

A Study on Assertiveness Level of College Students who are doing Orienteering Sports**Zeki Coşkuner, Bilal Çoban, Yüksel Savucu, Atalay Gacar, Eyyup Genç***Department of Physical Education and Sports, Fırat University, Turkey*

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ABSTRACT

In essence, Assertiveness is an inclination to undertake new and daring enterprises. Namely, it's the trait of being adventurous. Assertiveness is an important aspect of communication with others, and it's also a decisive factor of getting engage with people. In this study, it's aimed to study Assertiveness level of college students who is doing Orienteering Sports in terms of some variables. This study is carried out will a survey of 7 questions regarding students' personal information and Rathus' Assertiveness Schedule which contents 30 questions. This study is carried out in Balikesir, Turkey during College Orienteering Sports Olympics. 192 males and 68 females (Total of 260) college students volunteered to participate with the research. Collected data is analyzed with SPSS distribution of frequency, arithmetic sequence and T-Test. Error rate in this study assumed as 0, 5. According to the study, college students who are involved with Orienteering Sports have Assertiveness level of middle, high or highest level as stated by 260 of the participants. Also, it is found that males' assertiveness level is higher compared to female participants. Besides, students with ages to have higher assertiveness levels. Study also shows that where students come from makes no difference in terms of assertiveness level. As a result, it has been found that students involved in Orienteering Sports have higher assertiveness level and their previous sports history also contributes in a positive way.

Key words: Orienteering Sports, Assertiveness level, College Students**Introduction**

Human is a whole with the society he lives in and with its physiology and emotional features. Human needs some preconditions in interpersonal communication and interaction in order to show behavior features so to be qualified healthy both mental and social. While people are expressing their feelings and opinions, it can be mentioned that they have been three main behaviors. If these behavior forms are taken in hand on a right line, they can be placed as at one point no assertiveness and at the other point aggressiveness and at middle point assertiveness [7]. Assertiveness is being able to stand up for you, making sure your opinions and feelings are considered and not letting other people always get their way. It is not the same as aggressiveness. You can be assertive without being forceful or rude. Instead, it is stating clearly what you expect and insisting that your rights are considered. [22,2].

In this study, it is aimed to assertiveness level of college students doing orienteering sports in terms of some variables (Gender, Age, typical Characteristics, Family Attitude, Family Income, Social Event, and Family Type). It has been thought that being high or less the assertiveness level of orienteering sportsmen will affect their success. This study is relevant to the

research literature, sample of the study was conducted and methods of calculation, analysis of the results and meaningful evaluation of the results organized from findings obtained into the discussion.

2. Literature Review:

Assertiveness is generally formed of open and direct and honest communicating within a suitable frame [13]. To behavior assertive because of his role which he has taken about the matters such as providing of being more impressive on everybody else and reinforcement of social location is one of social communication ability which carries weight in the stabilization of interpersonal communication flow and which gives a feeling to person such that he controls the daily events and increases the chance of honest relating and helps person arouse respect on the people around him and increases sense of trust which he feels about himself [9]. In short, the assertiveness is the need of self-esteem to us. When we don't know to say "no", the livings which we live after our obligatory "yes" also brings about anxiety and discomfort and regret. One of the most important principle of happy living is to say yes and no at the correct time [7]. Assertiveness manuals recognize that "many people, when trying out assertive

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behavior for the first time, find that they go too far and become aggressive [3]. Assertive people tend to have the following characteristics:

- They feel free to express their feelings, thoughts, and desires.
- They are "also able to initiate and maintain comfortable relationships with [other] people [6].
- They know their rights.
- They have control over their anger. This does not mean that they repress this feeling; it means that they control anger and talk about it in a reasoning manner.
- "Assertive people are willing to compromise with others, rather than always wanting their own way and tend to have good self-esteem [11].
- "Assertive people enter friendships from an 'I count my needs. I count your needs' position

Sport gives the young to get through energy with the problems which they will be able to meet in transferring to adult society in competitive [15]. Nevertheless the assertiveness can be described such that the individual can express the positive and negative feeling, idea and desires and other's rights without ignoring and about this matter without hearing anxiety and guiltiness [5].

