DOES POSITION HAVE AN EFFECT ON SELF-CONFIDENCE AND AGGRESSION LEVELS IN AMATEUR FOOTBALL PLAYERS?

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Abstract:

The aim of our study is to examine the effect of position on self-confidence and aggression levels in amateur football players. In our study, the aggression inventory developed by İpek İlter Kiper was used to measure the aggression levels, and the self-confidence scale developed by Akın (2007) was used to determine the self-confidence levels. SPSS 22.00 statistical program was used in the statistical evaluation of the data obtained from the data collection tools in the study. There was a significant difference in the self-confidence levels (internal, external, and general self-confidence) of male and female football players between positions (p<0.05). It has been seen that male football players have high levels of inner self-confidence and general self-confidence, while women's inner-confidence and general self-confidence are moderate and external self-confidence levels are high. When comparing the aggression levels of the football players according to the position, there was a significant difference between the destructive and general aggression levels of the men (p<0.05). Defensive players were calculated to be in the most aggressive position. On the other hand, no significant difference was observed in the aggression levels of women according to the position (p>0.05). As a result; it has been seen that male football players have high levels of inner self-confidence, external self-confidence, and general self-confidence for all positions, while women's internal and general self-confidence levels are moderate and external self-confidence levels are high. While there was no effect of position on aggression levels in women, it was observed that there was an effect on destructive and general aggression levels in men.

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1. Introduction

Football is one of the most popular and most interesting sports branches in the world (İmamoğlu et al., 2015). Being easy to play, enjoying watching, and being a recreational activity, football has become the focus of attention of millions of people (Kabadayi et al., 2017). The interest in football by the masses has caused it to become a lucrative sector in addition to being a sports branch (Yüksel et al., 1998; Kuper, 2003).

Achieving a high level of sportive performance in football and making quality technical skills specific to football; depends on the motor characteristics of football players. The development of motor characteristics such as endurance, strength, speed, agility, flexibility, balance, and skill of the player can be achieved by studies specific to the sports branch (Erkan, 2002, Yılmaz et al., 2017).

Being physically perfect is not enough on its own to raise sportive success to the next level. At least as much as the physical aspect of the athlete's psychological capacity should be considered. This is why athletes who experience emotional changes cannot achieve the expected success despite being physically ready (Erhan & Bedir, 2015, Sivrikaya & Ozan, 2020). The concept of self-confidence, which is one of the psychological factors affecting the formation of high performance, is defined as a person's sense of self-confidence, recognizing one's own abilities and feelings, self-love, and self-confidence (Özbey, 2004). Confidence in sports, on the other hand, can be integrated with the absolute belief of the individual that he will achieve success and make an effort to reach maximum performance with this expectation.

High-confidence individuals are self-confident, optimistic, challenging, open to new thoughts and experiences, have a high motivation to succeed, are responsible, and are successful in interpersonal relationships. In addition, traits such as seeing oneself as unsuccessful and worthless, inadequacy in decision-making and problem-solving skills, tendency to be overly competitive, being influenced quickly, exhibiting a dependent life on others, jealousy, and aggression are among the characteristics of individuals with low self-confidence (Başoğlu, 2007).

Aggression is defined as hurtful and disturbing behavior towards another living thing or object (Konter, 2003). Aggression has a detrimental effect on performance, but when combined with high self-confidence, it results in high levels of performance (Järvinen & Keinonen, 1998). In the light of all this information, the aim of our study is to examine the effect of position on self-confidence and aggression levels in amateur football players.

2. Material and Method

2.1 Research Model

The relational screening model was used in this study, in which the aim of this study is to examine the effect of position on self-confidence and aggression levels in amateur football players. Relational scanning model; is a research model that aims to determine the existence and degree of co-change between two or more variables (Karasar, 2005). Athletes who continue their active football life in Gümüşhane, Malatya, and Samsun provinces participated in our study. The decision of the ethics committee of the study was taken with the approval of the Scientific Research and Publication Ethics Board of Gümüşhane University, numbered E-95674917-108.99-1441, at the meeting dated 06/01/2021 and numbered 2020/12.

2.3 Data Collection Tools

2.3.1. The Personal Information

It was made by the researcher and contains demographic information to be associated with the subject. In the personal information form; there are questions of age, gender, position, height, weight.

