

SUBMISSIVE ACTS IN BOXERS

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ABSTRACT

The number of studies conducted on “submissive acts” that are not accepted among normal human behaviors is rather limited. A study related to “submissive behaviors” of athletes who are known to display different behavior patterns has not been encountered by the author. This study, aims to determine submissive behavior levels of boxers and the variables that effect these levels.

The sample group of the study includes total 62 athletes from 12 university teams that competed in Turkey Interuniversity Boxing Championship. A survey was designed in order to determine demographic information (university, weight, age on which they started to sport, type of club activity) and submissive behavior levels of the sample group. Submissive Acts Scale (SAS) was used in order to determine the submissive behavior level.

SPSS 10.01 software was used for statistical analysis of the data obtained in the survey. “Single Direction Variance Analysis” test was used in order to demonstrate the differences of the values calculated from the scorings made for SBS with respect to demographic groups. In case a statistically significant “F” value was obtained in single direction variance analysis, “Least Significant Difference” test was applied in order to determine the difference between group means. Error margin for checking significance of the difference between groups was taken as $P<0.05$.

Key words: sport, box, Submissive acts

OBJECTIVE

The importance of “Interpersonal communication” that is accepted as the process of a person’s effecting the other one’s feeling , thought and behaviour, from the point of the function at being capable of having the characteristics like reliable, happy, productive increase day by day. Human being has got the need of improving the potential that he has and also of sharing it together with the others around him, being in the harmonious, satisfying relations. The personality development of the individual that answers the other people around him with the behaviour he has owned and built up is formed by the ways of living within family, school and job – site starting from the infancy all life long, i.e, by the ways of living in the social and cultural institutions(12).

In the social development concept, a lot of different large behaviour sorts take place and social development is in the quality that includes every part of human personality more or less (3).

Socialization of human being is a very complex process. People are in the effect of the things aruond them, the incidents and individuals that they meet every day, the socio – economic and cultural conditions they come face to face, the traditions and laws, the physical environment, a lot of features that transfer by means of heritage and other lots of factors (9).

According to Morin, human being keeps his own internal pluralities, his own personalities in the secret power, the unlimited numbers of personalities that depends on empty dreams, truth and image, sleep and being asleep, submitting and

rejecting, a plural existence that is touchable and in the concealed one, the relations hidden within his hollows and the bottomless precipices inside of him (11).

Individual can be interested in certain objects and actions, and also develop a determined attitude against some objects and actions. In addition, he can show the behaviours concerning the impression field like enjoying clean and tidy dressing, liking the nature, not being able to stand against injustice or opposite submitting it (6).

Identities have got a lot of creative types. Some of them constitute themselves with resistance against the opposite person or idea, some with submitting to the expectations of a person or a group of people or with conscious shaping. Some of our identities constitute by submitting. The attitude displayed here matures in the shape of continuing the living by accepting the unchangeable one. In this field , conflicts are lived less. The external one has been internalized by submitting. The energy has been spent in order to adapt to the existed one. Our own preferences have been left to to the others’ preferences unconsciously. Individual, by leaving himself to the fairness of the events, constitutes his identity. When he comes face to face with the situations that he is disturbed by, his identity tells him to submit. Here, the constructive energy flows towards this submitting action (5).

To be saved from submitting, conflict and anxiety, by accepting the effects easily that came from the others, these must be in harmony without discussion. Submitting is to appropriate a lot of patterns as usual, and to continue the harmony with these (8). The people who condemn themselves for these kinds of behavioral patterns start to enjoy applying the other peoples’ commands time by time, and are fond of belonging the other ones. These sort of people, according to Adler, are the people with slavery soul and to live according to the others’ rules and laws, they feel like being forced coming from inside (1).

Although the individuals who found relations amongst the people usually apply a sumitting style against the other people’s effect, the reactions are passive aggressive. At the interpersonal relations, the individuals who use the hostile – submitting style are explained with the terms like critical, powerless, depressive. They are the people whose friendly – submitting style are steering in to answering the other people’s demands and developing dependence. At the interpersonal relations, they take a passive role though they use a cooperative like, friendly and warm style (2).

