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AN INVESTIGATION OVER THE LEVELS OF SOCIAL ANXIETY ACCORDING TO THE GENDER FACTORS OF HEARING-IMPAIRED ADOLESCENT ATHLETES BETWEEN THE AGES OF 12-16

ABSTRACT

In this study, the investigating the levels of social anxiety according to gender factors of hearing-impaired adolescent athletes at the age of 12-16 was aimed.

A total of 90 hearing-impaired athletes consisting of 36 male and 54 female were participated in this study. The questionnaire including Socio-demographic questions and Adolescent Social Anxiety Scale (SAS) was used to collect survey data. Independent t test was used to compare independent groups. Significance level was estimated as 0,05.

Fear of negative evaluation of hearing-impaired male athletes was significantly higher than those of female. However, there was no significant difference between gender factors and social avoidance in the general and new cases.

As a result, we can say that the problem-solving skills of individuals with higher levels of social anxiety were low, so this study is an important study to determine the problem-solving and social anxiety levels of individuals with disabilities.

Key words: Anxiety, hearing impaired, adolescent

12-16 YA ERGEN İTME ENGELLİ SPORCULARIN CİNSİYET FAKTÖRLERİNE GÖRE SOSYAL KAYGI DÜZEYLERİNİN İNCELENMESİ

ÖZET

Bu çalışmada, 12-16 yaş arası ergen işitme engelli sporcuların cinsiyet faktörlerine göre sosyal kaygı düzeylerinin incelenmesi amaçlanmıştır.

Çalışmaya 36 erkek, 54 bayan olmak üzere toplam 90 işitme engelli sporcu katılmıştır. Araştırma verilerinin toplanmasında sosyo-demografik sorular içeren anket formu ve Ergenlerde Sosyal Kaygı Ölçeği (ESKÖ) uygulanmıştır. Bağımsız grupların karşılaştırılmasında independent t test kullanılmıştır. Anlamlılık düzeyi 0.05 alınmıştır.

Ergen erkek işitme engelli sporcuların olumsuz değerlendirme korkularının anlamlı derecede bayan sporculardan fazla çıktığı ancak genel durumlarda ve yeni durumlarda sosyal kaçınma ile cinsiyet faktörü arasında anlamlı farklılık bulunmadığı görülmüştür.

Sonuç olarak, sosyal kaygı seviyesi yüksek olan bireylerin problem çözme becerilerinin düşük olabileceğini ve bu yönüyle bu çalışmanın ergen engelli bireylerin problem çözme ve sosyal kaygı düzeylerinin tespiti açısından önemli bir çalışması olduğunu düşünmekteyiz.

Anahtar kelimeler: Kaygı, işitme engelli, ergen

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INTRODUCTION

Human shows alterations and improvements for the life. Puberty which is a progression from childhood to adulthood includes fast and continuous development of individuals. In puberty, adolescent tries to overcome the problems of physical and psychological development and also strives to be attuned to society. The socialization of adolescent and good relationship with society provides taking a place in society as a member of it (Toy, 2006).

Social anxiety is being anxious about misjudgement of people and intentional avoidance of social surroundings because of discomfort and fear (Spielberger and Sydeman, 1994; Palancı, 2004). It is a common problem in society and most of people feel anxiety to a certain extent in different social conditions (Hamarta, 2009).

As people having different characteristics live together in society, there are some roles which should be done by them. An obstacle is that the individual can't do these roles because of the situation (Sümer, 2006). Hearing impairment is that individual's performance in education and social adaptation are affected negatively by difficulty in linguistic performance and communication due to the hearing disorders in whole or in part (Özkatar Kaya, 2010). People negatively differing from their peers and attention-grabbing because of their inability are called as disabled people (Sümer, 2006).

Sense of hearing has importance in contact with society. Nowadays, when disabled people comprise a high rate of the world population, the number of disabled people has substantially increased on account of the different obstacles (Physical, mental, sensual) (Akdeniz, 2007; Yılmaz and Arıkan, 2008).

It is an ignored reality that sports and sports activities proposed by experts for many years to overcome physical and psychological problems. That the activities

such as game, sports branches and competition are the easiest way to rehabilitate disabled people (Terzio lu, 2002). Therefore, sports have a particular importance for disabled people and this kind of students should be reintegrated into the society by increasing their cognitive, affective and psychomotor development (Akdeniz, 2007; Arıkan et al., 2010). The achievement of disabled people in sports has a directive role to use the power and opportunities efficiently and their motivation improves with this achievement (Terzio lu, 2002). Therefore, the effect of anxiety on the sports performance should be known and the anxiety level of disabled people should be minimized (Çoksevrim et al., 2008).

Anxiety is the one of the most important feature affecting the sports performance of athletes. In this study, investigating the social anxiety levels of hearing-impaired adolescent athletes according to gender factors was aimed.

