



RESEARCH OF LONELINESS LEVELS OF FOOTBALLERS IN AMATEUR FOOTBALL CLUBS

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Abstract:

The aim of this study is to measure the loneliness levels of footballers in amateur football clubs in Gaziantep and to examine their sub dimensions according to the variables of "emotional deprivation" and "social friend poverty". The universe of the research is composed of 1672 active amateur soccer players in the province of Gaziantep. The sample of the research is composed of 328 soccer players selected by chance. A validity and reliability study were conducted with reference to "Loneliness at Work Scale". A total of 328 athletes participated in the survey, 77 females and 251 males. It was accepted that the normality test result Kolmogorov Smirnov ($P < 0.001$) did not show a normal distribution and the normal distribution of skewness kurtosis values between -1.5 and +1.5 was used to measure hypotheses with appropriate statistical methods. The homogeneity of the variances was measured by the Levene Statistic Test. Independent T-Test, OneWay ANOVA and Tukey multiple comparison statistical methods were used for the independent variables that met the hypothesis by testing the sub-dimensions of the scale separately. Kruskal-Wallis test was applied to dependent variables that did not meet homogeneity of variance. The Cronbach alpha value of the validity and reliability of the study is 0,701. At the end of the study, it was determined that there were significant differences in loneliness and sub-dimensions of some variables belonging to participant. In the light of these results, it has been concluded that footballers have loneliness due to their personal life differences and that coaches and managers should have more space for enhancing their family ties and enhancing their sense of belonging among the footballers.

Keywords: loneliness, emotional deprivation, social friend poverty, football

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1. Introduction

Today, the developing technology increases the communication and affects the social balances among the people, and every human being lives lonely in the flow of life from time to time. Loneliness is sometimes the condition that one wants, but it is often a mood that affects the individual negatively. According to the Turkish Language Institution, the lexical meaning of loneliness is known as "desolation", or "state of being alone". According to Erol (2015), deprivation is mood. Özdemir and İlhan (2012) expressed loneliness as the unpleasant feeling of emptiness due to the social environment in which one cannot live adequately. Duy (2003) describes the definition of loneliness as described by Rook (1984) in his doctoral dissertation as the rejection perception of the person, emotional strain resulting from his or her life. The fact that the individual and the individual cannot find someone to share his or her life is defined as loneliness. Doğan et al. (2009) stated that loneliness is an important role in creating psychological negativities in the people who are experiencing widespread loneliness. Özdemir and İlhan (2012). Peplau, (1988) expresses loneliness as the suffering that one experiences as a result of not being happy in social relations; he talked about Transient Loneliness, Situational Loneliness and Social and Emotional Loneliness.

Lack of social friends; although there are many people around us in numerical sense, the absence in being is equivalent to life. Mercan, Oyur, Alamur, Gül, and Bengül (2012) social loneliness is related to the status gap in the social environment of the person whose social relations are not present. Assets and Hashit (2016) stated that the absence of a social partner does not belong to the social partner at the workplace, nor does it belong to the place where it is located. According to Eroğlu and Özkan (2009); Tepeköylü, Soytürk and Çamlıyer (2009) stated that it is possible for an individual to express himself or to misrepresent himself to be lonely. Mirzeoğlu and Çetinkanat (2005) also pointed out that this situation negatively affects the productivity of the people by reducing the love and respect among the individuals.

Loneliness is also very influential in social life. The Heart magazine published in Great Britain states that the number of people living alone is high and that this affects human health and is a social problem. The Indigo magazine reported that the "Loneliness Ministry" was established despite the increasing number of people lonely in England. The real loneliness of a person is not someone else's, but that there is no one to share inner feelings and thoughts. When a person is with other people, he may live alone. In fact, according to Özkürkçügil (1998), the basis of loneliness is the inadequacy of living social relations and the low personal fulfillment of these relationships.

Looking at the literature, loneliness can be seen in every part of the society. İmamoğlu, Çekin, and Başpınar, S.G. (2015) stated that sport is a very important communication tool that creates opportunities and opportunities to establish close relationships in people, and that sportsmen make social friends and acquire friends. According to Öztürk (2016-a), it can be said that the single most important factor in choosing priority special sports facilities in leisure time according to the married ones is the students who are single students.

