

Investigation of the pre-competition anxiety levels of national team athletes participating in the kickboxing European championship according to their personality characteristics

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ABSTRACT

This study is aimed to determine the relationship between the pre-competition anxiety levels and personality traits of the national team athletes competing in the Kickboxing European Championships. 82 national team athletes participated in the Kickboxing European Championships. The study consists of two scales: the 20-item STAI Form TX-1 and the 30-item Rapid Big Five Personality Test. Data analyses were based on the total score obtained from the scale for STAI Form TX-1 and the score obtained from the sub-dimensions for the Rapid Big Five Personality Test. In this study, the relational screening method was used. Since the data used in this study showed a normal distribution, parametric tests were used. Pearson correlation analysis was also applied between the continuous variables of the study. When the relationship between the pre-competition state anxiety levels and personality traits of the kickboxers included in the study was examined, it was seen that there was a negative low level of significant relationship between pre-competition state anxiety levels and compatibility personality trait scores, that there was a positive low level of significant relationship between pre-competition state anxiety levels and extroversion personality trait scores, that there was a significant relationship between pre-competition state anxiety levels and responsibility personality trait scores.

Keywords: Anxiety, kickboxing, sports, personality.

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INTRODUCTION

Kickboxing, like other defense sports, is among the Far Eastern sports. Kickboxing is done to discipline the body and raise a good person (Yalçınkaya, 1986). Kickboxing is very popular in the world (Slimani et al., 2017). Kickboxing, whose history of recognition in our country is limited to 25-30 years, is a defense sport that the people of our country have adopted and made very popular, especially in recent years (Aykın and Çerez, 2019).

Kickboxing, 2 athletes predetermined the rules in order to obtain points, kicking, and full contact, is a defensive sport in which athletes are divided into categories divided into some parameters (Zazryn et al., 2003; Jackson et al.,

2012; Chaabene et al., 2012; Kordi et al., 2009). The main goal in the sport of kickboxing is to influence the opponent together with the upper and lower extremities (Buse, 2009). Therefore, the muscular strength of both the upper extremities and the lower extremities (Zabukovec and Tiidus, 1995), speed and agility are among the important motoric parameters (Slimani et al., 2017). The sport of kickboxing is classified into 6 branches Point Fighting, Light Contact, Kick Light, Full Contact, Low Kick and K1 Rules. It is also available in branches such as contact-free Musical Form and Aero Kickboxing (Mutlu and Algül, 2019; Kordi et al., 2009).

One of the psychological factors that affect the sports performance of kickboxers is their personality traits. The ability of athletes to control the anxiety they experience increases their performance during competition. This suggests that personality traits will affect performance (Kara, 2021). In this study, in light of the above information, it is aimed to investigate the relationship between the personality characteristics and anxiety of Kickboxing National Team athletes.

METHOD

Model of the study

This study aimed to determine the relationship between the pre-competition anxiety levels and personality traits of the national team athletes competing in the Kickboxing European Championships. In the research, is there a significant relationship between the pre-competition status anxiety levels and personality traits of the national team athletes participating in the Kickboxing European Championships? An answer to the question will be sought. This study is a quantitative study and relational screening model.

Participants

82 Turkey Participating in the Kickboxing European Championship national team athletes participated.

Analysis of research data

Statistical analyses will be applied with the SPSS 23.0 program on the data collected by Sociodemographic Form, STAI-TX-I and Fast Big Five Personality Test of Kickboxers.

Quick big five personality test

The Quick Big Quintet Personality Test, developed by Verlmuts and Geris (2005), is a scale on which 30 out of 100 personality traits of individuals specified by Goldberg (1992) are selectively used. The scale conducted by Morsünbül (2014) consists of 5 sub-dimensions and 30 items. There are 6 personality traits in each sub-dimension of the scale, which consists of the sub-dimensions of compatibility, extraversion, responsibility, emotional balance and openness to experience. The scale is a 7-point Likert type scale that is scored as "Completely correct" 7 points and "Completely false" 1 point. Likewise, 12 items are scored inversely on the scale. In the case of inversely scored items, "Completely false" is calculated as 7 points and "Completely correct" is calculated as 1 point.

