THE INVESTIGATION OF SUBMISSIVE ACTS OF ADOLESCENTS BASED ON EXERCISE

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Anahtar Kelime: Ergenlik, Egzersiz, Boyun Eğme Davranışı

Abstract: The aim of the research is analyses of the 11-14 years old adolescent’s submissive acts according to exercise. In the research’s samples of 2013-2014 period of education and training, there are 220 adolescents individuals who don’t exercise (group control: 110), do regular sports activity (experimental group: 110) the average age of 14.43±0.496. In order to determine the level of the submission behaviour by participants, Submissive Acts Scale that is developed by Gilbert and Allan (1994), is used. Data has been tested with methods frequency, percentage, independent samples t-test and analysis of variance, statistical ANOVA. As a result, a significant correlation has been found between submissive acts of adolescents and gender. A significant correlation hasn’t been found between submissive act and exercise. But submissive acts of individuals who don’t do exercise, has been found high according to individuals who do exercise. Values submissive acts of people who make team sports, has been found high according to people who make individual sports.

Key Words: Adolescent, Exercise, Submissive Acts
INTRODUCTION

In term of interpersonal relations, human behaviours can be divided into 4 groups as passive, assertive, manipulative and offensive. Some of these behaviours can be caused obstacles and problems over interpersonal relations. One of them is passive/submissive behaviour. The features of passive/submissive behaviour often are confused with respect in our culture.

Person, who has particularity submissive act, feels himself less valuable and minor/un important can’t explain freely his different opinion and forced to say “No”. And also, this person can’t show leadership behaviour, can’t easily attempt, self-confidence is low, avoid from take responsibility and changer (Özen, 2008).

Gilbert and Gilbert (2001), Allan, Brough, Melley and Miles (2002) determine child-parent relation is very important, study on approach affectionless of parent to child, repressive attitude, threat, false of submissive acts and their negative causes. Helsen, Vollebergh and Meeus (2000) especially say that support of family decrease, but support of friends increase in the first period of adolescent. With support of the friends, friends are more effective than parent in the adolescent’s life. Submissive acts are influenced by culture (Türküm, 2005). In our culture, person unconditionally learns submission to authority as a desired and admired property from childhood and demonstrates more behaviour submission to authority. Family approach more moderate to aggressive behaviour of boys, but they don’t demonstrate same approach to girls. (Chaplin, Cole and Waxler, 2005) Mostly, due to the person’s extreme effort environment for adapt to social, submission behaviour occurs. (Brabender and Fallon, 2009). Adolescent is a anxiety term that is described rebellious, that is lived unrest, internal conflict. Observed and researched many behaviours, tendency and idea can be tried, partially or completely changed or adaptable. In adolescent, some events occupy life of person such as to be included in a group, be able to obtain friend or resume friendship, checked by friends, established status over friendship. So person, who wants to have these situations or doesn’t want to lose, can display attitudes which are waited by himself. the second phase of the primary education which could have been assumed as the beginning years of puberty, in this period that is probable that the adolescents to act in a submitting manner as it is the time of the adolescents to establish new social groups and contact with a larger peer group. Submission seems to be a social and educational problem. Ekeland, Heian and Hagen (2005) have stated that physical activity has positive impact on self-esteem, depression, anxiety and behaviour problems of children and adolescents. According to Öztürk (2007), all kinds of sports activities are experience. Individuals, who participate in sporting activities, find opportunity to express their feelings through the game and motions. They are purified emotions such as aggression, shyness, jealously and learn control them. While under the pressure, the way of the escape from
energy is join to games or sports activities. In light of this information, the research has been made in order to assess submissive act of 11-14 years old adolescent that depends on exercise.

**METHODS**

In the research's samples of 2013-2014 period of education and training, there are 220 adolescents individuals who don’t exercise (group control: 110), do regular sports activity (experimental group: 110) the average age of 14.43 +- 0.496. In order to determine the level of the submission behaviour by participants, submissive acts scale that is developed by Gilbert and Allan (1994), is used.

Submissive Acts Scale (SAS): To assess submissive social behavior, the Submissive Acts Scale (SAS, Gilbert and Allan, 1994) is used. It contains 16 items and the participants were asked to indicate their degree of agreement with each statement on a 5-point Likert scale ranging from this is a “very bad description of me” to “this is a very good description of me” (e.g., “Even if I don’t like it, I do things just because other people are also doing them” and “I allow other people to criticize and let me down and do not defend myself”). Higher scores indicate more submissive social behavior (Gilbert and Allan, 1994). SAS was adapted to the Turkish population by Şahin and Şahin (1992). Alpha reliability of the Turkish version for the university sample was .74.