However, it is a remarkable issue that the situation may be different for those who see sport as a business. Sports clubs are not only places where sports are performed but also places where footballers live a part of their time. Because of that reason İmamoğlu, Karaoğlu, and Erturan (2007) referred to sports clubs as small organizations and Ekmekçi (2010) as organizational structures. It is expressed by Nasöz and Demirkol (2014) as the workplace represented in the sports sector unions. Since the successes of football clubs, which are accepted as workplaces, are determined according to the performances of the athletes, the feelings of the footballers in the clubs are important for the future of the club.

In situations where communication between the athletes is not sufficient, loneliness within the team affects individual skills and team success in reducing overall motivation. Biçer (2014) stated that a professional football team, working as a mentor, has experienced a process ranging from being loneliness in the team to being out of the squad after experiencing loneliness as a result of thinking that a very talented footballer is not loved by his friends. As football players are in teams, they live alone. Arslan and Yıldırım (2008) stated that professional footballers are more influenced by amateur soccer players in the absence of spectators.

Being liked and appreciated as each person is inherent; they also live in the team environment. When soccer players have many friends in the team, they experience loneliness from time to time, and this experience negatively affects the success of the athletes. Because loneliness footballers have a personal communication and interaction problem, they feel confused and questioned about their belonging to their clubs in the absence of others. Sportsmen's lack of emotional and social friends causes their clubs to lose their competitive edge. In this study, it was examined what variables were the loneliness and sub-dimensions which were considered to be experienced in the athletes.

2. Method

In this study; investigated whether the loneliness scale showed meaningful differences with the demographic characteristics of the footballers in the dimensions of "emotional deprivation" and "social companionship" which was found by Doğan, Çetin, and Sungur (2009).

The internal consistency coefficient α : 0.90, α : 0.87 for the emotional deprivation subscale, and α : 0.83 for the social friendship subscale of the loneliness scale which was found and applied by Doğan, et al. The reliability coefficient was α : 0.82 for all of the scale, α : 0.78 for the emotional deprivation subscale and α : 0.80 for the social companion subscale.

In our study, 16 questionnaires adapted to football at the level of "emotional deprivation and social friendship", two sub-dimensions of loneliness, were applied with Likert scale with 5 points. At educational levels that help to determine the characteristics of people; Primary school, secondary school, high school and university are required to choose one of these options at this level is read or graduated condition is announced to participate. Data collection in the survey was conducted with the

participation of 328 persons from 1672 who had a visa during the 2017-2018 football season by chance sampling method.

2.1 Analysis of Data

SPSS for Windows 18 package program was used for statistical analysis in the study and $p < 0.05$ was considered significant. The Cronbach Alpha value ($\alpha: 0.701$) was found for the validity of the study.

Normality analysis showed no normal distribution in the Kolmogorov Smirnov Test ($p < 0.001$). Skewness Kurtosis values were found to be normal distributions in reliability as indicated by Tabachnick and Fidell, (2013) (-1.5 to +1.5) (21). The homogeneity of variance was tested separately on the scale and sub-dimensions with the Levene Statistic Test. Independent T-Test and One Way ANOVA and Tukey multiple comparison tests were used for the independent variables meeting this assumption. The Kruskal-Wallis test was used for the independent variables that did not meet the Levene Statistic Test assumption.

3. Results

Table 1: Demographic Characteristics

Variable	Groups	N	%
Gender	Woman	77	23,5
	Man	251	76,5
Age Groups	11- 16 age	117	35,7
	17-22 age	145	44,2
	23-28 age	50	15,2
	29 age and over	16	4,9
Education Groups	Primary school	2	0,6
	Secondary school	32	9,8
	High school	214	65,2
	University	80	24,4
Last 5 Years	Town center	296	90,2
	County town	24	7,3
	Small town	3	0,9
	Village	5	1,5
Place of residence	House where your family lived	270	82,3
	State or private residence	19	5,8
	Friend or relative home	9	2,7
	Other places	29	8,8
Football playing time	1-2 years	63	19,2
	3-4 years	73	22,3
	5-6 years	71	21,6
	7 years and over	121	36,9
Football playing time in the club	1 month - 1 year	156	47,6
	2-4 years	121	36,9
	5 years and over	51	15,5

Participants were between the ages of 11-52, the average age of women was 17.9 and the average age of men was 19.3. Statistical analyzes were carried out on these groupings based on the level of education graduated or still being read while the study was conducted in the ages (11-16), (17-22), (23-28) and (29 years and over).