METHOD

Collected of Volunteers

This study was carried out in 90 hearing-impaired athletes, who were at the age of 12- 16, consisting of 36 male and 54 female who joined the Turkey Championship prepared in Konya for disabled people in 2010.

Method of data collection

A questionnaire including sociodemographic questions and Social Anxiety Scale for Adolescents (SAS-A) were used in order to collect data. Volunteers filled the forms faultlessly by the help of the teachers and educators. Social Anxiety Scale for Adolescents (SAS-A) was originally developed by La Grace & Stone in 1988 in order to measure social anxiety in children, then it was adapted for adolescent by La Grace and Lopez in 1998 (Nolan and Walters, 2000).

It was translated into Turkish by Aydın and Tekinsav-Sütçü in 2007 and its validity and reliability were checked (Hamarta, 2009). The SAS-A consist of 22 items; 18 items describe self-statements. Each item is rated on a five-point Likert scale ranging from 1 (not at all) to 5 (all the time) depending on individuals (Hamarta, 2009; La grace and Lopez, 1998). The SAS-A composes of three subscales and these are Fear of Negative Evaluation (FNE: 8 items), Social Avoidance and Distress-Generally (SAD-General: 6) and Social Avoidance and Distress-New (SAD-New: 4) (Nolan

and Walters, 2000; Aydın et al., 2010; Jose et al., 2009).

Statistical Analysis

Statistical evaluations of data from the study were done by using SPSS 13.0 package program. Arithmetic mean and standard error values were used as descriptive statistics. Normality of distribution was tested with Shapirowilk and Kolmogorov simirnow tests and distribution was normal. Independent t test was used to compare the independent groups. The level of significance was set at 0.05.

RESULTS

The mean ages of male and female hearing-impaired adolescent athletes were 13.25 and 12.56, the mean heights of male and female hearing-impaired adolescent

athletes were 151.69 and 144.00, and the mean body weights of male and female hearing-impaired adolescent athletes were 45.08 and 34.56 respectively.

Table 1. Analysing the social anxiety levels of male and female hearing-impaired adolescent athletes at the age of 12-16.

Variable	Gender	n	$\bar{X} \pm Sx$	t	p
FNE	Male	36	25.25±0.35	2.502	0.000*
	Female	54	23.67±0.53		
SAD-New	Male	36	21.67±0.87	1.290	0.969
	Female	54	20.28±0.66		
SAD-General	Male	36	10.58±0.58	-0.797	0.632
	Female	54	11.17±0.45		
SAS-A Total	Male	36	57.50±1.44	1.378	0.589
	Female	54	55.11±1.04		

p < 0.05

According to table, the significance difference was detected in Fear of Negative Evaluation (FNE) between genders (p<0.05). The mean of FNE was found 25.25±0.35 in male and 23.67±0.53 in female. No significant difference was found in SAS-A total, SAD-New and SAD-General parameters in terms of genders.

The average SAS-A total values of male and female athletes were found 57.50±1.44 and 55.11±1.04, the average SAD-New values of male and female athletes were determined 21.67±0.87 and 20.28±0.66, and the average SAD-General values of male and female athletes were determined 10.58±0.58 and 11.17±0.45 respectively.

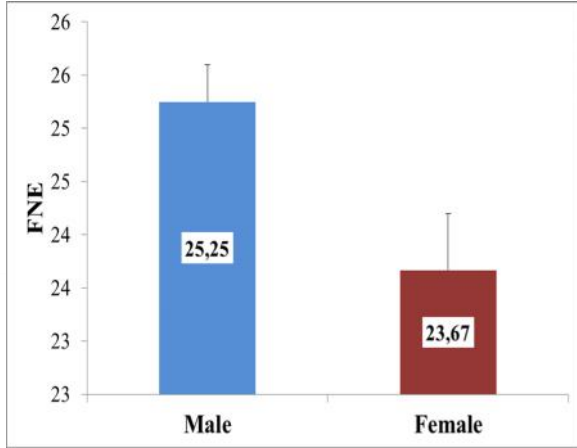


Chart 1. According to gender, Examination of level of FNE of between the ages of 12-16 Hearing-impaired male and female athletes

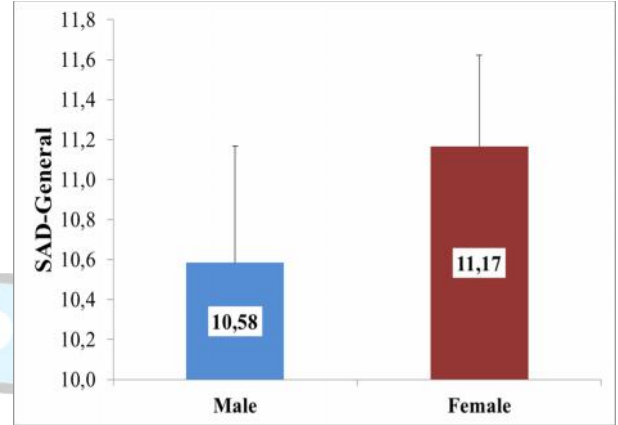


Chart 3: Examination of level of SAD-General of between the ages of 12-16 Hearing-impaired male and female athletes according to gender

