ISSN:2230-9926

Available online at http://www.journalijdr.com

IJDR

International Journal of Development Research
Vol. 07, Issue, 12, pp.17742-17746, December, 2017

ORIGINAL RESEARCH ARTICLE OPEN ACCESS

MOOD PROFILES OF COACHES AFFILIATED TO THE TURKISH TENNIS FEDERATION EXAMINATION

***Özdemir ATAR**

İstanbul Gelisim University Vocational School, Sport Management, Turkey

ARTICLE INFO

Article History:

Received 11th September, 2017
Received in revised form
21st October, 2017
Accepted 19th November, 2017
Published online 29th December, 2017

Key Words:

Tennis,
Coach,
Mood,
Performance,
Athlete.

ABSTRACT

The purpose of this study is to examine mood profiles of Tennis Coaches by using "Brunel Mood Scale". The method of the study, the definition and description of an existing situation have been stated in the research. Therefore, this can be identified as a cross-sectional study in the screening model of quantitative research methods. The study group is composed of the existing coaches affiliated to the Turkish Tennis Federation. "Brunel Mood Scale (BRUMS)" and personal information form have been used as data collection tools. This scale has been adapted to Turkish by Çakıroğlu (2016) and validity and reliability study has been done. Statistical analysis of the data has been realized with SPSS statistical program.As a result, it has been found that there is no significant difference in levels of anger, exhaustion and vigor moods among sub-dimensions according to gender and moods of women and men are similar to each other. However, it is seen that there is a significant difference in the dimension of vigor and women are more vigorous than men.

Citation: Özdemir ATAR,2017. "Mood profiles of coaches affiliated to the turkish tennis federation examination", *International Journal of Development Research*, 7, (12), 17742-17746.

INTRODUCTION

The sport, with millions of fans and practitioners in the world, drawing great deal of attention internationally is a powerful dynamic. It has been a part of the life in developed countries and in our country as people start working out in schools and clubs. The sport, due to the development of group dynamics, psychological, sociological and pedagogical values has become the favorite pastime of the youth. Tennis, one of the racket sports, is the leading sport rapidly growing and becoming popular nowadays. According to Kermen, a good tennis player has a collection of properties that athletes of various disciplines should have (Kermen 1997).Tennis challenging people's technical, tactical, physiological and psychological abilities, is one of the best sport branches improving physical, mental, emotional, and social developmental characteristics and affecting the mood when played regularly (Haşıl and Ataç 1998).Tennis can have influence on the moods of both coaches and also players due to the fact that tennis is a sport branch requiring more effort and training than other sports (Öztop 2006).

****Corresponding author:* Özdemir ATAR,**
İstanbul Gelisim University Vocational School.

Moods and emotions are a number of moods that we reflect or do not reflect our externalities as the result of our internal and external reactions to which we have been living in everyday life (Özakkaş1995). This sophisticated mood promotes people to act consciously against this situation, and the most important factor is the emotions. "The more you can control your emotions expressing your mood, the more free and happy you can be" (Bowdon 2015). There are different definitions of mood; while (Karageorghis and Terry 2011) define the mood as our emotions continuously changing in terms of force and duration, (Berger and Motl 2000) define it as short term description, fluctuating state reflecting how a person generally or globally feels at certain times. The concept of emotion includes notions such as feeling and mood (Çakır and diğ 2004). As the feelings intensified, a state of mind called "excitement" (emotion) occurs (Köknel 2005). This situation is a factor that affects the performance of an athlete in a training or competition. The relation between emotional states and sport performance has been widely examined by the sport psychologists (Prapavessis 2000).There is a strong relationship between sports performance and mood as intuitively and anecdotally (Beedie et al., 2000). There has been an increase in the amount of research that suggests psychological conditions, such as mood for high performance estimates especially in

personal situations (Lane and Terry 2000). The physiological, bio-mechanic and psychological effectiveness required to perform the activity at the time of any physical activity is called performance (Kamar 2003).There is an evolutionary ability of the relationship between the brain membrane of a person and the lower part of the brain and the whole body. The fact that this ability synthesizes information from the environment and the deepest parts of the body, ensures the continuity of the physical and chemical balance that usually operates in a normal way (Tippett 2012).