Gilbert and Allan (7), by approaching to the submitting behaviours differently, set forth that they are forced in to the state of submitting with the “fear of insufficiency” when they feel themselves weak, feel unsafe. According to these two researchers, the people who trust themselves, go away from submitting situation when they think they are enough at the subjects that they feel themselves competent (13).

The number of studies conducted on “submissive acts” that are not accepted among normal human behaviors is rather limited. A study related to “submissive behaviors” of athletes who are known to display different behavior patterns has not been encountered by the author. This study, aims to determine submissive behavior levels of boxers and the variables that effect these levels.

METHOD

The sample group of the study includes total 62 athletes from 12 university teams that competed in Turkey Interuniversity Boxing Championship. A survey was designed in order to determine demographic information (university, weight, age on which they started to sport, type of club activity) and submissive behavior levels of the sample group. Submissive Acts Scale (SAS) was used in order to determine the submissive behavior level (14).

SPSS 10.01 software was used for statistical analysis of the data obtained in the survey. “Single Direction Variance Analysis” test was used in order to demonstrate the differences of the values calculated from the scorings made for SBS with respect to demographic groups. In case a statistically significant “F” value was obtained in single direction variance analysis, “Least Significant Difference” test was applied in order to determine the difference between group means. Error margin for checking significance of the difference between groups was taken as $P < 0.05$.

RESULTS

Table 1. Findings and explanations concerning the research participants’ demographic data

VARIABLES		N	%
The vicinity in which he lived	Village-county	28	45,2
	City center	34	54,8
Position of age	age 18 and below	2	3,2
	age 19 – 21	30	48,4
	age 22 - 24	27	43,5
	Age 25 and above	3	4,8
Weight	48	4	6,5
	51	2	3,2
	54	2	3,2
	57	3	4,8
	60	6	9,7
	64	8	12,9
	69	8	12,9
	75	8	12,9
	81	7	11,3
	91	6	9,7
	+91	8	12,9
Period of sport activity	1 – 2 year	22	35,5
	3 – 6 years	22	35,5
	7 years and above	18	29,0
Sporting for clup	Yes	26	41,9
	No	36	58,1
Total		62	100

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Of the sporting ones ; it has been seen that, 54,8 % has been brought up in the city center, 45,2 % brought up in the village – town – county, 48,4 % of them is in 19 – 21, 43,5 % in 22 – 24, 4,8 % is in 25 and above, 3,2 % is in the group of age 18 and below; 35,5 % of them are busy with sport for 3 – 6 years, 35,5 % for 1- 2 year, 29,0 % are busy with sport for 7 years and above; 58,1 % of them aren’t clup sportmen, 41,9 % is clup sportmen; 12,9 % is 64 kg., 12,9 % is 69 kg., 12,9 % 75 kg, 12,9 % +91 kg, 11,3 % 81 kg, 9,7 % 91 kg, 4,8 % 57 kg, 3,2 % 51 kg, 3,2 % of them is 54 kg.

Table 2. General findings about submitting situation.

No	Situation of submitting	X	S
1	Even if I haven’t got any mistake at a certain subject, and if it is said I am guilty, I say nothing, not to have an argument.	1,88	1,06
2	Even if I don’t like doing it, I do some behaviours because the other ones are doing it.	1,64	0,90
3	Even if the rest of my money is given less, I leave there without saying nothing.	1,62	1,04
4	I allow the others to criticize denigrate me and I can’t defend myself.	1,29	0,81
5	When the one I like wants interest from me, even if I don’t wish at the moment, I try to relate him.	2,93	1,53
6	While trying to speak, if someone stops me and continue speaking, I will become silent	2,38	1,29
7	I always say “Sorry” because of my small mistakes	2,14	1,25
8	While my parents say bad things about me, I listen to silently	2,88	1,65
9	When I get angry at my friends, I don’t tell it to them	2,06	1,21
10	At the friend meetings, I leave directing the speech to the other ones	2,06	0,98
11	I like the people looking in my eyes while talking to me	2,98	1,37
12	Even someone does me a small kindness, I will thank him in heart and again and again	3,35	1,50
13	I avoid coming eye to eye together with the people	2,01	1,36
14	At friend meetings, I am never the one who starts to the subject	1,96	1,20
15	When people look at me continuously, my face gets red	1,72	1,01
16	While rejecting someone’s invitation, I surely try to find an important excuse like illness	1,83	1,27