As a result of the demographic characteristics of the footballers, it is found that 23,5% of the women and 76,5% of the men are according to their genders, 44,2% of the 17-22 age group, 35,7% of the 11-16 years age group, 15%, 2, 29 years old and 4.9% over the age group.

When the education levels were examined, it was determined that 65.2% of the respondents graduated from high school, 24.4% graduated from university, 9.8% graduated from middle school and 0.62% graduated from primary school.

It is understood that when the last five years of lives examined, 90.2% of them live in the city center, 7.9% in the district center, 1.5% in the village and 0.9% in the towns.

It is understood that 82.3% of them live in the family house, 8.8% in the other places, 5.8% in the residence and 2.7% live with friends or relatives.

According to football playing time, it is seen that 36.9% for 7 years and over, 22.3% for 3-4 years, 21.6% for 5-6 years, 19.2% for 1-2 years. It has been determined that 47.6% of the players play between 1 month and 1 year, 36.9% of those who play between 2 and 4 years and 15.5% for 5 years or more.

Table 2: Findings related to Sex Variability of Loneliness Levels

İtems	Gender	n	*	Sd	t	P
Loneliness	W	77	2,95	0,49	1,583	0,404
	M	251	3,01	0,56		
Emotional deprivation	W	77	2,39	0,61	1,527	0,033*
	M	251	2,58	0,69		
Social friend poverty	W	77	3,66	0,75	2,502	0,325
	M	251	3,55	0,86		

P<0,05

3.1 Problem culmination

What is the perception level of footballers' loneliness?

H1: Men's perception of loneliness is different according to women.

H2: There is a difference in the perception of emotional deprivation of men according to women.

H3: There is a difference in the perception of males' absence of social friends compared to females.

In Table 2, the t-test was used to analyze whether the level of loneliness of participants by sex was significantly differentiated. As a result of the analysis, a significant difference was found in the emotional deprivation sub-dimension, while there was no significant difference in the perceptions of loneliness and social friends. (P <0.05).

Comparing the general loneliness and loneliness subscales according to the gender of the athletes, the hypothesis of H1 and H3 was not accepted as valid, resulting in the emotional withdrawal perception of the emotional deprivation sub-dimension according to H2 hypothesis is higher than that of the males (x: 2,58) and females (x: 2,39).

Table 3: Findings Related to Age Group Variability at Loneliness Levels

Items	Age Group	n	Rank Average	p	Difference
Loneliness	a-11-16 years	117	160	0,049*	d>a and b
	b-17-22 years	145	156		
	c-23-28-years	50	185		
	d-29 years and over	16	211		
Emotional deprivation	a-11-16 years	117	152	0,134	
	b-17-22 years	145	164		
	c-23-28-years	50	188		
	d-29 years and over	16	181		
Social friend poverty	a-11-16 years	117	168	0,048*	d>a and b
	b-17-22 years	145	153		
	c-23-28-years	50	173		
	d-29 years and over	16	219		

*p<0,05

The hypotheses formed when examined by age groups are as follows.

H4: There is a difference between loneliness perceptions of age groups.

H5: There is a difference between the perceptions of emotional deprivation of age groups.

H6: There is a difference between the perceptions of social groups and the lack of social groups.

The Kruskal-Wallis test was conducted in Table 3 to test whether the loneliness levels of the participants varied significantly with age groups, as the homogeneity of the variances and the number of samples was not appropriate. As a result of the analysis, a significant difference was found in the loneliness scale and in the social friend impoverishment sub-dimension. (p <0.05) No significant difference was found in the Emotional Abuse sub-dimension.

Man Whitney U test was performed to see the difference between age groups. The H5 Hypothesis was rejected when H4 and H6 hypotheses were accepted as the result of this analysis. In the loneliness scale, football players aged 29 years and over (x: 211) were found to have more loneliness than footballers aged 11-16 (x: 160) and 17-22 years (x: 156). In the absence of social friends, it is found that 29 years old and over (x: 219) soccer players have more social friends than 11-16 years old (x: 168) and 17-22 years old (x: 153) footballers.

