

MUSTAFA YILDIZ

NECMETTIN ERBAKAN UNIVERSITY , TURKEY

AYSAN SONUC

DIRECTORATE OF YOUTH SERVICES AND SPORTS OF KONYA CITY, TURKEY

SPORT'S EFFECT ON ANGER LEVEL FOR PEOPLE WITH MENTAL DISABILITY

Abstract:

Aim of this study is to research sport's effect on anger level for the young with mental disability. 25 educable, mentally disabled individuals who receive special education in rehabilitation center, are between ages 10-19, have no physical disability preventing functional abilities that necessary for the study, have never took place in any sports organizations.

"Exercise Program" was applied to experimental group 8 weeks long twice a week. Sessions elapsed nearly 60 minutes. Before and after 8-week-long exercise program, "Individual Information Form" and "Trait Anger and Anger Expression Scale" were applied to the group.

After application program, experimental groups' low points about trait anger, intrinsic and extrinsic anger, high points about anger control are evaluated as positive.

Keywords:

People with Mental Disability, Exercise, Sports, Anger.

JEL Classification: I19, I10, I19

INTRODUCTION

When an individual meets a situation, event or person which/who prevents enjoying world, feeling of anger occurs. The terms violence and crime often involve anger and aggressiveness. Researchers presented maintenance of the young's excessive anger and aggressive behavior in various time and situations. (Lunh, 1996).

Anger and aggressiveness during childhood and puberty are seen as a determiner of violence and antisocial behaviors in future ages. The period, in which anger and aggressiveness are seen the most, is puberty. Actually it is reported the situations such as behavior disorder and crime behavior involving anger and aggressiveness reaches the climax in puberty. (Yildiz, 2008).

This situation presents a challenge at far more level and far more insurmountable for mental disabled individuals. Mentally disabled individuals expose to terminal health problems experienced by people without disability because of sedentary lifestyle, as mentally disabled individuals have sedentary lifestyle, their lack of issues such as self-confidence, socialization and psychology is seen as result of getting angry, not controlling anger, giving damage on themselves and their environment, because they can't get what they want, think as being exposed to unfair behaviors, aren't understood, can't express themselves (Terzioglu, 2002).

First of all, disabled individuals need to take action with sports in order to get rid of those hitches (in terms of health, psychology and sociologic as well). (Sipal, 2010).

Activities taking place in free time program can be organized to minimize disabled individuals' anger and aggressiveness situations. By means of those activities, individuals; can be made to gain abilities simplifying adaptability to environment, contributing to health, social, emotional and self-confidence development. In our research; to research anger's effect before and after sports for mentally disabled individuals doing physical exercise regularly and systematically, and to evaluate its results are aimed. (Tekinsav, S. 2010).

MATERIAL and METHOD

In research staff; 25 educable, mentally disabled individuals who receive special education in rehabilitation center, are between ages 10-19, have no physical disability preventing functional abilities that necessary for the study, have never took

place in any sports organizations. In this research, “Exercise Program” was applied to experimental group of educable, mentally disabled students 8 weeks long twice a week. “Warm-up exercises, forward roll, get-release ball and run, jumping hurdle, advancement to target by jumping with feet at once, passing through slalom, short running races, running together hand in hand, traditional child games (handkerchief snapping, monkey in the middle, hide and seek).”

Sessions elapsed nearly 60 minutes. Before and after 8-week-long exercise program, “Individual Information Form” for gathering their individual information, on condition that their mother should fill it and “Trait Anger and Anger Expression Scale” for controlling and minimizing angry behaviors were applied to all groups.

Data Collection Tools: Trait Anger and Anger Expression Scale

“Trait Anger and Anger Expression Scale” developed originally for determining constant anger and anger expression manners that are dependent variable in 1983 by Spielberger and his friends (1983), adapted to Turkish by Ozer (1994) was used in the research. The scale used on the purpose of determining of anger and anger manners for teenagers and adults consist of 34 clauses and 4 sub-dimensions. Sub-dimensions of the scale; appear as Constant (Trait) Anger (10 clauses), Intrinsic Anger (8 clauses) and Anger Control (8 clauses). (Savasir and Sahin, 1997).

The scale was arranged to be answered as based upon how individuals generally feel. In accordance with opinions and approval –about scales’ application to mothers of the young with mental disability- of three academicians expert in their subject, the scales were formed to be evaluated as based upon observation in the research. (Ozer, 1994)

Kolmogorov Smirnov Test and Shapiro Test applied to sub-dimensions of Trait Anger and Anger Expression Scale were used according to perception of the mentally disabled young’s mothers, after acquired data had been applied with definitive statistical processes (average, standard deviation) in 15.0 package program. 0.05 was foreseen as significance level.

