



International Journal of Educational Methodology

Volume 6, Issue 1, 153 - 160.

ISSN: 2469-9632
http://www.ijem.com/

Value Perceptions of National Boxers that Study at Physical Education and Sports Department of Universities

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Received: November 19, 2019 • Revised: January 5, 2020 • Accepted: February 11, 2020

Abstract: Purpose of this research is to determine the perception of value of national boxers who study in physical education and sports department in universities. The research was evaluated with semi-structured interview method which is one of the qualitative research designs. The research group consisted of 11 national boxers studying at Gazi University Faculty of Sport Sciences, Firat University Faculty of Sport Sciences, Selcuk University Faculty of Sport Sciences and Mustafa Kemal University School of Physical Education and Sports in 2016-2017 academic year. Data were accessed through the Personal Information Form (4 questions) and Semi-Structured Interview Form (3 questions) prepared by the researchers. In the analysis of the data, content analysis method was utilized. As a result, national boxers who received sports science education at universities had value perceptions such as discipline, gentlemanship, self-confidence, respect, cooperation, responsibility, empathy, health, ambition, systematic work, tolerance and protection from bad habits and they also do not tolerate discrimination, violence and doping.

Keywords: *University, physical education and sports, national boxer, value.*

To cite this article: Karakullukcu, O. F., & Yildiz, O. (2020). Value perceptions of national boxers that study at physical education and sports department of universities. *International Journal of Educational Methodology*, 6(1), 153-160. <https://doi.org/10.12973/ijem.6.1.153>

Introduction

Each culture has specific values, which differentiate that culture from other cultures (Cinar, 2013), and they have different communities and groups have different values (Aydemir & Akin, 2015). Values are beliefs shared not only society but also group and communities. Therefore, values reveal what people should or should not accept how to think, feel and behave (Cinar, 2013). Values are important dynamics that make people happy and cultural background. However, it is not possible to force people to adopt values, values are taught by voluntary obedience. The best way to teach values is to popularize the concepts that values represent (Tarhan, 2018). Values are mental and emotional tools that help people determine the value of ideas or events, are rewarded, developed, and freely chosen among alternatives (Durka, 2015).

The dominance of values in a globalizing world, changes in some values by damaging social values; changing values lead to a change in people understands. Therefore, along with the change in the value judgments of people, their morals, in other words, their characters also change. From these points of views, values are very important for protecting individual and social identity (Oktay, 2013). It is because the popular culture, in which societies are today, causes loss of values such as honesty, justice, love and respect which were previously considered important by people.

Gladiators, who are professional and established on the philosophy of Greek and Romans in sports competitions, interests and earnings, have struggled to show savagery and cruelty to the audience. The athletes and spectators wanted to injure them with blows, see blood and prevail in their own sports. Nevertheless, the Turkish understanding of sports is based on humanitarianism and the athletes did not exhibit behaviors to crush and humiliate their opponents, on the contrary, they struggled to show their superior abilities and sporting aspects (Aripinar & Donuk, 2011). In recent years, corruption in the philosophy of Olympism is reflected in all sports and poor professionalism is given to young athletes by inadequate coaches and trainers (Erdeмли, 1996).

Values affect determination and especially performance in athletes (Whitehead et al., 2016a). Athletes gain virtues such as self-recognition and development through sports, showing effort, developing positive relationships with other

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athletes, tolerance, honesty and humility. Therefore, as people do sports, their virtues will emerge, and their virtues will become rich and lead individuals to lead a constructive and creative life (Erdemli, 1996). However, nowadays, with the increasing professionalization and commercialization of sports, it is observed that the pressure towards winning has increased. As a result of this pressure, the conflict situation causes athletes to stay between honest playing and cheating to win (Whitehead et al., 2016b). Whereas the values gained by sports in the world; health, renewal, social participation, social control, employment, love of homeland and nation, competition, winning and losing expressed in terms of societies today, the values gained by the sport; money, fame, celebrity, medal, weight loss or appearance (Devine & Telfer, 2016), so winning value is emphasized in all sports (Simon, 2003). However, sports should include values such as fair play, friendship and tolerance as well as playing well and winning (Lee et al., 2000). Hence, there is a need for sports environments in which young people can change their antisocial behavior and gain positive behaviors (Lambert, 2016).

These days, people are losing their humanitarian aspect, the violence in the society, corruption, crime, war and injustice in parallel with the increasing day by day requires a reassessment of human and education values (Kaymakcan & Meydan, 2015). Sport is one of the crucial social areas where people can gain values accepted by society. For this reason, it is considered important to conduct research on what values can be gained to people through sports (Yildiz & Guven, 2019). Research on values has not received the necessary attention in the field of sports science compared to other fields in the social sciences (Whitehead et al., 2016a). According to Lee et al. (2000) the reason for this may be that the concept of value is not sufficiently understood and that there is no suitable measurement tool. Because, as a result of their research, they concluded that the scales developed from 1969 to 1990 did not measure the values sufficiently. Then they developed the "Youth Sport Values Questionnaire" in 2000. However, in 1995, they found that Lee and Cockman determined 18 values regarding sports through the interview method.