Table 4: Findings related to education variable at the level of loneliness scale

Items	Education Groups	n	* \bar{x}	F	p	Difference
Loneliness	a-Primary School	2	2,50	6,078	0,000*	c<d
	b- Middle School	32	2,99			
	c-High School	214	2,92			
	d-University	80	3,20			

*p<0,05

The hypothesis generated when examined according to education levels is shudder.

H7: There is a difference between levels of education and perceptions of loneliness.

In Table 4, the Tukey Test was conducted to test whether the level of loneliness was significantly different from the educational variable. A significant difference was found in the level of loneliness as a result of the analysis. ($P < 0.05$)

The H7 hypothesis was accepted as a result of the difference between education level and loneliness and it was found that soccer players at the university level ($x: 3.20$) had more loneliness than footballers at the level of high school ($x: 2.92$).

Table 5: Findings related to the educational variance of the levels of emotional deprivation and social friend impoverishment

Size	Education Groups	n	Rank Average	p	Difference
Emotional deprivation	a-Primary School	2	192	0,291	
	b- Middle School	32	151		
	c- High School	214	160		
	d- University	80	181		
Social friend poverty	a-Primary School	2	55	0,001*	c<d
	b- Middle School	32	168		
	c- High School	214	153		
	d- University	80	198		

*p<0,05

The hypotheses formed when the level of education, social companionship and emotional deprivation sub-dimensions are examined according to their independent variables.

H8: There is a difference between Levels of Education and emotional deprivation perceptions.

H9: There is a difference between the Levels of Education and social friendliness perceptions.

In Table 5, Kruskal-Wallis Test was performed for independent groups to test whether participants' deprivation levels differed significantly with respect to age groups, as the homogeneity of the variances was not appropriate. As a result of the analysis, there was a significant difference in the Social Friend Impoverishment subscale ($p < 0,05$) There was no significant difference in deprivation sub-dimensions.

According to these results, while the H8 hypothesis was rejected, the H9 hypothesis was found valid. In this analysis, the Man Whitney U test to see the difference between age groups showed that soccer players at the university level ($x:$

198) were more likely to experience social absence than footballers at the high school level (x: 153).

Table 6: Findings of Loneliness Levels in the Last 5 Years

Size	Living place	n	✱	F	p	Difference
Loneliness	a- Town center	296	3,03	6,022	0,001	a>b
	b- County town	24	2,56			
	c- Small town	3	3,31			
	d- Village	5	2,86			
Emotional deprivation	a- Town center	296	2,57	3,407	0,018	a>b
	b- County town	24	2,16			
	c- Small town	3	3,04			
	d- Village	5	2,31			

*p<0,05

The hypotheses that have been formed when the place where lived in the last 5 years are analyzed according to the independent variable of loneliness and emotional deprivation sub-dimensions.

H10: There is a difference between the place experienced in the last 5 years and the perception of loneliness.

H11: There is a difference between the place experienced in the last 5 years and the perceptions of emotional deprivation.

In Table 6, the Tukey Test was conducted to test whether the level of loneliness and emotional deprivation differed significantly from place to place in the last 5 years. As a result of the analysis, a significant difference was found in Loneliness level and Emotional Loneliness sub-dimension. (P <0.05)

According to these results, H10 and H11 hypotheses were accepted. Soccer players who live in City Center (x: 3,03) live lonelier than footballers who live in District Center (x: 2,56) and Emotional Abuse subscale (x: 2,57) were found to have experienced more emotional deprivation than the living soccer players.

