
3. ÖZER AK, Türk Psikoloji Dergisi, 9/31 (1994) 26.
4. SPIELBERGER CD, JACOBS G, RUSSEL F, Assessment of anger: the state trait anger scale. In: BUTCHER JN, SPIELBERGER CD (Eds) Advances in Personality Assessment. Vol 2. (Hillsdale: LEA, 1983).
5. KÖKNEL Ö, Bireysel ve Toplumsal Şiddet (İstanbul, Altın Kitaplar Yayınevi, 1996).
6. MAHON NE, YARCHESKI A, YARCHESKI TJ, Research in Nursing and Health, 10/2 (2000) 17.
7. KİPER İ, Saldırganlık Türlerinin Çeşitli Ekonomik, Sosyal ve Akademik Değişkenlerle İlişkisi (Yüksek Lisans, Ankara, 1984).
8. ATKINSON RL, SMITH EE, BEM, DJ, NOLEN-HOEKSEMA, S, Hilgard's Introduction to Psychology (New York, Harcourt Brace Company, 1996).
9. KÖKNEL, Ö, Kaygıdan Mutluluğa Kişilik (İstanbul, Altın Kitaplar Yayınevi, 1986).
10. DUNNING, E. MURPHY, P. WILLIAMS J, The Roots Of Football Holiganism, An Historical Ve Sociological Study (London, Routledge, 1998).
11. BAUMANN S, Uygulamalı Spor Psikolojisi (Çev; Ali Osman Özcan ve H. Can İkizler) (Alfa Basım Yayın Dağıtım, İstanbul, 1994).
12. İKİZLER HC, Sporda Başarımın Psikolojisi (İstanbul, Alfa Yayınları, 1993).
13. CANTEZ E, Türkiye'de Kullanılan Bazı Testlerin Uygulamalarından Elde Edilen Sonuçlar, Eysenck Şahsiyet Testi İle Değerlerin Tetkiki Testi, Tecrübi Psikoloji Çalışmaları (İstanbul Üniversitesi Matbaası, 1994).
14. YAZICI H, Karadeniz Teknik Üniversitesi Öğrencilerinin Kişilik Özelliklerinin Eysenck'in Kişilik Kuramına Dayalı Olarak Belirlenmesi, Yayınlanmamış Yüksek Lisans Tezi (Trabzon, Karadeniz Teknik Üniversitesi, 1997).
15. ÖZBAYDAR S, İnsan Davranışlarının Sınırları ve Spor Psikolojisi (İstanbul, Altın Kitaplar Yayınevi, 1983).
16. KIZMAZ M, Bireysel ve Takım Sporu Yapan

Similarly, Ozer (1994) stated that anger control for high school and university students is more successful than for students whose education level is lower²⁹. Özkamalı (2005) stated that primary and secondary school graduates have higher anger levels than high school and university graduates³⁰. In another study, Okman (1999) emphasized that on a study done on students who are studying at different high schools high level of parents' education is efficient on youngs and high level educated parents tolerate anger of their children and arrange control level easily³¹.