2.3.2. The Aggression Inventory

The aggression inventory developed by İpek İlter Kiper (1984) is a 7-point Likert type. Each sub-dimension was determined with 10 questions. Destructive aggression (1, 2, 3, 13, 14, 15, 22, 23, 24, 29), assertiveness (4, 5, 6, 10, 11, 12, 19, 20, 21, 28) and passive aggression (it includes three sub-dimensions: 7, 8, 9, 16, 17, 18, 25, 26, 27, 30). The inventory consists of 30 items in total. The score was calculated by adding the number 31 to the total score of each sub-dimension. Thus, the lowest score obtained from each sub-dimension is 1 and the highest score is 61. The overall aggression score was calculated by combining the total scores of each sub-dimension. In the reliability study conducted for this research, the Cronbach's alpha internal consistency coefficient of the aggression scale's sub-dimensions of, Destructive Aggression 0.714; Assertiveness sub-dimension 0.732, Passive Aggression sub-dimension 0.720, and the total scale was 0.683, was found.

2.3.3. Self-confidence Scale

The scale, which has 33 items, is in 5-point Likert type. Also the scale; internal self-confidence (4, 25, 32, 17, 10, 30, 12, 3, 19, 5, 21, 27, 9, 23, 1, 7, 15) and external self-confidence (6, 31, 20, 29), 16, 14, 22, 11, 18, 33, 2, 28, 26, 13, 8, 24), ıt consists of two sub-dimensions. The highest score that can be obtained on the scale is 165, and the lowest score is 33. The total score obtained from the scale is divided by the number of items (33) and gives a result about the self-confidence of the individual. A high score from the scale without negative items indicates a high level of self-confidence. On the scale, below 2.5 indicates low self-confidence, between 2.5 and 3.5 indicates medium, and above 3.5 indicates high self-confidence. In the reliability study conducted for this study, the

Cronbach's alpha internal consistency coefficient for the sub-dimensions of the scale of aggression was calculated as 0.790 for internal self-confidence, 0.803 for external self-confidence, and 0.801 for the overall internal consistency coefficient.

2.4. Statistical Analysis

SPSS 22.00 statistical program was used in the statistical evaluation of the data obtained from the data collection tools in the study. The normality tests of the obtained data were analyzed with the Kolmogorov-Smirnov test. According to the analysis, it was determined that the data were normally distributed. In the analysis of the data, percentage, frequency, Independent Sample T-test for comparisons with two subgroups, and Pearson correlation analysis were used.

3. Result

Table 1: Define of characteristics football players

Mevki		Age			Body weight			Height			
		18-21	22-25	26-30	55-65	66-75	76-85	160-170	171-180	181-190	191+
Goal keeper	M	5	1	4	1	5	4		0	9	1
	F	6	3	1	2	3	5		2	8	0
Defense	M	10	14	1	8	11	6		2	17	1
	F	6	16	0	4	10	8	7	11	7	
Midfielder	M	14	16		6	17	7	2	14	6	
	F	22	8		14	15	1	9	25	13	
Striker	M	7	8		2	9	4	7	17	6	
	F	9	6		3	10	2	12	18	0	

Note: M: Male, F: Female

Positions of the football players participating in our study according to their gender, men's goalkeeper 10, defense 25, midfielder 30, striker 15 players, in women, it consists of 157 players, 10 of whom are goalkeepers, 22 players in defense, 30 in midfielders, and 15 in strikers. Age, body weight, and height of male and female football players are shown in Table 1.

There was a significant difference in the self-confidence levels (internal, external, and general self-confidence) of male and female football players between positions (p<0.05). It has been observed that male football players have high levels of internal, external, and general self-confidence in all positions. It was found that goalkeepers have high self-confidence levels in female football players, and low self-confidence levels in defense, midfielders, and strikers. In terms of external self-confidence and general self-confidence, it was calculated that goalkeeper and midfielders were high, and defense and forward players were at a medium level. It was observed that male football players had high levels of self-confidence and general self-confidence, while women had moderate self-confidence. It was observed that both genders had a high level of external self-confidence.

Table 2: Comparison of self-confidence levels in football players according to position