**BULGULAR**

<table>
<thead>
<tr>
<th>Gender</th>
<th>N</th>
<th>Mean</th>
<th>Std. Dev.</th>
<th>t</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Submissive act</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>woman</td>
<td>121</td>
<td>45.3388</td>
<td>8.30417</td>
<td>3.652</td>
<td>0.000</td>
</tr>
<tr>
<td>man</td>
<td>99</td>
<td>40.8687</td>
<td>9.58490</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

When table 1 was analyzed, it was found a significant difference between submissive act level and gender. [t=3.652 p<0.05] When we observed average values; submissive act level of women was found (≈45.3388), men (≈40.8687). Submissive act level of women higher than men’s levels.

<table>
<thead>
<tr>
<th>Age</th>
<th>N</th>
<th>Mean</th>
<th>Std. Dev.</th>
<th>t</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Submissive act</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14 years old</td>
<td>126</td>
<td>45.0952</td>
<td>8.83577</td>
<td>3.380</td>
<td>0.001</td>
</tr>
<tr>
<td>15 years old</td>
<td>94</td>
<td>40.9574</td>
<td>9.09084</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
When table 2 was analyzed, it was found a meaningful difference between submissive act and age. \[ t=3.380 \text{ P}<0.05 \]. When we observed average values; submissive act of 14 years old (=45,0952) and 15 years old (=40,9574) was found.

**Table 3: Observation Submissive Act Level of Participant According To Sports**

<table>
<thead>
<tr>
<th></th>
<th>Experiment -Control</th>
<th>N</th>
<th>Mean</th>
<th>Std. Deviation</th>
<th>t</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Submissive act</td>
<td>Experiment group</td>
<td>110</td>
<td>42,3364</td>
<td>9,60435</td>
<td>-1.611</td>
<td>0.109</td>
</tr>
<tr>
<td></td>
<td>Control group</td>
<td>110</td>
<td>44,3182</td>
<td>8,61824</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

When table 4 was analysed, it was found a significant difference between submissive act level of person who doesn’t exercise and who does team/individual sports \[ F=4.812, \text{ P}<0.05 \]. Consequently, submissive act level of person who doesn’t exercise was found higher than person who exercise. Submissive act level of adolescents who do team sports was found higher than others.

**DISCUSSION AND CONCLUSION**

In observation of submissive act which depends on exercise it has been found a meaningful relation between women and men who participate in the observation.

When we analyzed average values; submissive act level of women (=45,3388) of men (=40,8687) were found. Submissive act level of women is higher than men (Table 1). McCray and Rhodes (2001) have studied with a group girl and boy, when they observed submissive act according to gender. In this research it has been found that boys exhibit more pressure behaviours than girls, and so girls are more passive than boys. Findings of this research are similar to our study.
Difference of average between age and submissive act is meaningful. When we looked at average levels, submissive act level of 14 years old is (45,0952), 15 years old is (40,9574). Submissive act level of 14 years has been found higher than 15 years.

In the research, it has been found no difference between submissive act and sports. Submissive acts level of persons who exercise are (42,3364), who don’t exercise are (44,3182). Submissive act of adolescents who exercise has been found lower than others. It has been found a meaningful difference between persons who don’t exercise, who do team/individual exercise. Submissive act of adolescents who exercise have been found higher than persons who do individual sports. Submissive act values of adolescents who do team sports have been found higher than individual sportsman. Exercise in not only physical effort, but also socialization and social adaptation (Kucuk and Koc, 2004).

Filiz and Tekin (2007) said that submissive act depends on authority, strict discipline, oppressive and restrictive of parents.

(Cattell, 1989) They said that genetic factors have little role(%18), social interaction and environmental conditions are more effective than inheritance about development of properties of submissive act or pressure. Filiz and Tekin (2007) have found positive relation between desperate and submissive behaviours. In research of Kabasakal (2007), it has been found meaningful difference between submissive act and gender. Parents have great impact on children about this subject. Physical activity, age and relation of family have great impact on academic success.

Consequently; there is a meaningful relation between submissive act of 11-14 years old adolescents and gender. Submissive act of women is higher than men. It has been found a meaningful relation between submissive act and sports. But submissive act of person who doesn’t exercise is higher than person who does individual sports. It has been found that submissive act of person who do team sports is higher than individual sportsman. According to results, we can say that adolescents who exercise turn to the submissive act compared to adolescents who don’t exercise.

REFERENCES


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