Boxing is one of the most popular branches of martial sports in the world. For this reason, it is important to determine what kind of values the boxing sport, which the society shows interest and enthusiastically, creates in boxers. It is thought that national boxers who have university education in the field of physical education and sports will have an important research. Because both national athletes and university education in sports will make the research important. And also it is thought that the measurement tool that can measure the values of boxers in the best and correct way will be the interview form and the interview method. Because in-depth information will be obtained from the athletes through interviews to be held in a friendly environment through face-to-face interview. The purpose of this research is to specify the perception of value of national boxers who study in physical education and sports department at universities.

Method

Research Model

The research was evaluated with qualitative research design. The problems in qualitative research cover topics such as gender, culture, marginalized groups in social sciences and humanities and these problems are examined in depth. Qualitative researches include data analysis by creating themes through inductive and deductive data in the natural environment that is sensitive to the people and places involved in the research, aiming to examine the problems of people or groups through hypotheses through the use of interpretive/theoretical frameworks of research problems (Creswell, 2018). The research data were obtained by semi-structured interview method. Interviews are used to determine how they attribute meaning to emotions, thoughts, intentions and events that occur in their lives that cannot be observed in the participants (Patton, 2018). The semi-structured interview allows systematic asking each participant of predetermined questions, but sometimes allows interviewers to go beyond questions and address specific issues. In other words, interviewers can deepen their answers to the questions they prepare (Berg & Lune, 2015).

Study Group

The study group consisted of 11 national boxers studying at Gazi University Faculty of Sport Sciences, Firat University Faculty of Sport Sciences, Selcuk University Faculty of Sport Sciences and Mustafa Kemal University School of Physical Education and Sports in 2016-2017 academic year. Purposeful sampling methods have emerged within the qualitative research tradition and are among the most commonly used methods (Yildirim & Simsek, 2006). The codes (B1, B2, B3 B11) were given to the national boxers participating in the interview (Table 1).

Table 1 shows the gender, age, number of times nationally, the university and the interview date of the national boxers participating in the research.

Table 1. Results of the National Boxers Gender, Age, Number of Times Nationally, the University and the Interview Date

Codes of Participants	Gender	Age	Number of Times Nationally	University	Interview Date
B1	Male	22	8	Firat University	05.05.2017
B2	Female	20	1	Selcuk University	08.05.2017
B3	Male	23	2	Mustafa Kemal University	12.05.2017
B4	Male	26	2	Mustafa Kemal University	12.05.2017
B5	Male	24	6	Gazi University	10.05.2017
B6	Male	23	30	Firat University	05.05.2017
B7	Male	23	1	Selcuk University	08.05.2017
B8	Male	23	2	Mustafa Kemal University	12.05.2017
B9	Male	22	10	Gazi University	10.05.2017
B10	Female	21	1	Firat University	05.05.2017
B11	Male	25	1	Mustafa Kemal University	12.05.2017

In table 1, the research group consisted of 2 female, 9 male boxers with a range of 20 to 26 years, four boxers 1 time, three boxers 2 times, one boxer 6 times, one boxer 8 times, one boxer 10 times and one boxer 30 times became national. It was determined that two of the boxers studied at Gazi University, three of them at Firat University, two of them at Selcuk University, Faculty of Sport Sciences and four of them at Mustafa Kemal University School of Physical Education and Sports.

Data Collecting Tools

Data were accessed through the Personal Information Form and Semi-Structured Interview Form prepared by the researchers. In the Personal Information Form, there are 4 questions including the gender, age, nationality of the participants and the university in which the participants studied, and in the Interview Form, there are 3 questions including the values that the boxing training and competitions teach, discrimination in sports (language, religion, race, gender etc.) and violence and sport prohibited substances.

Analysis of the Data

In the data analysis process, content analysis method was used. Content analysis is the process of data reduction and interpretation to determine the basic consistencies and meanings in the qualitative material that is bulky (Patton, 2018).

In order to increase the internal validity of the interview form, the opinions of three experts from the field of sports sciences were consulted and pilot box research was conducted with 2 boxers selected from the target audience and the questions were finalized. The open-ended 4 questions that serve the purpose of the study were applied through 11 face-to-face interviews. The interviews were held on 05-12 May 2017 with permission and appointment from national boxers. The interviews lasted for an average of 15-20 minutes.