The sport has mental-social influences on individuals and societies. This activity includes having affects on people, loving, claiming one's right and not being unfair, sharing, competing, following rules, winning and accepting defeat, making primitive impulses meaningful as the society accepts, participating in new social environments, making new friends, feeling pleasure (Doğan and Doğan 2004). Sport psychology can be defined as "a sport science discipline trying to eliminating obstacles of the performance to be achieved, accelerating learning process, increasing efficiency of trainings" for those working out (Koruç, 1992). Moods take longer than feelings and naturally is more general. Moods suddenly provide a psychological prosperity indicator (Karageorghis and Peter 2015).Many sport psychologists use term of mood more than feeling to simplify this situation. At the end of 1970s, while examination of moods in the sport was in the beginning phase, American psychologist William Morgan reported a state of elite players called typical iceberg profile (Karageorghis and Terry 2011).

MATERIALS and METHODS

This study has been applied to the existing coaches affiliated to the Turkish Tennis Federation within the borders of Turkey in 2015-2016 academic year. A short form of BRUNEL Mood Inventory has been used in the study as data collection tool. The scale is composed of questions providing information such as gender, age, how long the participants have been working as a coach, what is their coach type and their level.Brunel Mood Scale developed by (Çakıroğlu 2006) has been used to evaluate moods of the participants. The scale is composed of 5 point likert scale, a total of 19 expressions. The scale has five expressions for each mood and these expressions are respectively; (0) Not at all (1) Somewhat (2) Moderate (3) Quite (4) Extremely. Brunel mood scale consists of a total of '4' sub-dimensions. These are: Anger, Depression, Exhaustion and Vigor sub-dimensions. Descriptive statistics (mean and standard deviation) have been calculated by transferring collected data to a computer environment.

RESULTS

When examining demographic characteristics distribution of tennis coaches, it is seen that 43.2% of them are 36 years old or older, 30.23% of them are 31-35 years old, 23.26% of them are 26-30 years old. It is found that 90.70% of the participants are men. It is determined that 62.79% of them have been a coach for 1-10 years. It is seen that 61.63% of them are married, 52.33% of them are individual coaches and 40.70% of them are 2nd level coaches. Kademeden antrenör oldukları tespit edilmiştir. 47.67% of the participants are coaches in clubs. The results of the coaches who participated in the study have been given in Table 2. When examining Table 2, it is seen that mean deviation of exhaustion sub-dimension of 8 women coaches is 1,03 and its standard deviation is 0,97, mean deviation of depression sub-dimension of them is 0,46 and its standard deviation is 0,64, mean deviation of anger sub-dimension of them is 0,56 and its standard deviation is 0,72 and mean deviation of vigor sub-dimension of them is 2,34 and its standard deviation is 1,17.The results of the coaches who participated in the study have been given in Table 3. When examining Table 3, it is seen that mean deviation of

Table. 1 Demographic Characteristics Distribution of Tennis Coaches

Variables		n	%
Age	20-25 years old	3	3.49
	26-30 years old	20	23.26
	31-35 years old	26	30.23
	36 years old or older	37	43.02
Gender	Women	8	9.30
	Men	78	90.70
How many years have been a coach?	1-10 years	54	62.79
	11-20 years	26	30.23
	21 years or older	6	6.98
Marital Status	Married	53	61.63
	Single	33	38.37
Coach Type	Individual	45	52.33
	Club	41	47.67
Level of Coaching	1	19	22.09
	2	35	40.70
	3	30	34.88
	4	2	2.33
	5	0	.00
Are you a coach in a club?	No	45	52.33
	Yes	41	47.67

Table. 2 The mean and standard deviations according to mood profiles of women

Sub-dimensions	n	Min.	Maks.		SS
Exhaustion	8	0.00	2.25	1.03	0.97
Depression	8	0.00	1.57	0.46	0.64
Anger	8	0.00	2	0.56	0.72
Vigor	8	1	4	2.34	1.17

Table 3. The mean and standard deviations according to mood profiles of men

Sub-dimensions	n	Min.	Maks.	$\bar{\chi}$	SS
Exhaustion	78	0.00	3.50	0.53	0.62
Depression	78	0.00	3.57	0.34	0.58
Anger	78	0.00	2.75	3.38	0.57
Vigor	78	0.50	4.00	3.13	0.89