Statehood anxiety scale (STAI Form TX – I)

The Turkish validity and reliability study of STAI Form TX – I, developed by Spielberger, Gorsuch and Luschene (1970), was conducted by Öner and Le Compte (1983). The scale, which was developed as a 4-point Likert type, consists of a total of 20 items.

RESULTS

As can be seen in Table 1, the item with the highest average in STAI-TX-I applied to kickboxers is "I have confidence." ($x = 3.47$), with the lowest average being "I feel stunned by the excitement." ($x = 1.43$).

As can be seen in Table 2, the item with the highest average in the Rapid Big Five Personality Test applied to Kickboxers is "Imagination is Wide" ($x = 5.95$), while the item with the lowest average was "timid" ($x = 2.04$).

Table 1. STAI-TX-I article statistics.

STAI-TX-I Substances	Mean	S.d.
I'm calm right now	3.1061	.93032
I feel safe	3.3182	.86218
I'm nervous right now	1.6029	.97949
I feel remorse	1.6471	.85979
I'm at peace right now	2.9403	1.09932
I'm not in any mood right now	1.7463	1.00519
I'm worried about what's going to happen to me	1.6308	1.05430
I feel rested	2.2941	1.12049
I'm worried right now	1.7353	1.00175
I feel comfortable	2.9706	1.03622
I have confidence	3.4706	.90555

Table 1. Continues.

I'm irritable right now	1.4559	.88830
I'm so frustrated	1.4390	.83293
I feel like my nerves are too tense	1.4390	.83293
I feel relieved	2.5854	1.14343
I'm happy with my condition now	1.9463	.99842
I'm worried right now	2.5122	1.25947
I feel Amazed by the Excitement	1.4360	1.03456
I'm happy right now	2.83	.65
I'm in a good mood right now	2.94	.62

Table 2. Fast big five personality test item statistics.

Quick big five personality test article	Mean	Sd.
Imagination wide	5.9512	1.29484
Bad-tempered	3.8780	2.05114
Messy	3.3659	2.02156
Distant	4.0244	1.90500
Friendly	5.5854	1.33288
Curious	4.7561	1.47037
Nervous	3.4390	1.73630
Careful	5.4634	1.66441
Quiet	3.6829	1.72761
Helpful	5.8049	1.54312
Irritable	3.5122	1.79329
Neat	4.8293	1.74840
Introverted	3.4146	1.93698
Knowledgeable	4.6585	1.53333
Polite	5.6098	1.55362
Anxious	3.6585	1.61184
Punctual	5.1463	1.79933
Talkative	4.9756	1.53136
Innovative	5.6829	1.44767
Loves to work together	5.1500	1.98156
Shy	3.2927	1.75322
Compatible	5.6098	1.64622
Artistic spirit	5.2195	1.59493
Timid	2.0488	1.36899
Regular	5.1220	1.82161
Shy	2.5854	1.35128
System	5.0244	1.71396
Savvy	5.3659	1.38343
Anxious	3.5366	1.88690
Author	5.7561	1.51992

In Table 3, the findings of the Pearson Correlation Analysis on the relationship between kickboxers' pre-competition status anxiety levels and personality traits are reflected. It was determined that there was a significant

negative relationship between pre-competition mood anxiety levels and compatibility levels ($r = -.235$; $p = 0.002$). It was determined that there was a significant positive low-level relationship between kickboxers' state

Table 3. Findings of Pearson correlation analysis on the relationship between kickboxers' pre-competition anxiety level and personality traits.

