

AN INVESTIGATION OF HOPELESSNESS LEVEL OF THE STUDENTS MAJORING AT THE FACULTY OF SPORT SCIENCES

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Abstract. The aim of this study is to explore hopelessness levels of the students majoring at the Faculty of Sports Sciences at Ataturk University. For data collection, "Beck Hopelessness Scale", which was developed by Beck et al. [2] and adapted into Turkish by Seber (1991), was used in the current study to examine the hopelessness levels of students. This questionnaire was administered to a total of 497 students consisting of 312 male and 185 female students. For data analysis, SPSS statistical packet program was used for frequency analysis, and independent t-tests, one-way ANOVA and Tukey test were run to find out the source of the difference among different groups of participants. The results of the study showed that there was a significant difference in terms of the comparison of the hopelessness levels regarding the participants' gender ($p=,000$). Based on this result, male students were found to favor hopelessness levels much more than female students.

Introduction

In philosophy, the term 'hope' is defined by the philosophers Hobbes, Locke and Hume as the possible satisfaction or pleasure that is gained through an activity that an individual's mind believes that it will make the individual happy in the future [6]. Hopelessness which is the antonym of the term hope can be defined as the unfavorable or negative expectations that are less than zero in achieving an aim and realizing this aim. While hope refers to the feeling of success in achieving a goal that has been already determined in advance, hopelessness contains an impression or decision that there will be failure [7]. Hopelessness is the belief that it is vulnerable to escape from negative or unfavourable outcomes and good or positive expectations will never come true. These expectations are related to the fact that no one can do anything to change the negative feeling related to future [10].

Hopelessness denotes negative or unfavourable expectations of individuals related to future. In other words, hopelessness refers to pessimistic feelings in relation to future [9]. Abramson et al. [1] studied on hopelessness that is a state that all individuals will experience at least once in their lives. Accordingly, an individual, before

sinking into despair, experiences a negative cognitive state. In addition to this, these individuals also experience certain kinds of negative feelings or feeling stressed. Hopeless individuals think that bad things will happen and good or positive things will never happen in their lives and it will be impossible to change these undesirable situations. In this sense, these individuals maintain a stance against all these conditions [13].

Hopelessness is a term that refers to the negative expectations of people regarding their future. Pessimistic inferences that they make in relation to these unfavourable events increases the possibility of hopelessness within the individual and therefore this condition leads them to experience depression. As a result of this depression, they exhibit certain symptoms of negative feelings both psychologically and physically. Individuals who develop some kind of depression due to hopelessness experience negative feelings such as unwillingness, reluctance, lack of motivation, pessimism and disorders in life [4].

Hopelessness is a kind of specific mood in which the individual believes that s/he has no freedom of choice or s/he is very restricted in this sense and s/he fails to take action or energize. In other words, it is a general or usual mood which

has a relation to the fact that cognitive, physical or social state of individuals will never get better [13].

Considering the relationship between education and hopelessness, it has been shown that hopelessness stems from the problems experienced at schools [5]. As it has been revealed in the relevant literature, it is of utmost importance to determine the hopelessness levels of individuals, that are, university students and explore their viewpoints towards future as our youth who will shape future's sport and gain insight into their health conditions through Hopelessness Scale that was administered to our participants within the scope of this research.

In the light of its importance that has been aforementioned, the purpose of the current research is to investigate hopelessness levels of students majoring at Faculty of Sports Sciences in terms of several demographic features.

Material and methods

The aim of this study is to explore hopelessness levels of the students majoring at the Faculty of Sports Sciences at Ataturk University.

For data collection, "Beck Hopelessness Scale", which was developed by Beck et al. [2] and adapted into Turkish by Seber (1991), was used in the current study to examine the hopelessness levels of students.

This questionnaire was administered to a total of 497 students consisting of 312 male and 185 female students.

For data analysis, SPSS statistical packet program was used for frequency analysis, and independent t-tests, one-way ANOVA and Tukey test were run to find out the source of the difference among different groups of participants.

SPSS 16 statistical packet programme was used to evaluate the acquired data and meaningfulness level is accepted as ($P < 0,05$).

Table.1. Participants' Information in Terms of Demographical Features

| Gender | N | % |
|-----------------------------|------------|------------|
| Men | 312 | 62.8 |
| Women | 185 | 37.2 |
| Age | N | % |
| Between 17-21 ages | 204 | 41 |
| Between 22-26 ages | 227 | 45,7 |
| Age 27 and over | 66 | 13,3 |
| Department | N | % |
| Coaching | 119 | 23,9 |
| Physical Education Training | 103 | 20,7 |
| Sports Management | 128 | 25,8 |
| Recreation | 147 | 29,6 |
| Grades | N | % |
| Grade 1 | 120 | 24,1 |
| Grade 2 | 110 | 22,1 |
| Grade 3 | 124 | 24,9 |
| Grade 4 | 143 | 28,8 |
| Total | 497 | 100 |

Findings

When the Table 1 is analyzed in terms of gender, it is seen that 62.8% of the participants are men, 37.2% are women; in terms of age 41% are between 17-21 ages, 45.7% are between 22-26

ages, 13.3% are 27 age and over.

When the Table 1 is analyzed in terms of departments 23.9% participants are at coaching department, 29.6% are at Recreation department 20.7% are at Physical Education Training depart-

ment and 25.8% are at Sports Management Department.