Table 4. The mean and standard deviation of tennis coaches according to their marital status (married)

Sub-dimensions	N	Min.	Maks.	$\bar{\chi}$	SS
Exhaustion	53	0.00	2.25	0.40	0.43
Depression	53	0.00	2.14	0.19	0.35
Anger	53	0.00	2.25	0.27	0.46
Vigor	53	1.25	4.00	3.34	0.64

Table 5. The mean and standard deviations of tennis coaches according to their marital status (single)

Sub-dimensions	n	Min.	Maks.	$\bar{\chi}$	SS
Exhaustion	33	0.00	3.50	0.87	0.87
Depression	33	0.00	3.57	0.61	0.78
Anger	33	0.00	2.75	0.61	0.71
Vigor	33	0.50	4.00	2.61	1.15

Table. 6 The mean and standard deviations of tennis coaches' mood profiles

Sub-dimensions	n	Min.	Maks.	$\bar{\chi}$	SS
Exhaustion	86	0.00	3.50	0.58	0.67
Depression	86	0.00	3.57	0.35	0.59
Anger	86	0.00	2.75	0.40	0.59
Vigor	86	0.50	4.00	3.06	0.94

exhaustion sub-dimension of 78 men coaches is 0,53 and its standard deviation is 0,62, mean deviation of depression sub-dimension of them is 0,34 and its standard deviation is 0,58, mean deviation of anger sub-dimension of them is 3,38 and its standard deviation is 0,57 and mean deviation of vigor sub-dimension of them is 3,13 and its standard deviation is 0,89.The results of the coaches who participated in the study have been given in Table 4. When examining Table 4, it is seen that mean deviation of exhaustion sub-dimension of 53 married coaches is 0,40 and its standard deviation is 0,43, mean deviation of depression sub-dimension of them is 0,19 and its standard deviation is 0,35, mean deviation of anger sub-dimension of them is 0,27 and its standard deviation is 0,46 and mean deviation of vigor sub-dimension of them is 3,34 and its standard deviation is 0,64.The results of the coaches who participated in the study have been given in Table 5. When examining Table 5, it is seen that mean deviation of exhaustion sub-dimension of 33 single coaches is 0,87 and its standard deviation is 0,87, mean deviation of depression sub-dimension of them is 0,61 and its standard deviation is 0,78, mean deviation of anger sub-dimension of them is 0,61 and its standard deviation is 0,71 and mean deviation of vigor sub-dimension of them is 2,61 and its standard deviation is 1,15.The results of the coaches who participated in the study have been given in Table 6. When examining Table 6, it is seen that mean deviation of exhaustion sub-dimension of 86 tennis coaches is 0, 58 and its standard deviation is 0,67, mean deviation of depression sub-dimension of them is 0,35 and its standard deviation is 0,59, mean deviation of anger sub-dimension of them is 0,40 and its standard deviation is 0,59 and mean deviation of vigor sub-dimension of them is 3,06 and its standard deviation is 0,94.

DISCUSSION AND CONCLUSION

In the end of the study, mood profiles of tennis coaches have been examined and it is seen that their mood profiles do not change. According to all findings, when examining demographic characteristics distribution of participant coaches, it is found that 43.02% of them are 36 and years old or older, 30.23% of them are 31-35 years old, 23.26% of them are 26-30 years old. It is found that 90.70% of the participants are men. It is determined that 62.79% of them have been a coach for 1-10 years. It is seen that 61.63% of them are married, 52.33% of them are individual coaches and 40.70% of them are 2nd level coaches. Kademeden antrenör oldukları tespit edilmiştir. 47.67% of the participants are coaches in clubs. When examining moods according to the gender, there is not a significant difference between women and men.

Moods of women and men are similar to each other. ($p>.05$) When examining moods according to the marital status, there is not a significant difference between married participants and single ones. ($p>.05$). Studies whose results are supporting our research are as follows: There is a strong relationship between sports performance and moods as intuitively and anecdotally (Beedie et al., 2000). There has been an increase in the amount of research that suggests psychological conditions, such as mood for high performance estimates especially in personal situations (Lane and Terry 2000). Some evidence from studies conducted report that players experience intense emotions before, during and after the competitions (Terry et alt 2003 and Lane 2007). Profesör Andrew Lane ve Dr. Professor Andrew Lane and Dr. Chris Beedie have done a research which is a statistical summary of many studies commonly conducted by using a technique called meta-analysis.