When we look at the findings concerning the submitting situation, it is seen that the sporting students at the poll appropriated; the article “Even if I haven’t got any mistake at a certain subject, and if it is said I am guilty, I say nothing, not to have an argument” as the down level “a little” degree (X = 1.88), the article “Even if I don’t like doing it, I do some behaviours because the other ones are doing it” as the buttom level “very little” degree (X = 1.64), the article “Even if the rest of my money is given less, I leave there without saying nothing” as the buttom level “very little” degree (X = 1.62), the article “ I allow the others to criticize denigrate me and I can’t defend myself” as the buttom level “very little” degree (X = 1.29), the article “When the one I like wants interest from me, even if I don’t wish at the moment, I try to relate

him” as the mid level “middle” degree ($X = 2.93$), the article “While trying to speak, if someone stops me and continue speaking, I will become silent” as the down level “a little” degree ($X = 2.38$), the article “I always say “Sorry” because of my small mistakes” as the down level “a little” degree ($X = 2.14$), the article “While my parents say bad things about me, I listen to silently” as the mid level “middle” degree ($X = 2.88$).

It is seen that the sporting students at the poll appropriated; the article “When I get angry at my friends, I don’t tell it to them” as the down level “a little” degree ($X = 2.06$), the article “At the friend meetings, I leave directing the speech to the other ones” as the down level “a little” degree ($X = 2.06$), the article “I like the people looking in my eyes while talking to me” as the mid level “middle” degree ($X = 2.98$), the article “Even someone does me a small kindness, I will thank him in heart and again and again” as the close to good mid level “middle” degree ($X = 3.35$), the article “I avoid coming eye to eye together with the people” as the down level “a little” degree ($X = 2.01$), the article “At friend meetings, I am never the one who starts to the subject” as the down level “a little” degree ($X = 1.96$), the article “When people look at me continuously, my face gets red” as the bottom level “very little” degree ($X = 1.72$), and the article “While rejecting someone’s invitation, I surely try to find an important excuse like illness” as close to bottom level , the down level “A little” degree ($X = 1.83$).

Table 3. Test Results of The Boxers Participated to the Poll, According Their Environment Position They are Brought up

Dimensions Of Anger	Village-Town-County		Province Center (n=34)		t	p
	X	ss	X	ss		
1	2.00	1.08	1.79	1.03	0.760	0.450
2	1.50	0.83	1.76	0.95	-1.146	0.256
3	1.57	1.03	1.67	1.06	-0.392	0.697
4	1.07	0.26	1.47	1.05	-1.957	0.055
5	3.00	1.44	2.88	1.62	0.295	0.767
6	2.25	1.23	2.50	1.35	-0.752	0.455
7	1,96	1,20	2,29	1,29	-1,032	0,306
8	3,21	1,68	2,62	1,59	1,428	0,158
9	1,85	0,97	2,23	1,37	-1,227	0,225
10	1,96	1,03	2,14	0,95	-0,721	0,474
11	3,39	1,31	2,64	1,34	2,194	0,032*
12	3,60	1,39	3,14	1,57	1,302	0,234
13	1,60	1,13	2,35	1,45	-2,215	0,031*
14	1,78	1,16	2,11	1,22	-1,085	0,282
15	1,42	0,57	1,97	1,21	-2,163	0,035*
16	1,92	1,24	1,76	1,30	0,502	0,617

*p<.05

When we study table 3 carefully; concerning the environment positions of the boxers who participated to the research in which they are brought up, about

submitting behaviours, at their opinions focused on the articles, at the end of the t test performed in order to determine whether there is a meaningful difference, a meaningful, at the level 0,05 , difference has been found in the articles 11, 13 and 15.

Though the boxers who grew up in the village, town and county centers are at the degree of close to good with ($X = 3,39$) for the opinion article “I like the people looking in my eyes while talking to me” and pointed out that they participate at “middle degree”; the boxers who grew up in the city center are at the close to a little degree with ($X = 2,64$), and they have seemed to have stayed at “middle degree”. It has been understood from table 3 ($t = 2,194$; $p < .05$) that according to this article of opinion, there is a meaningful difference for the boxers who grew up in the village, town and center of county.