In various researches, joining sport activities of the individuals has been putting forward that it develops health of body and soul and personality structure and it makes will-power strong and makes the group work easy, and provides solidarity mutually, and improves self confidence, and controls himself and provides important contribution in learning respect to the others and acts a part in being assertive individual. In this respect, sporting activities

can be thought that it is efficient to assertiveness level of the individual [4]. Orienteering is a family of sports that requires navigational skills using a map and compass to navigate from point to point in diverse and usually unfamiliar terrain, and normally moving at speed. Participants are given a topographical map, usually a specially prepared orienteering, which they use to find control points [17].

3. The Methodology and Model:

This study is carried out in Balikesir, Turkey during College Orienteering Sports Olympics. 192 males and 68 females (Total of 260) college students volunteered to participate with the research the inventory of Rathus assertiveness consists of 30 items. In the scale there have been negative and positive statements and their computations have been doing diversely. According to results derived 30 scores and under it have been showing shyness features and 180 scores have been showing the top point in the assertiveness behaviors.

Rathus found as 78 reliability with the Test repeat method the reliability work of assertiveness and as 77 with the bipartition method of the test. Nevertheless Voltan found as 92 reliability with test repetition method, as 63 and 77 with the bipartition method in Turkish translation [20]. Collected data is analyzed with SPSS distribution of frequency, arithmetic sequence and T-Test. Error rate in this study assumed as 0.5.

4. The findings:

Table 1: Demographic Information.

Personal Features	N	- X
Gender		
Male	192	73,8
Female	68	26,2
Age		
Under the age of 18	20	7,7
18-20 age	140	53,8
21-23 age	64	24,6
24 years and over	36	13,8
Family Type		
Nuclear family	172	66,2
Extended family	88	33,8
Family Attitude		
Democratic	120	46,2
Protective	76	29,2
Authoritarian	64	24,6
Family Income		
Low	52	20,0
Medium	200	76,9
High	8	3,1
Social Event		
Yes	224	86,2
No	36	13,8
Typical Characteristics		
Withdrawn	76	29,2
Extrovert	184	70,8

According to Table 1, the gender distribution, those who deal with Orienteering Sports are 78, 3 % male and 26, 2 % female sportsman. When the age variables are examined, those of them are U 18 7,7 % and 18-20 age 53,8 % and 21-23 age %24,6 and 24 age 13,8.. According to the family action variable it has been found that 46, 2 % of them is democratic action and 29, 2 % of them is protector action and

24,6 % of them is authoritative action. The other variable is family income low 20.0%, medium 76.9 % and high 3.1%.According to the social event variables, it has been found that 86.2 % of them is in YES and 13, 8 % of them is in NO. The last variable is Typical Characteristics is 86.2% withdrawn, 70.8 % extrovert.

Table 2: According to Orienteering's the opinion of the Anova results of variables Gender.

ASSERTIVENESS TOTAL	Gender	N	Mean	Std. Deviation	p
	Male	192	132,30	19,00	,003
	Female	68	128,47	14,64	

According to Table 2, It has been found statically meaning full differences amongst assertiveness levels according to gender variables of the sportsmen doing

orienteering sport. It has been that males are more assertiveness than females ($p > 0.003$).

Table 3: According to Orienteering's the opinion of the Anova results of variables age.

Groups	<i>f</i> , <i>x</i> and <i>ss</i> Values Result of ANOVA								
		X	ss	Var. Atl.	KT	d	AO	F	p
Under the age of 18	20	115,20	12,26	Between group	11611,96	3	3870,65	13,67	,000
18-20 age	140	136,15	16,21	Within group	72470,63	256	283,08		
21-23 age	64	124,50	17,39	Total	84082,60	259			
24 age and over	36	133,44	20,01						

According to Table 3, it has been found statically meaning full differences amongst assertiveness levels according to rate of age variables of the sportsmen doing orienteering sport.