Gender			n	Mean	S.D.	p
Male	Inner Self-confidence	Goal keeper[a]	10	3.91	.13	.001*
		Defense[a]	25	3.88	.35	
		Midfielder[ab]	30	3.52	.37	
		Striker[b]	15	3.83	.49	
		Total	80	3.74	.40	
	External Self-confidence	Goal keeper[ab]	10	3.81	.13	p<.001**
		Defense[a]	25	4.05	.32	
		Midfielder[b]	30	3.5	.43	
		Striker[a]	15	3.94	.48	
		Total	80	3.79	.45	
	General Self-confidence	Goal keeper[a]	10	3.86	.11	p<.001**
		Defense[a]	25	3.96	.26	
		Midfielder[b]	30	3.51	.35	
		Striker[a]	15	3.88	.45	
		Total	80	3.76	.38	
Female	Inner Self-confidence	Goal keeper[a]	10	3.84	.31	p<.001**
		Defense[bc]	22	3.32	.54	
		Midfielder[ab]	30	3.46	.58	
		Striker[c]	15	2.86	.44	
		Total	77	3.35	.59	
	External Self-confidence	Goal keeper[a]	10	3.74	.35	p<.001**
		Defense[ab]	22	3.44	.65	
		Midfielder[a]	30	3.85	.50	
		Striker[c]	15	3.13	.19	
		Total	77	3.58	.56	
	General Self-confidence	Goal keeper[a]	10	3.79	.26	p<.001**
		Defense[ab]	22	3.38	.55	
		Midfielder[a]	30	3.65	.50	
		Striker[b]	15	2.99	.25	
		Total	77	3.46	.52	

Note: *p<0.05, **p<0.001

In the comparison of the aggression levels of the football players according to the position, there was a significant difference between the destructive and general aggression levels of the men (p<0.05). Defensive players were calculated to be in the most aggressive position. On the other hand, no significant difference was observed in the aggression levels of women according to the position (p>0.05).

Table 3: Comparison of aggression levels in football players according to position

Gender			n	Mean	S.D.	p
Male	Destructive Aggression	Goal keeper[ab]	10	30.00	5.81	**<.001****
		Defense[a]	25	33.60	4.97	
		Midfielder[ab]	30	29.77	7.44	
		Striker[b]	15	24.47	5.36	
		Total	80	30.00	6.83	
	Dashing Aggression	Goal keeper	10	35.70	7.82	.208
		Defense	25	36.44	6.25	
		Midfielder	30	39.17	5.72	
		Striker	15	35.87	5.89	
		Total	80	37.26	6.27	
	Passive Aggression	Goal keeper	10	25.20	7.02	.151
		Defense	25	27.96	7.40	
		Midfielder	30	25.97	6.75	
		Striker	15	22.67	6.81	
		Total	80	25.88	7.11	
	General Aggression	Goal keeper[ab]	10	90.90	12.74	**.002***
		Defense[a]	25	98.00	12.02	
		Midfielder[a]	30	94.90	11.97	
		Striker[b]	15	83.00	10.71	
		Total	80	93.14	12.81	
Female	Destructive Aggression	Goal keeper	10	28.10	3.41	.615
		Defense	22	27.95	5.80	
		Midfielder	30	29.13	7.83	
		Striker	15	30.60	4.36	
		Total	77	28.95	6.21	
	Dashing Aggression	Goal keeper	10	36.40	3.50	.227
		Defense	22	40.00	5.00	
		Midfielder	30	39.23	5.16	
		Striker	15	40.33	5.47	
		Total	77	39.30	5.05	
	Passive Aggression	Goal keeper	10	28.60	5.06	.104
		Defense	22	23.18	8.76	
		Midfielder	30	27.77	8.61	
		Striker	15	28.07	4.10	
		Total	77	26.62	7.78	
	General Aggression	Goal keeper	10	91.80	8.90	.070
		Defense	22	96.36	10.02	
		Midfielder	30	91.53	10.72	
		Striker	15	98.93	7.84	
		Total	77	94.39	10.08	

Note: *p<0.05, **p<0.001

When we look at the relationship between aggression and self-confidence in football players according to position, a low negative correlation was observed with destructive (r= -.344**) and general aggression (r=-.242*) in men. In female football players, a low

negative correlation was calculated between the levels of self-confidence (r= -.391**) and general self-confidence (r=-.315**) according to the position.

Table 4: The relationship between aggression and
self-confidence in football players according to position

Gender			Dest. aggr.	Dash. Aggr.	Passive Aggr.	General	Inner S-C	External S-C	General S-C	Position
Male	Destructive aggression	r.	1	-.044	.548**	.816**	.051	.136	.106	**-.344****
		p.		.696	.000	.000	.656	.228	.352	.002
	Dashing aggression	r.		1	**-.246***	**.329****	-.107	-.110	-.121	.067
		p.			.028	.003	.345	.331	.285	.556
	Passive aggression	r.			1	**.727****	.144	.085	.127	-.165
		p.				.000	.202	.454	.263	.142
	General aggression	r.				1	.055	.066	.067	**-.242***
		p.					.630	.561	.552	.030
	Inner Self-confidence	r.					1	**.609****	**.891****	-.189
		p.						.000	.000	.093
	External Self-confidence	r.						1	**.903****	-.140
		p.							.000	.216
	General Self-confidence	r.							1	-.183
		p.								.105
	Position	r.								1
		n.	80	80	80	80	80	80	80	80
Female	Destructive aggression	r.	1	**-.294****	**.597****	**.616****	-.074	.034	-.025	.143
		p.		.010	.000	.000	.523	.766	.831	.215
	Dashing aggression	r.		1	**-.350****	-.026	-.060	-.035	-.053	.160
		p.			.002	.824	.606	.760	.650	.163
	Passive aggression	r.			1	**.504****	.038	.149	.099	.104
		p.				.000	.743	.195	.393	.369
	General aggression	r.				1	-.035	-.105	-.074	.106
		p.					.761	.363	.520	.359
	Inner Self-confidence	r.					1	**.683****	**.926****	**-.391****
		p.						.000	.000	.000
	External Self-confidence	r.						1	**.908****	-.175
		p.							.000	.129
	General Self-confidence	r.							1	**-.315****
		p.								.005
	Position	r.								1
		n.	77	77	77	77	77	77	77	77