Though the boxers who grew up in the village, town and county centers pointed out that they “never participate” to the submitting article “I avoid coming eye to eye together with the people” with ($X = 1,60$) ; it is seen that the boxers who grew up in the city centers participate to this opinion with ($X = 2,35$) at “ a little degree”.

Though the boxers who grew up in the village, town and county centers pointed out that they “never participate” to the submitting article “When people look at me continuously, my face gets red” with ($X = 1,42$) ; it is seen that the boxers who grew up in the city centers participate to this opinion with ($X = 1,97$) at “ a little degree”.

In accordance to these results, it can be said that the boxers who grew up in the village, town and county centers are comfortable, eager at people relations and communication, and give more importance to body language, according to the boxers who grew up in the city center.

Table 4. Variance Analysis Results of the Boxers who participated the Research According to Sporting Period

Article no	(1) 1-2 Year (n = 22)		(2) 3-6 Year (n = 22)		(3) 7 years and above (n = 18)		Variance Analysis	
	X	ss	X	ss	X	ss	F	P
1	1,86	1,12	2,00	1,06	1,77	1,00	0,221	0,802
2	1,72	1,03	1,68	0,94	1,50	0,70	0,331	0,719
3	1,59	1,18	1,90	1,15	1,33	0,59	1,557	0,219
4	1,40	0,95	1,36	0,95	1,05	0,23	1,065	0,351
5	2,68	1,35	2,90	1,68	3,27	1,56	0,745	0,479
6	2,54	1,14	2,22	1,23	2,38	1,57	0,323	0,725
7	2,00	1,14	2,13	1,08	2,33	1,83	0,344	0,710
8	3,09	1,74	2,45	1,56	3,16	1,61	1,189	0,312
9	2,22	1,23	2,27	1,38	1,61	0,84	1,828	0,170
10	2,04	1,04	2,18	1,18	1,94	0,63	0,284	0,754
11	2,77	1,26	3,00	1,38	3,22	1,51	0,525	0,595
12	3,09	1,44	3,59	1,53	3,38	1,57	0,605	0,549
13	2,09	1,37	2,04	1,39	1,88	1,36	0,114	0,893
14	2,18	1,22	1,68	0,77	2,05	1,55	1,022	0,366
15	1,90	1,19	1,77	0,97	1,44	0,78	1,086	0,344
16	1,68	1,28	1,95	1,32	1,88	1,23	0,267	0,767

When we research Table 4; according to the sporting periods of the participating boxers to the poll; at the result of the one way anova analysis comparison performed at the whole articles concerning the submitting behaviours, it has been seen that there doesn't exist a meaningful difference.

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Table 5. t Test Results of The Boxers who participated the poll,
according to the position being whether clup sportsmen or not

Anger Dimensions	Clup Sportsman (n = 26)		Not Clup Sportsman (n = 36)		t	p
	X	ss	X	ss		
1	1,84	0,85	1,91	1,18	-0,286	0,776
2	1,64	0,81	1,64	0,97	-0,037	0,971
3	1,40	0,57	1,78	1,25	-1,432	0,157
4	1,00	0,00	1,48	1,01	-2,385	0,020*
5	3,16	1,54	2,78	1,53	0,946	0,348
6	2,00	1,19	2,64	1,31	-1,976	0,053
7	2,00	0,95	2,24	1,42	-0,747	0,458
8	2,84	1,54	2,91	1,73	-0,183	0,855
9	2,24	1,16	1,94	1,24	0,935	0,353
10	2,12	0,97	2,02	1,01	0,360	0,720
11	3,24	1,33	2,81	1,39	1,212	0,230
12	3,20	1,35	3,45	1,60	-0,663	0,510
13	1,68	0,90	2,24	1,57	-1,620	0,111
14	1,84	1,06	2,05	1,28	-0,686	0,496
15	1,68	0,94	1,75	1,06	-0,291	0,772
16	2,04	1,27	1,70	1,26	1,026	0,309

*p<.05

When we research Table 5; concerning whether the participant boxers to the poll are clup sportsmen or not, about the articles of submitting behaviours, at the t test result that was performed in order to determine whether there is a meaningful difference or not, only at the 4 th article, a meaningful difference of 0,05 level has been found.