The Kruskal-Wallis Test (p:0.077) was conducted because the Social Friend Impoverishment subscale did not fit the variance homogeneity distribution. As a result of the analysis, no significant difference was found in the Social Compulsiveness subscale. (P> 0.05)

Table 7: Findings related to the place of residence of solitude levels

Hypotheses about residence variable

Size	Place of Residence	n	✱	F	p	Difference
Loneliness	House where your family lived	270	2,95	2,278	0,061	
	State or private residence	19	3,25			
	Friend or relative home	9	3,26			
	Other places	29	3,11			
Emotional deprivation	House where your family lived	270	2,50	2,195	0,069	
	State or private residence	19	2,93			
	Friend or relative home	9	2,72			
	Other places	29	2,54			

Social friend poverty	House where your family lived	270	3,53	1,622	0,168
	State or private residence	19	3,65		
	Friend or relative home	9	3,97		
	Other places	29	3,84		

*p<0,05

H12: There is a difference between the place of residence and the perception of loneliness.

H13: There is a difference between the place of residence and the perceptions of emotional deprivation.

H14: There is a difference between the place of residence and the perceptions of social friendliness perceptions.

There was no significant difference between loneliness ($p > 0,05$) and emotional deprivation ($p > 0,05$) and social companionship ($p > 0,05$) subdimensions. As a result of this analysis, hypotheses H12, H13 and H14 were rejected. No significance was found in the hypotheses mentioned.

Table 8: Findings Regarding the Number of Years of Loneliness Playing Football

Size	Groups	n	*	F	p	Difference
Loneliness	1-2 years	63	2,84	2,129	0,096	
	3-4 years	73	3,06			
	5-6 years	71	3,04			
	7 years and over	121	3,00			
Emotional deprivation	1-2 years	63	2,37	3,009	0,030	
	3-4 years	73	2,66			
	5-6 years	71	2,65			
	7 years and over	121	2,48			
Social friend poverty	1-2 years	63	3,45	1,142	0,332	
	3-4 years	73	3,57			
	5-6 years	71	3,54			
	7 years and over	121	3,68			

*p<0,05

Hypotheses about the variable you have been playing football for many years.

H15: For many years you have been playing soccer and there is a difference between loneliness perceptions.

H16: For many years you are playing soccer and there is a difference between emotional abstinence perceptions.

H17: For many years you are playing soccer and there is a difference between social friendliness perceptions.

There was no significant difference between loneliness ($p > 0,05$) and emotional deprivation ($p > 0,05$) and social companionship ($p > 0,05$) subdimensions.

As a result of this analysis, hypotheses H15, H16 and H17 were rejected. No significance was found in the hypotheses mentioned.

Table 9: Findings Regarding the Number of Years of Loneliness Playing Football

Size	Groups	n	* F	p	Difference
Loneliness	1 month -1 years	156	3,01	0,996	0,371
	2-4 years	121	3,01		
	5 years and over	51	2,89		
Emotional deprivation	1 month -1 years	156	2,57	2,500	0,084
	2-4 years	121	2,57		
	5 years and over	51	2,34		
Social friend poverty	1 month -1 years	156	3,57	0,031	0,969
	2-4 years	121	3,58		
	5 years and over	51	3,60		

*p<0,05

Hypotheses about the variable how many years you are playing football in this team.

H18: There is a difference between how many years you are playing football in this team and perception of loneliness.

H19: There is a difference between how many years you are playing football in this team and emotional deprivation.

H20: There is a difference between how many years you are playing football in this team and social friendship deprivation.

A significance difference was not found between loneliness ($p > 0,05$), emotional deprivation ($p > 0,05$) and social friendship deprivation ($p > 0,05$) and the variable how many years you are playing football in this team.

As a result of this analysis, the hypotheses H18, H19 and H20 hypotheses were rejected. Significance in the stated hypotheses could not be found.

4. Discussion and Conclusion

Sports clubs are organizations that work at a level that appeals to quite a lot of people when they are thought of as business. Although the main element of the sport is the clubs, it is the capital of the football clubs in terms of human labor. Therefore, the footballer acts as a human being according to the level of being influenced by different expectations and perceptions. In a research conducted by Aşık (2016), it is stated in the literature that loneliness in hotel management affects the burnout levels of employees. Yardımcı, Sadık, Tezcan and Kardaş, (2017) found that levels of loneliness affect a person's mental states in a similar study stated that despair increases as loneliness increases.

In this study, it was investigated whether there is a significant difference between the footballers' loneliness, emotional deprivation and social friend impoverishment sub - dimensions and their demographic characteristics. According to the findings of the research;

For footballers playing in amateur soccer teams; age, education level, place of residence in the last 5 years, place of residence, how many years have you been playing soccer, and how many years you are playing football in this team.