They have tested whether mood profiles could predict sport performance or not and also whether they distinguish groups of athletes at different levels to be successful. Results collected from more than 3.400 athletes have shown that mood profiles are useful in predicting performance quality. Especially high scores for vigor and low scores for confusion and depression have been related to good performance. On the other hand, mood profiles have varied among players at various levels. However, elite athletes usually have the same mood at club and recreational levels (Beedie et al. 2000). According to the studies conducted by Lane and Terry (2000), positive mood (eg. excitement) has been conceptually defined as energetic emotions and alertness. Coşku) kavramsal olarak enerjik duygular ve uyanıklık olarak tanımlanmıştır. Depression, in terms of negative mood, corresponds to worthlessness and hopelessness feelings. Moreover, while exhaustion is characterized as physical and mental fatigue, astonishment is defined as disorientation and uncertainty. In addition, while anger varies between mild distress and violent tendency, tension corresponds to anxiety and worry feelings. Elite athletes sometimes have to produce the best performance in extreme environmental conditions. Strenuous exercises in extreme environmental conditions, for example, at extreme high, in extreme hot or cold weather are reported to increase psychological stress. (Bolmont et al. 2000). BRUMS is based on the most commonly used POMS *(Profile of Mood States)* developed in the United States in the early 1970s (Karageorghis and Terry 2011). BRUMS *(Brunel Mood Scale)* assesses six sub-dimensions as POMS (Terry et al. 2003). They have done basic research to use Brunel Mood Scale (Terry et al. 2003) in their studies. (Ekkekakis 2012) has underlined that this scale model/method among tests is more commonly preferred when long term comes into question and stated that this can be seen in the existing study. Along with BRUMS, it has been tried to come to the end by examining the 6 sub-dimensions of anger, confusion, depression, exhaustion, tension and vigor to learn the true mood rather than measuring the general mood.

You can use BRUMS as a 5-point response by completing in 1-2 minutes. It is parallel to the research findings in these studies. However, different analyses have been done in other studies. When examining demographic characteristics distribution of tennis coaches, it is seen that 43.02% of them are 36 years old or older, 30.23% of them are 31-35 years old, 23.26% of them are 26-30 years old. It is found that 90.70% of the participants are men. It is determined that 62.79% of them have been a coach for 1-10 years. It is seen that 61.63% of them are married, 52.33% of them are individual coaches and 40.70% of them are 2nd level coaches. Kademeden antrenör oldukları tespit edilmiştir. 47.67% of the participants are coaches in clubs.When examining moods according to the gender, there is not a significant difference between women and men. Moods of women and men are similar to each other. ($p>.05$) As a result, it has been determined that men are more vigorous than women, mood profiles of women and men are alike and when examining moods according to marital status; moods of married coaches and single ones are similar in the examination of mood profiles. We believe that similar studies to be conducted will contribute to the field.

REFERENCES

Beedie, C, J,. Terry, P, C,. & Lane. 2000. A, M. Lane. The Profile Of Mood States And Athletic Performance: Two Meta-Analyses, Journal of Applied Sport Psychology

Beedie, C, J,. Terry, P, C,. & Lane. 2000. A, M.Lane. The Profile Of Mood States And Athletic Performance: Two Meta-Analyses, Journal of Applied Sport Psychology.

Beedie, C, J,. Terry, P, C,. & Lane. 2000. A, M.Lane. The Profile Of Mood States And Athletic Performance: Two Meta-Analyses, Journal of Applied Sport Psychology.) Karageorghis ve Terry 2011). (Karageorghis, C.I., Terry, P. C. 2011. Insıde Sport Psychology. Human Kinetics, United States Of America

Berger, B. G. & Motl, R. W. 2000. Exercise And Mood: Aselective Review And Synthesis Of Research Employing The Profile Of Mood States. Journal Of Applied Sport Psychology,

Bolmont, B., Thullier, F. ve Abraini, J.H. (2000). Relationships Between Mood States And Performances in Reaction Time, Psychomotor Ability and Mental Efficiency During A 31-Day Gradual Decompression in A Hypobaric Chamber From Sea Level to 8848 M Equivalent Altitude. Physiology and Behavior

Bowdon, T. B.2015. Psychology Classics. 1. Baskı Çeviri: Çelik, Ö. 50 Psikoloji Klasiği. Pegasus Yayınları. İstanbul.