According to Miles and Huberman (1994), reliability in qualitative research depends on the coding (theme) process of the content analysis method. For this reason, one researcher and two experts read the qualitative data separately, the theme creation process was started and the correlation between the results obtained from these three experts was calculated. The reliability of the data was calculated by Miles and Huberman (1994);

(Agreed theme / Agreement + Divergent theme) X 100 formulate (Tavsancil & Aslan, 2001).

The formula result is expected to be 70% and above. From 42 themes proposed by three experts, 38 were approved and $(38/42) \times 100 = 90.4$ agreed on the suitability of the themes. The 4 themes that cannot be agreed on are combined with other appropriate themes.

Results

Table 2 presents the results of the national boxers' opinions about the values gained by boxing training and competition.

Table 2. Results of the National Boxers' Opinions about the Values Gained by Boxing Training and Competition

Themes	Participants											f
	B1	B2	B3	B4	B5	B6	B7	B8	B9	B10	B11	
Respect	√		√				√					3
Discipline	√		√	√	√	√	√		√	√		8
Cooperation	√						√				√	3
Gentlemanship		√		√	√	√		√	√	√	√	8
Responsibility		√		√							√	3
Exemplary		√										1
Tolerance			√				√					2
Calmness		√		√								2
Empathy			√					√	√			3
Stress Reduction				√								1
Self-criticism				√								1
Self-confidence				√	√		√		√	√		5
Health		√			√					√		3
Happiness						√						1
Peace						√						1
Not to Give up						√						1
Ambition							√	√		√		3
Systematic Work	√							√	√		√	3
Protection from Bad Habits								√	√			2
Reaching the Goal								√				1
Socialization								√			√	2
Courage								√				1
Leadership									√			1
Risk taking									√			1
Faith									√			1
Entrepreneurship										√		1

In table 2, the national boxers' discipline, gentlemanship, self-confidence, respect, cooperation, responsibility, empathy, health, ambition, systematic work, tolerance, calmness, protection from bad habits, socialization, exemplary, stress reduction, self-criticism, happiness, peace, not to give up, reaching the goal, courage, leadership, risk taking, faith, entrepreneurship themes have been expressed.

In the interviews, national boxers expressed the following views regarding the *discipline* and *gentlemanship* themes they express most frequently.

"... I can say that I have a very disciplined life thanks to sports. Due to sports is a work that requires discipline, it is of course reflected in our lives..." (B1).

"... I think that sports affect our personality and lead us to exhibit gentlemanly behavior..." (B2).

In the Table 3 the results of the national boxers' thoughts about discrimination behavior and violence in the sports were given.

Table 3. Results related to National Boxers' Discrimination in the Score (Gender, Nationality, Religion, Race, etc.) and Violence Views

Category	Themes	Participants											f
		B1	B2	B3	B4	B5	B6	B7	B8	B9	B10	B11	
Discrimination	Distressing	√									√		2
	Non-compliance with the Purpose of Sports		√					√				√	3
	Respect to Opponent			√			√						2
	Opposition				√	√			√	√			4
Violence	Ignorance	√			√								2
	So Wrong		√	√				√			√	√	5
	Condemnation					√			√	√			3
	Must be Punished						√						1

Table 3 shows the themes of opposing, non-compliance with the purpose of sport, distressing and respecting the opponent in the order of frequency in the category of discrimination; in the category of violence, so wrong, condemnation, ignorance, punishment must be applied to the themes stated.

In the interviews, one of the national boxers commented on the most expressed *opposition* theme in the category of discrimination as follows:

"... I am completely against the existence of religion, language, racial discrimination in sports. I'm always a winner of the good. Sport has no religion, language, and race. Sport is universal..." (B4).

In the interviews, one of the national boxers commented on the most expressed *so wrong* theme in the category of violence as follows:

"... I think that violence should not be in sports in any way. I find it wrong for the referee, the athletes, the fans to violate each other or verbally attack each other. It's not a nice behavior..." (B10).

Table 4 presents the results of the national boxers' thoughts about the use of doping in the sports.

Table 4. Results related to Thoughts of National Boxers' Using Doping in Sports

Themes	Participants											f	
	B1	B2	B3	B4	B5	B6	B7	B8	B9	B10	B11		
Should be successful by working	√		√										2
Health Problems		√					√					√	3
Immoral				√									1
Unfair Competition					√	√		√	√	√			5

In table 4, according to the frequency order national boxers in their thoughts about the use of doping in sports; unfair competition, health problems, should be successful by working and have also expressed immoral themes.

In the interviews, one of the national boxers commented on the most expressed *unfair competition* theme as follows:

"...Doping agents used to be strong in competitions lead to unfair competition..." (B5).