As a result of the demographic characteristics of the respondents, it is seen that 23.5% of them are women and 76.5% are men. The age groups were found to be 44.2% for the 17-22 age group, 35.7% for the 11-16 age group, 15.2% for the 23-28 age group and 4.9% for the 29 years old group. Education levels were found to be 65.2% for high school, 24.4% for university, 9.8% for junior high school and 0.6% for primary school.

It is understood that in the last five years, 90.2% of them live in the city center, 7.9% in the district center, 1.5% in the village and 0.9% in the towns. It is understood that 82.3% of them live in the family house, 8.8% in the other places, 5.8% in the residence and 2.7% in friends or relatives.

It is seen that the playing time of football is 36.9% for 7 years and over, 22.3% for 3-4 years, 5-6 years, 21.6% for 1-2 years, 19.2% for 1-2 years. It was determined that the duration of play in this team was 47.6% between 1 month and 1 year, 36.9% between 2-4 years and 15.5% over 5 years.

Although most of them live in their own family house and live in the city center and play football over 7 years is considered as a normal result, it is understood from their playing in the same team for a year that they frequently change teams. From there, if there is not a specific social environment in the team in which the understandable athlete exists, or if he does not feel that he belongs there, he continues his football career in a new team. In a similar research, Ulukan (2006) stated that the person who made the athlete stay in the club is the coach, and the coach should develop social and emotional ties among the footballers.

Table 2 shows a significant difference in the emotional deprivation sub-dimension when compared with the general loneliness and loneliness sub-dimensions according to the gender of the athletes. ($p < 0.05$) Men in the emotional deprivation sub-dimension were found to have more deprivation than women. In a different study Ekinci, Demirel, Demirel and Işık (2015) reported that there was no significant difference in gender between participants in perceptions of loneliness and recreational activities of high school students. Öztürk (2016-b), male students in their leisure time prefer to play soccer in this sports branch, which they prefer to play more sports than female students. Özçelik, İmamoğlu, Çekinand Başpınar, (2015) found that university students' loneliness levels and sport effects. In a different study conducted on the orienteering, men who had a lot of loneliness compared to women, Karaoğlu,

Avşaroğlu, and Deniz (2009) reported that men had more perceptions of loneliness. According to Table 3, there was a significant difference between soccer scale and loneliness scale, and between social group poverty subscale and age groups. ($p < 0,05$) There was no significant difference in the emotional deprivation sub-dimension. In the loneliness scale, it was found that 29 years old and over footballers had more loneliness compared to 11-16 years old and 17-22 years old footballers. In the absence of social friends, the result is that 29 years old and over footballers live in the absence of more social friends than 11-16 years old and 17-22 years old footballers. According to these results, as the age went on, social friends were deprived and general loneliness was experienced. A similar study by Uzuner and Karagün (2014) showed that recruitment was more frequent in people aged 20-29 years. However, unlike these

results, Yardımcı, Sadık, Tezcan and Kardaş (2017) stated that age is the effect of adolescence rather than loneliness. Certel et al. (2016) reported a negative relationship between age and loneliness.

In Table 4, it was found that there was a meaningful difference in the level of loneliness and social friend impoverishment in terms of educational change ($p < 0,05$) and no significant difference in emotional deprivation sub-dimensions. As a result, it was found that the footballers of the university education level had more social friends and lack of general loneliness than the footballers of the high school level. As a result, Öztürk and Çetintaş (2015) concluded that there is a significant difference between the educational status of the players and the leisure time scale subscales of the players who play carpet football.

It was observed that there was not a significant difference ($p < 0,05$) in the sub-dimension of social friend impoverishment, while there was a meaningful difference ($p < 0,05$) in the level of loneliness and emotional deprivation with respect to the place where the footballers lived in the last 5 years. As a result, it was found that those living in the city center experienced more emotional deprivation and general loneliness than those living in the district center. In a different survey, Erol, Sezer, Şişman and Öztürk (2016) found that older people living in rural areas had less loneliness. The level of loneliness in football, the place you live in, how many years you are playing soccer, and how many years you have been playing soccer ($p > 0,05$).

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