Çakır, U Ve Arbak. 2004. Yasemin. Modern Yaklaşımlar Işığında Değişen Duygu-Zeka İlişkisi Ve Duygusal Zeka. Dokuz Eylül Üniversitesi Sosyal Bilimler Enstitüsü Dergisi

Çakıroğlu, A. 2016. Brunel Ruh Hali Ölçeği'nin Yetişkin Sporcularda Geçerlik-Güvenirlik Çalışması (Türkçe Uyarlaması). Çanakkale Onsekiz Mart Üniversitesi Sağlık Bilimleri Enstitisü, Yüksek Lisans Tezi, Çanakkale.

Doğan O, Doğan S. 2004. Toplumu Tanıma Ve İletişim (Kişilerarası İlişkiler). Ankara,Songür Yayıncılık

Ekkekakis, P. 2012. Affect, Mood, And Emotion. In G. Tenenbaum, R. Eklund, & A. Kamata (Eds.), Measurement in Sport and Exercise Psychology (Kindle Location 15685). Human Kinetics. Kindle Edition.

Haşıl N, Ataç H. Tenis Alıştırma Örnekleri, Bursa, Akmat Akınoğlu Matbaacılık Ltd.şti, 1998; 1

Kamar, A. 2003. Sporda Yetenek Beceri Ve Performans Testleri. Nobel Yayın Dağıtım Ankara.

Karageorghis, C.I., Peter, C.T. 2015). Inside Sport Psychology. 1. Baskı: Çeviri: Çadır, A. (Edt. Demir, E.) Spor Psikolojisi. Nobel Yayınları. Ankara.

Karageorghis, C.I., Terry, P. C. 2011. Insıde Sport Psychology. Human Kinetics, United States Of America

Karageorghis, C.I., Terry, P. C. 2011. Insıde Sport Psychology. Human Kinetics, United States Of America

Kermen O. Tenis Teknik ev Taktikleri‖ Aşama Matbaacılık İzmir Cd. No49 Kızılay Ankara 1997

Köknel, Ö.2005). Kaygıdan Mutluluğa Kişilik. 17. Baskı. Altın Kitaplar Yayınevi. İstanbul.

Koruç, Z. 1992. Spor Psikolojisine Giriş, E Ergen (Ed): Spor Hekimliği'nde, , Ttb Merkez Konseyi Spor Hekimliği Kolu Yayın Ankara

Lane, A.M. 2007. The Rise And Fall Of The İceberg: Development Of A Conceptual Model Of Mood-Performance Relationships. In: Moodand human performance: Conceptual,

Özakkaş, T. 1995. Gerçeğin Dirilişine Kapı Hipnoz III. Cilt. 1. Baskı. Özak Yayınevi. Kayseri.

Öztop M. WTA Women Tenis Association-Bayanlar Tenis Birliği, Ankara, Gazi Üniversitesi Beden Eğitimi ve Spor Yüksekokulu Antrenörlük Eğitimi Bölümü Lisans Bitirme Tezi, 2006:55

Prapavessis, H. 2000. The Poms And Sports Performance: A Review. Journal Of Applied Sport Psychology

Terry, P. C., Karageorghis, C. I. 2011. Chariots Of Fire: The Role Of Music İn Sport And Exercise. İn T. Morris & P. C. Terry (Eds.), Sport And Exercise Psychology: The Cutting Edge. Morgantown, Wv: Fitness Informationtechnology

Terry, P. C., Lane, A. M., & Fogarty, G. J. 2003. Construct Validity Of The Profile Of Mood States-A For Use With Adults. Psychology Of Sport And Exercise

Tippett, K. 2012. Einstein"In Tanrısı. Çeviri: Aldoğan, G. h20 Kitap. İstanbul

****