Correlations		TAITX-I	Compatibility	Extrovert	Responsibility	Sentimental	Experienced
TAITX-I	r	1	-.235**	.244**	-.188**	.449**	-.138
	p		.002	.002	.000	.000	.002
Compatibility	r	-.235**	1	.174	.781**	-.293**	.294**
	p	.003		.119	.000	.007	.007
Extrovert	r	.244**	.174	1	.193	.487**	.290**
	p	.002	.119		.082	.000	.008
Responsibility	r	-.188**	.781**	.193	1	-.202	.356**
	p	.004	.000	.082		.069	.001
Sentimental	r	.449**	-.293**	.487**	-.202	1	.134
	p	.001	.007	.000	.069		.229
Experienced	r	-.138	.294**	.290**	.356**	.134	1
	p	.023	.007	.008	.001	.229	

anxiety levels and extroversion levels ($r = .244$; $p = 0.002$). It was determined that there was a significant negative relationship between kickboxers' state anxiety levels and responsibility levels ($r = -.188$; $p = 0.000$). It was determined that there was a significant positive moderate relationship between state anxiety levels and emotional balance levels ($r = .499$; $p = 0.000$). It was determined that there was a significant negative relationship between state anxiety levels and openness to experience levels ($r = -.138$; $p = 0.002$).

DISCUSSION AND CONCLUSION

In order to determine the relationship between the pre-competition anxiety levels and personality traits of the National Team Athletes participating in the European Championships, the findings of the STAI-TX-I and the Fast Big Five Personality Test applied to 82 kickboxers were discussed and concluded. When the relationship between the pre-competition state anxiety levels and personality traits of the kickboxers included in the study was examined, it was seen that there was a negative low level of significant relationship between pre-competition state anxiety levels and compatibility personality trait scores, that there was a positive low level of significant relationship between pre-competition state anxiety levels and extroversion personality trait scores, that there was a significant relationship between pre-competition state anxiety levels and responsibility personality trait scores. It

was understood that there was a significant relationship between the trait scores in the negative direction, that there was a significant relationship between the pre-competition state anxiety levels and the emotional balance personality trait scores in the positive direction, and that there was a negative low level of significant relationship between the pre-competition state anxiety levels and the openness to experience personality trait scores. As a result, as kickboxers' levels of compatibility, responsibility and openness to experience decrease, their pre-competition status anxiety levels increase, and as extroversion and emotional balance levels increase, their pre-competition status anxiety levels also increase. Looking at the literature of interest (Araz, 2017), as a result of the research conducted by A.Ş., it was determined that there is a positive relationship between the intense movement required in a certain sport and the level of state anxiety. Kara (2021), in her study of 316 professional football players, stated that as the levels of compatibility, responsibility and openness to experience decreased, pre-competition state anxiety levels increased, and as extroversion and emotional balance levels increased, pre-competition state anxiety levels increased and reached similar results with our study. Şerifoğlu (2023) concluded that the anxiety levels of karate national team athletes who are open to experience are low. At the end of the study, Tazegül (2015) determined a correlation between the self-confident approach and the psychoticism personality type, between the optimistic approach dimension and the neuroticism and psychoticism personality types, and

between the helpless approach dimension and the neuroticism personality type. Sar (2016) concluded in his study that the athletes who were open to experience in their study had low anxiety levels before the competition. In a study conducted by Güvendi et al. (2018), it is stated that personality traits such as extraversion, emotional control, psychoticism of American football players psychologically affect their performance before and during competitions and increase their anxiety levels. Sohrabi et al. (2011), contact sports with opponent (boxing and karate) and non-contact with opponent (swimming, gymnastics) compared the narcissism levels of athletes in sports branches and found a statistically significant they found difference. When the studies are evaluated, it is understood that the concerns of both athletes and other individuals about their performance are related to personality characteristics. In the research, it is understood that having the personality characteristic of compatibility, responsibility and openness to experience reduces the level of anxiety before the competition and is similar to the relevant literature.

Suggestions

1. In this study, the effect of the pre-competition anxiety levels of the Kickboxing National Team athletes on their personality characteristics was examined and it is evaluated that performing similar studies in other sports would be beneficial for the performance of the athlete.
2. It is evaluated that it will be useful to examine the relationship between anxiety, personality and performance in future studies.

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