Though for the article of opinion “I allow the others to criticize denigrate me and I can’t defend myself”, the sporsmen who haven’t got sporting activity at any clup express that they pointed out the opinion of “never degree” participation with (X = 1,48) that is close to a little, it has been seen that the clup sportsmen never think the same with this opinion with (X = 1.00). It has been understood from Table 5 that at this opinion article, there is a meaningful difference (t = 2,385 ; p<.05) for the clup sportsmen.

This result can be interpreted that the clup sportsmen don’t allow the others to criticize and denigrate themselves and defend themselves more, comparing with the boxers who don’t take part at any clup.

Table 6. General Findings Concerning Submitting

Submitting Behaviours	X	S
Submitting (article no: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16)	2,18	0,45

At the research, the criterion of submitting behaviours consisting of 16 general articles (1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16); by getting the articles concerning transpose order at SPSS combined, the submitting subdimension has been constituted, and as a result, because the participant boxers’ behaviour points

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concerning submitting are low with ($X = 2,12$), it has appeared finally that the boxers have got the low submitting behaviours at the social living.

Table 7. The t test Results of the Boxers who participated the research according to the environment situation in which they grew up

Submitting	Village-Town-County (n=22)		Province Center (n=34)		t	P
	X	ss	X	ss		
Submitting	2,13	0,44	2,21	0,46	-0,673	0,504

When we researched Table 7; at the end of comparing t test concerning the submitting dimension of the boxers who participated the research, according to the environment in which they live, it is seen that there isn't a meaningful difference .

Table 8. Variance Analysis Results of The Boxers who participated the research according to period of Sporting

Submitting	Source of Variance	Degree of Being free	Total Squares	Average Square	Variance Analysis	
					F	P
Continuous Anger	Intergroups	2	0,033	0,016	0,078	0,025
	Inside group	59	12,284	0,208		

When we researched Table 8; at the end of the one way anova analysis performed concerning the sumitting behaviour dimension of the boxers who participated the research, according to the sporting period, it has been understood that there doesn't exist a meaningful difference.

Table 9. The t Test Results of the Boxers who participated the research according to the situation of whether they are clup sportsmen or not

Submitting	Clup Sportsmen (n=26)		Not Clup Sportsmen (n=36)		t	P
	X	ss	X	ss		
Submitting	2,14	0,41	2,20	0,47	-0,583	0,562

When we researched Table 9; at the end of comparing t test concerning the submitting dimension of the boxers who participated the research, according to whether they are clup sportsmen or not, it is seen that there isn't a meaningful difference .

CONCLUSION

According to the research results; it has been observed that the boxers who grew up in the village, town and county centers are comfortable, eager at people relations and communication, and give more importance to body language, according to the boxers who grew up in the city center (Table .3), according to the sporting periods of the boxers; at the result of the analysis comparison performed at the whole articles concerning the submitting behaviours, that there doesn't exist a meaningful difference (Table 4, 8), that the clup sportsmen don't allow the others to criticize and denigrate themselves and defend themselves more, comparing with the boxers who don't take part at any clup. In addition, at the end of comparison concerning the submitting dimension of the boxers, according to whether they are clup sportsmen or not, it is seen that there isn't a meaningful difference (Table 5,9) .

At the end of comparison concerning the submitting dimension of the boxers who participated the research, according to the environment in which they live, it has been seen that there isn't a meaningful difference (Table.7), because the boxers' behaviour points concerning submitting are low with; that the boxers have got the low submitting behaviours at the social living (Table.6) .

As a result, as opposite the Despotic attitude, in the atmosphere that the adolescent's whole desire is performed at that moment and his demand is applied without getting discussed, that can be confimend as “submitting” attitude, though he becomes an individual who is egoist, who enjojs dominating around, who can't perform sharing, and thus who isn't able to contact with his environment (4, 9) , by the help of the findings which have been obtained at the research, it can be said that sport has got the structure of developing the top end personality characteristics and this structure indicates itself at boxing that is known as an aggressive sport, too.

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