17. JAMES W, JOHNSON, DW, Journal Of Social Psychology, 221 (1983) 31.
18. ROBAZZA C, BERTOLLO M, BORTOLI L, Journal of Sports Medicine And Physical Fitness, 46 (3) (2006) 501.
19. LERNER H, Öfke Dansı, 5. Baskı, (Çeviri: Gül, S) (İstanbul, Varlık Yayınları, 2004).
20. BALKAYA, F. ŞAHİN, H. N, Türk Psikiyatri Dergisi, 14/3 (2003) 192.
21. KISAÇ, İ, Üniversite Öğrencilerinin Bazı Değişkenlere Göre Sürekli Öfke ve Öfke İfade Düzeyleri, Yayınlanmamış Doktora Tezi (Ankara, Hacettepe Üniversitesi, 1997).
22. ÖZER, AK. Duygusal Gerilimler Baş Edebilme (İstanbul, Varlık Yayınları, 1989).
23. AVCI, R. Şiddet Davranışı Gösteren ve Göstermeyen Ergenlerin Ailelerinin Aile İşlevleri, Öfke ve Öfke İfade Tarzları Açısından İncelenmesi, Yayınlanmamış Yüksek Lisans Tezi (Adana, Çukurova Üniversitesi, 2006).
24. BAYGÖL E, Ergenin Öfke Tepkilerinin İncelenmesi, Yayınlanmamış Yüksek Lisans Tezi (Bursa, Uludağ Üniversitesi, 1997).
25. TERAKYE G, Hasta Hemşire İlişkileri, Genişletilmiş 5. Baskı (Ankara, Aydoğdu Ofset, 1998).
26. KÖKDEMİR, H, Pivolka Dergisi, 3/12 (2001) 7.
27. THOMAS SP, Gender Differences in Anger Expression Health Implications' Research in Nursing and Health, 12 (1989) 389.
28. SALA G, Zonguldak Karaelmas Üniversitesi Öğrencilerinin Öfke İfade Etme Biçimlerinin İncelenmesi, Yayınlanmamış Yüksek Lisans Tezi (Ankara, Hacettepe Üniversitesi, 1997).
29. ÖZER, AK, Türk Psikoloji Dergisi, 31 (1994) 26.
30. ÖZKAMALI E, 20–30 Yaş Grubu Bireylerin Öğrenim Düzeylerine Göre Öfke Düzeyleri ve Öfke İfade Tarzları, Yayınlanmamış Yüksek Lisans Tezi (Samsun, On Dokuz Mayıs Üniversitesi, 2005).
31. OKMAN, S. Ergenlik Dönemindeki Öfke İfade Tarzlarının Kendilik İmgesi Bağlamında İncelenmesi, Yayınlanmamış Yüksek Lisans Tezi (İstanbul, Marmara Üniversitesi, 1999).

M. Yildiz

Karamanoglu Mehmetbey University, Department of Physical Education and Sports, Yunus Emre Campus, 70200 Karaman, Turkey
e-mail: myildiz@kmu.edu.tr

ANALIZA STILA EKSPRESIJE LJUTNJE – KONTINUIRANA LJUTNJA I TIPOVI OSOBNOSTI PROFESIONALNIH NOGOMETAŠA

SAŽETAK

Cilj ovog istraživanja bio je analizirati stil ekspresije ljutnje, kontinuiranu ljutnju i tipove osobnosti sportaša koji igraju nogomet u profesionalnoj ligi. Istraživana skupina sastojala se od 133 nogometaša koji igraju u sportskim ekipama turske Super lige: Sportski klub Ankara, Sportski klub Gençlerbirliği i Sportski klub Hacettepe u prvoj ligi, Telekom u drugoj ligi i Keçiören Gücü Sports i Ankarademir Sports u trećoj ligi u sezoni 2008–2009. Eysenkov inventar ličnosti modificiran je na turski od Bayara¹ iz 1983. godine, a razvili su ga Eysenck i Eysenck² 1975. godine. Kontinuirana ljutnja – skala kontinuirane ljutnje (SOTO) modificirana je na turski jezik od Özera³ 1994. godine. Skala

karakteristike stanja ljutnje (STAS) originalno je razvio Spielberg⁴ 1983. godine. Sve ove skale korištene su na nogometašima koji su sudjelovali u istraživanju kako bi se odredila kontinuirana ljutnja i stil ljutnje. U interpretaciji podataka značajnost je bila $p < 0,05$ koristeći regresijsku analizu, test Kruskal Wallis, test jednosmjerne analize varijance (ANOVA) i test Tukey kako bi se pronašle razlike između analiziranih grupa. Program SPSS (Statistical Package for Social Sciences) koristio se za dobivanje vrijednosti i za procjenu podataka. Prema rezultatima ovog istraživanja, u odnosu na varijablu stupnja obrazovanja, značajna je razlika između kontinuirane ljutnje i kontrole ljutnje te kontinuirane ljutnje i stila ekspresije ljutnje, međutim razlika nije značajna među tipovima osobnosti (psihoticizam, ekrovertnost, neurotičnost, lažnost). Također, značajan odnos pokazao se između psihoticizma, extrovertiranosti i lažnosti i tipa osobnosti profesionalnih nogometaša kod njihovih stalnih stilova ekspresije ljutnje.