4. Discussion

In our study, a significant difference was observed in the self-confidence levels (internal, external, and general self-confidence) of male and female football players between positions (p<0.05). It has been observed that the internal, external and general self-confidence levels of all positions in male football players are high, while the internal and general self-confidence levels of women are moderate and their external self-confidence levels are high. When comparing the aggression levels of the football players according to the position, there was a significant difference between the destructive and general aggression levels of the men (p<0.05). Defensive players were calculated to be the most

aggressive position. On the other hand, no significant difference was observed in the aggression levels of women according to the position (p>0.05).

Oktay et al. (2020) found no significant difference between the position played and self-confidence. Aytekin (2019) stated that football players' total self-confidence scale scores did not significantly differ in terms of playing positions. Similarly, Acur (2019) reported no differences.

In their study, Sukanta and Sarkar (2016) revealed that the self-confidence of the players in the defender group, who are in different positions, is at the maximum level compared to the midfield and forward groups; strikers reported higher aggression scores than defenders and midfielders. He stated that the differences found according to the playing position were related to the needs of the players regarding the actions they performed.

Afyon and Metin (2015) observed statistically significant differences in the aggression levels, passive aggression, and destructive aggression sub-dimensions of the football players according to the position they play.
Dönmez et al., (2019) conducted a study with the participation of football players at the 2nd League level, and a significant difference was found between the scores of the players in passive aggression, one of the sub-items of Aggression, according to the positions they played. This difference was due to the fact that goalkeepers had higher passive aggression levels than other positions.

Afyon et al. (2000) in the comparison of the aggression levels of young and amateur football players; found the average of aggression level of amateur team football players as 12.72±0.42 and youth team football players as 11.53±0.22. However, in his study, Kırkbir (2020) reported that when the effect of football players' positions on their aggression was examined, their position did not have a significant effect on the level of aggression.

In the study of Topuz (2008) on amateur football players, it was concluded that the position played does not have any effect on aggression.

In the study of Nas (2017), no significant difference was observed in the sub-dimensions of aggression according to the variable of the position played by the football players.

Kiper (1984) defined assertiveness as any behavior that allows the individual to express his feelings openly without worrying about protecting his own interests and to accept the rights of others and use his own rights. In assertiveness, the individual does not ignore the rights of the other person while expressing his/her own rights, feelings and thoughts.

We can say that the fact that the players play in different positions makes a difference in the level of aggression, and in the case of an emotional state of aggression, the attitudes and approaches of the footballers playing in different positions may differ from each other. Confidence is stated as the belief to successfully implement the desired behavior (Weinberg & Richardson, 2011). Aggression had a detrimental effect on

performance, but when combined with high self-confidence, it resulted in high levels of performance (Järvinen & Keinonen, 1998; Jones et al., 1993).

When we look at the relationship between aggression and self-confidence in football players according to position, a low-level negative relationship was observed with destructive (r= -.344) and general aggression (r=-.242) in men. In female football players, a low negative correlation was calculated between the levels of self-confidence (r= -.391) and general self-confidence (r=-.315) according to the position.

5. Conclusion

It has been seen that male football players have high levels of inner self-confidence, external self-confidence, and general self-confidence for all positions, while women's internal and general self-confidence levels are moderate and external self-confidence levels are high. There was no effect of position on aggression levels in women. In males, it was found to have an effect on destructive and general aggression levels. It has been calculated that the defensive players are the positions that are destructive and have high general aggression levels. As a suggestion to our study, it is suggested that sports psychologists, who will contribute to the control of the aggressive behavior of the football players and their self-confidence by providing social support, should be made compulsory in all football clubs.

Conflict of Interest Statement
The authors declare no conflicts of interests.

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