It has been that those of 18-20 age group sportsmen are more assertiveness than the other age group sportsman ($p > 0.00$).

Table 4: According to Orienteering's the opinion of the Anova results of variables Family Types.

Groups	<i>f</i> , <i>x</i> and <i>ss</i> Values Result of ANOVA								
		x	ss	Var. Atl.	KT	d	AO	F	p
Democratic	120	133,85	20,19	Between group	123,93	41	3,02	13,72	,001
Protective	76	125,00	13,39	Within group	48,00	218	,22		
Authoritarian	64	134,00	16,82	Total	171,93	259			

According to Table 4, it has been found statically meaning full differences amongst assertiveness levels according to family type's variables of those doing orienteering sport. It has been that those of authoritative family sportsmen are more assertiveness than the protector and democratic family sportsmen.

sportsmen. Our research is at quality support of the research made by Kimble, Marsh and Kiska, [10]; Ames, & Flynn, [1].

5. Discussion and Conclusion:

Assertiveness is generally formed of a clear and direct and honest communicating within a suitable frame [9]. It has been that the average of assertiveness is high (130, 37) at the end of scoring with the aim of testing this form of communicating of orienteering sportsmen entering into the work.

At assertiveness levels of the orienteering sportsmen entering into the research, it has been found a meaning full difference to gender difference. According to this, it has been that the assertiveness levels of male sportsmen are higher than the female

It has been found statically meaning full differences amongst the assertiveness levels of those doing orienteering sport according to rate of age. It has been that sportsmen being age 18-21 group are more assertiveness than the sportsmen being other age group ($p > 0,00$). According to this, it has been concluded that age factor is an important factor on the assertiveness. When looking at the similar work, Kaya [8] found in his study on the students that older students have high assertiveness according to young students Kaya [8]). Uğur expressed in his study that the individuals being age 21 and upper have high assertiveness [18]. Voltan [21] concluded that the individuals being 17-19 age have high assertiveness levels (Voltan, [21] Gacar and Coşkuner [5] and Tatakır found increasing at the assertiveness level

when rising the age variable. Our research shows consistency of similar searches [5,16].

According to Kimhle, Marsh Kiska [10], age magnitude is a typical condition and can direct the individual differently. At the same time, age and experience can increase the personal safe in relationship [10]. These results show parallelism with our work.

According to the family action, it has been found statically meaning full differences amongst the assertiveness levels. It has been that the sportsmen belonged to authoritative family re more assertiveness than the sportsmen belonged to the protector and democratic family. When examining the similar studies, Serpil Yılmaz [23] established that the family type affected the assertiveness level at the work subjected “the relationship between the self respect and assertiveness of the students of nursing college. Yılmaz [23] and Lewellyn and Jones established that the social proficiency is relevant family support at their studies subjected “Is there a relationship between the family structure and young’s personal social proficiency?”. When the studies are studied shown difference with our study, Uğurluoğlu [19] didn’t come across a relationship between the assertiveness level and parents’ action at the study subjected “investigation of the relationship between aggressive personal feature and self esteem at the students of lyce [19]. Saruhan didn’t establish any meaning full difference statically between the aggressive levels and parents actions of the respondent at the thesis subjected the relationship between the parents’ action and student’s assertiveness according to some variables of the students who attend the last class of lyce in centre of Ankara [14]. Bu ideas and results are at the quality support to our study. Therefore, assertiveness is an important condition of your internal state - the way you feel when you have an assertive behavior against somebody. It is best to choose the moments when you feel a very good inner balance. If you have hard feelings or emotions to the person it is better to wait a little before exposing an assertive behavior [12].

Our study is thought that it will be helped as literature information at the studies subjected Orienteering sport and assertiveness levels which will be done afterwards.

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