Discussion and Conclusion

When the results in Table 2 are examined, the value perceptions of national boxers; they comply with the rules and practices of the club and coach they are affiliated to, they do not compromise honest and correct behavior by respecting the opponent and labor in the match, they develop a sense of self-confidence by fighting, respect their coach, opponent, referees, exhibit a joint work in order to achieve success, struggle ethics can be explained as that they have the sensitivity to put themselves in place of their competitors, they have a healthy body by showing a planned work, they are understanding, calm and a person who can establish good relations in society, they are away from bad habits, they are away from stress, they are happy and peaceful. Yildiz (2019) determined the values that national wrestlers gain through sports as discipline, self-confidence, respect, tolerance, responsibility and ambition. Jones and Lavallee (2009) concluded that discipline and self-confidence values are important in young athletes. Akoglu et al. (2019), Gullu and Sahin (2018) found that national athletes adhere to responsibilities and social norms in sport and respect the rules and management. Gullu (2018) stated that students in sports education attach importance to commitment to social responsibilities, compliance with social norms, respect to rules and management and respect to competitors. Albayrak and Bayrakdaroglu (2018) concluded that the level of socialization of athletes is high. Tel et al. (2017) found that the students of the faculty of sports sciences approach positively to situations such as gentlemanship, virtue, friendly play and acceptance of losing with competition. Veronica (2010) determined that athletes will congratulate their opponents in case of losing the competition. Yildiz and Guven (2019) stated that discipline, respect for competitors and referees are important for athletes to be successful. Kabakci et al. (2019) stated that values such as courage, leadership, self regulation, wisdom, honesty, kindness are the strengths of the character.

Contrary to the research results, Basaran et al. (2017) determined that the students of the school of physical education and sports showed partial respect for the referee's wrong decisions and the opponent. Sezen (2003) found that professional football players see rule violations as normal behaviors compared to amateur football players and non-sporting behaviors are considered as smart tactics. Cruz et al. (1995) stated that male footballers cared about behaving against the rules in order to win. Sahin (2003) stated that in today's competitions, only focus is on playing for winning and social values are ignored in sports.

When the results in Table 3 are examined, the opinions of national boxers on gender, nationality, religion and race discrimination; It can be interpreted that they are against all kinds of discrimination in sport and that discrimination in sport such as racism does not comply with the philosophy of sports, and that such discrimination in sports upsets the stakeholders within the sports. The thoughts of national boxers towards violence in sports; that they perceive and

condemn violence and aggression very wrongly, that they are ignorant of violence and that deterrent punishments should be imposed against them. Yildiz and Guven (2019) stated that discrimination should not be brought to the forefront by considering the unifying aspect of sports, friendship and brotherhood philosophy, and showed that winning as a cause of violence in sports prevents everything.

Unlike the results of the research, Conroy et al. (2001) expressed that athletes studying in public schools justified their aggressive behavior and this was positively correlated with age, being male and participating in contact sports. Tel et al. (2017) concluded that the students of the faculty of sports sciences had a prioritized understanding of winning and in a tendency of violence against their rivals.

When the results in Table 4 are examined, the national boxers' thoughts about the use of doping in the sport can be interpreted as the product of moral deprivation that the use of doping is contrary to equal and fair struggle, disregards respect to labor, it is important to win competitions by working hard and causing serious health problems in the users. Yildiz and Guven (2019) found that using doping is contrary to the principle of equality and that the rights of the athletes who work for a long time and shed the talent are overwhelmed and the success is achieved in an easy way. Barkoukis et al. (2014) concluded that athletes use doping substances because they believe they will be successful. Bloodworth and McNamee (2010) stated that athletes generally see the use of doping substances as a common problem in many countries. Yildiz (2019) determined that elite athletes in the bodybuilding branch were unconsciously using doping substances. Yildiz and Yildiz (2019) found that elite athletes often use doping in bodybuilding and that doping is due to health problems and unfair competition. Alaranta et al. (2006) concluded that almost all athletes believe that prohibited substances and methods have performance-enhancing effects. The results of this research show that it is important to provide a comprehensive education on the physiological, psychological and ethical effects of doping use in the world. Melzer et al. (2010) expressed that athletes should be given decision-making training on the use of doping, and that all shareholders should participate in such ethical training to change environmental factors.

Consequently, national boxers who are trained in sports sciences at universities have the perception of value such as discipline, gentlemanship, self-confidence, respect, cooperation, responsibility, empathy, health, ambition, systematic work, tolerance, protection from bad habits through sports and they also do not tolerate discrimination, violence and doping.

Recommendations

For the future researches, it is suggested to perform out studies on the values gained by the sports on the athletes in other combat sports. It is recommended for athletes of every amateur and professional level trainer to prepare environments where they can gain such values.

Limitations

This research had been limited to 11 national boxer studying in sports science faculties (n=3) and physical education and sports school (n=1) in Turkey.

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