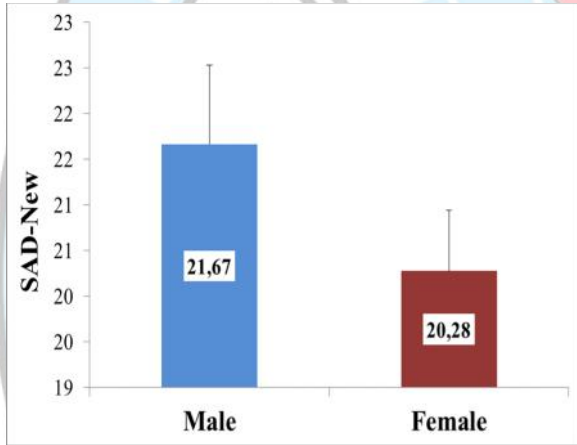


Chart 2. Examination of level of SAD-New of between the ages of 12-16 Hearing-impaired male and female athletes according to gender

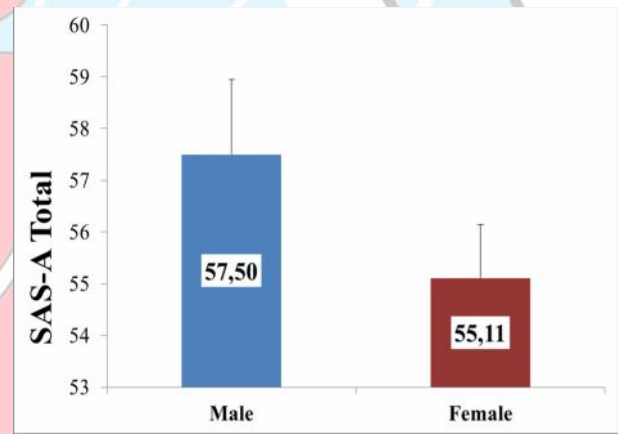


Chart 4. Examination of level SAS-A total of between the ages of 12-16 Hearing-impaired male and female athletes according to gender

DISCUSSION And CONCLUSION

In this study, investigating the social anxiety levels of hearing-impaired adolescent athletes was aimed. A total of 90 hearing-impaired athletes consisting of 36 male and 54 female were participated in this study.

A significant difference was found in age, height and body weight parameters of hearing impaired male and female athletes. The average of age, height and body weight of male athletes was found higher than females'.

There was a significant difference in the comparison of the average of FNE (Fear of Negative Evaluation) between the male and female athletes. The male athletes' FNE average was found higher than that of females'. This result might be found because of that male athletes have fear of being humiliated more than female athletes. FNE is not only a cause of social anxiety but also a factor having influence on individual's shyness (Erkan et al. 2002). Also, individuals try to be perfect in puberty (Erözkan, 2009). Those adolescents are prone to mistakes, suspect their own

behaviours, have expectations from their parents and are sensitive to their parents' comments while trying to be perfect may cause the increase of social anxiety (Hamarta, 2009). Another study made on university students established a significant difference in FNE between male and female students. This result shows parallelism with ours (Watson et al. 1969).

There is no significant difference in the average of Social Avoidance and Distress-New (SAD-New) of hearing-impaired adolescents. It was found that the average of SAS-A of males was higher than females'.

Like our study, in another study carried out with adolescents, there was no relation between the average of social avoidance and distress, and gender factors (Erkan et al. 2002).

There was no difference between the averages of Social Avoidance and Distress-Generally (SAD-General) of disabled individuals. It was found that the average of SAD-General of females was higher than males'. In a study made on healthy

adolescents in order to analyse social anxiety, it was established that social avoidance and distress parameters of females were high in general situations (La Grace and Lopez, 1998).

No difference was found between the total averages of social anxiety of adolescents. However, that an increase was established in general average on males showed anxiety levels of males were higher than females'.

In conclusion, no significant difference was found in (SAS-A) total, (SAS-A) and SAD-General according to the gender differences. However, ODK values of males were found higher than females'. Problem-solving ability of individuals whose social anxiety is high is low. Therefore, we think that this study is an important study in terms of the determination of the social anxiety levels of disabled adolescents.

We think disabled adolescents' anxiety levels can be reduced by establishing the level of anxiety and observing the behaviours.

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