FINDINGS

Table-2 Experimental Design of the Research

GROUP	PRETEST	PROCESS	POSTTEST
Experimental Group	Trait Anger Intrinsic Anger	Program applied 8 weeks long	Trait Anger Intrinsic Anger

	Extrinsic Anger Anger Control		Extrinsic Anger Anger Control
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Table-3 Results of Kolmogorov Smirnov Test and Shapiro Wilk Test Applied to Sub-Dimensions of Trait Anger and Anger Expression Scale According to Perception of the Mentally Disabled Young's Mothers

	Kolmogorov Smirnov Test			Shapiro-Wilk Test		
	Statistic	Df	P	Statistic	df	p
Pretest						
Subscale of Trait Anger	.132	25	.200	.936	25	.117
Subscale of Intrinsic Anger	.176	25	.054	.955	25	.318
Subscale of Extrinsic Anger	.157	25	.115	.925	25	.067
Subscale of Anger Control	.144	25	.195	.965	25	.534
Posttest						
Subscale of Trait Anger	.151	25	.053	.925	25	.052
Subscale of Intrinsic Anger	.146	25	.102	.944	25	.131
Subscale of Extrinsic Anger	.100	25	.200	.975	25	.760
Subscale of Anger Control	.155	25	.124	.933	25	.101

* $p < 0.05$

Table 6 Distribution of Points Scored in Trait Anger and Anger Expression Scale by the Young with Mental Disability

Scale Dimensions	Groups	N	X	ss
Subscale of Trait Anger (10 clauses in total)	Pretest	25	17.72	5.77
	Posttest	25	16.16	5.20
Subscale of Intrinsic Anger (8 clauses in total)	Pretest	25	14.56	2.08
	Posttest	25	14.44	2.97
Subscale of Extrinsic Anger (8 clauses in total)	Pretest	25	14.16	3.80
	Posttest	25	14.48	3.68

Subscale of Anger Control	Pretest	25	15.64	3.27
(8 clauses in total)	Posttest	25	15.72	3.15

Table. 7 Comparison of Pretest and Posttest Points Belonging to Trait Anger Dimension of Trait Anger and Anger Expression Scale for the Young Having Mental Disability with Dependent Groups T-Test

Scale Dimensions	Groups	N	X	ss	sd	T	p
Subscale of Trait Anger	Pretest	25	17.72	5.77	24	3.001	0.006*
	Posttest	25	16.16	5.20			

*p<0.05

Table.8 Comparison of Pretest and Posttest Points Belonging to Extrinsic Anger Dimension of Trait Anger and Anger Expression Scale for the Young Having Mental Disability with Dependent Groups T-Test

Scale Dimensions	Groups	N	X	ss	sd	t	p
Subscale of Extrinsic Anger	Pretest	25	14.16	3.80	24	0.449	0.658
	Posttest	25	14.48	3.68			

*p<0.05

Table.9 Comparison of Pretest and Posttest Points Belonging to Anger Control Dimension of Trait Anger and Anger Expression Scale for the Young Having Mental Disability with Dependent Groups T-Test

Scale Dimensions	Groups	N	X	ss	sd	t	p
Subscale of Anger Control	Pretest	25	15.64	3.27	24	0.108	0.915
	Posttest	25	15.72	3.15			

*P<0.05

ARGUMENT

In consequent of our research, findings were argued and commented whether trait anger, anger manners of the people with mental disability doing sports regularly differ according to some demographic specifications or not. Argument and comment of the findings about the research were conducted in pursuant of tables' ordering.

In accordance with acquired findings, anger management of the young with mental disability arrived at the positive conclusion in the exercise program we applied.

A lot of researches about sport's effect on overall development of the young with mental disability were conducted, according to results of some;

Chiang (2003) indicated developing social-natural interaction, decreasing feeling of loneliness and friendship reinforcement with their peers as result of autistic children's physical activities applied in an entertaining environment. Gencoz (1997) determined –in study about basketball training's effects on behavior development of the young with mental disability- positive changes in family and classroom behaviors. McMahon (1998) presented recreative activities' importance for disabled individuals in terms of integration with society, making friendship and generating social acceptability. (Ilhan, 2008)

After application program, the experimental groups' low points for trait, intrinsic and extrinsic anger, and high points for anger control are evaluated as positive. Mentally disabled young people's trait anger subscale is pretest 17.72, posttest 16.16, intrinsic anger subscale is pretest 14.56, posttest 14.44 and posttest points' arithmetic average held lower than pretest average. Extrinsic anger subscale is pretest 14.16, posttest 14.48 and posttest points' arithmetic average held higher than pretest average. Arithmetic average of anger control subscale's pretest points was determined as $X=15.64$ and posttest points' arithmetic average was determined as $X=15.72$. Also in Table 6, significant statistical difference is seen between pretest and posttest points obtained in terms of trait anger dimensions' trait anger subscale by the young with mental disability ($t_{(24)}=3.00$, $p<0.05$). This difference was determined in favor of the pretest.

CONCLUSION

Sport's positive effects on all society members can be commented as effective from the point of the people with mental disability. Development of their integration with society is a truth in this frame by placing sports into life of the people with mental disability in a more influential way.

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