When the Table 1 is analyzed in terms of

grades, it is seen that 24.1% participants are at Grade 1, 22.1% are at Grade 2, 24.9% are at Grade 3 and 28.8% are at Grade 4.

Table 2. Comparison Between the Participants Level of Hopelessness Depending on Gender

| Sub-Dimension | Gender | N | Mean | Std. Dev. | t | P(sig.) |
|---------------|--------|-----|-------|-----------|-------|---------|
| Emotional | Male | 185 | 11,93 | ,448 | ,286 | ,000* |
| | Female | 312 | 9,21 | ,376 | | |
| Motivational | Male | 185 | 9,25 | ,728 | 1,429 | ,241 |
| | Female | 312 | 9,47 | ,811 | | |
| Cognitive | Male | 185 | 11,17 | ,725 | ,236 | ,000* |
| | Female | 312 | 9,55 | ,762 | | |

*: $P < 0,05$

The analysis of data demonstrated that there are statistically significant differences between male and female participants in terms of emotional dimension ($P = ,000$) and cognitive sub-dimension ($P = ,000$). However, there was not statistically significant differences in terms of motivational sub-dimension ($P = ,241$).

According to the findings of the study, It was revealed that male participants had higher lev-

els of hopelessness ($\bar{x} = 11,93 \pm ,448$) compared to female participants ($\bar{x} = 9,21 \pm ,376$) in emotion sub-dimension. In addition, male participants had much higher level of hopelessness ($\bar{x} = 11,17 \pm ,725$) compared to female ones ($\bar{x} = 9,55 \pm ,762$) in cognitive sub-dimension.

When Table 3 is analyzed, there is no meaningful dissimilarity in the participants' level of hopelessness depending on ages ($P > 0,05$).

Table 3. Comparison Between the Participants Level of Hopelessness Depending on Departments

| Sub Dimension | Department | N | Mean | Std. Dev. | F | P(sig.) |
|---------------|--------------------|-----|------|-----------|-------|---------|
| Emotional | Coaching | 119 | 8,03 | ,667 | 8,256 | ,216 |
| | Physical Education | 103 | 7,97 | ,603 | | |
| | Sports Management | 128 | 7,99 | ,531 | | |
| | Recreation | 147 | 8,02 | ,643 | | |
| Motivational | Coaching | 119 | 8,02 | ,824 | 1,977 | ,139 |
| | Physical Education | 103 | 7,93 | ,717 | | |
| | Sports Management | 128 | 8,01 | ,714 | | |
| | Recreation | 147 | 7,97 | ,678 | | |
| Cognitive | Coaching | 119 | 8,12 | ,726 | ,773 | ,462 |
| | Physical Education | 103 | 8,12 | ,727 | | |
| | Sports Management | 128 | 8,19 | ,756 | | |
| | Recreation | 147 | 8,15 | ,763 | | |

*: $P < 0,05$

Table 4. Comparison Between the Participants' Level of Hopelessness Depending on Ages

| Sub Dimension | Age | N | Mean | Std. Dev. | f | p(sig.) |
|---------------|-------------|-----|------|-----------|-------|---------|
| Emotional | 17-21 age | 204 | 7,95 | ,610 | 1,249 | ,287 |
| | 22-26 age | 227 | 7,89 | ,608 | | |
| | 27 and over | 66 | 7,99 | ,590 | | |
| Motivational | 17-21 age | 272 | 7,00 | ,771 | 1,510 | ,222 |
| | 22-26 age | 297 | 7,89 | ,732 | | |
| | 27 and over | 85 | 7,96 | ,791 | | |
| Cognitive | 17-21 age | 272 | 7,13 | ,731 | ,551 | ,577 |
| | 22-26 age | 297 | 7,14 | ,739 | | |
| | 27 and over | 85 | 7,22 | ,759 | | |

*, $P < 0,05$

When Table 4 is analyzed, there is no meaningful dissimilarity in the participants' level of hopelessness depending on ages ($P > 0,05$)

Discussion and conclusion

the following findings were obtained based on the analysis of hopelessness levels of students at Faculty of Sports Sciences:

In terms of gender, there were statistically significant differences between hopelessness levels of men and women regarding emotional and cognitive sub-dimensions. Accordingly, male students ($X = 11,93 \pm ,448$) had hopelessness levels that were higher than those of female students ($X = 9,55 \pm ,762$). But, in general, both groups were found to have medium hopelessness levels.

This finding may stem from that men have a position as a head of the family in Turkish culture and men are the ones who are expected to have much more responsibilities in their families and society and therefore they may feel much more anxiety related to future.

The study conducted by Yıldırım [13] that aimed to reveal "hopelessness levels of primary school teachers", 316 teachers in total working in İstanbul in the academic year 2014-2015 showed that men had much higher hopelessness levels compared to women. The study conducted by Ki-

ziroğlu (2012) that analyzed hopelessness levels of primary school teachers in terms of socio-demographic features demonstrated that men experienced hopelessness at much higher levels than women.

Findings of these studies which have also been evidenced in the current research seem to support our findings. Considering age factor, it was revealed that there were not statistically significant differences between hopelessness levels of students in different age groups. It was found out that overall, participants experienced hopelessness in mid levels. In this sense, a wide number of previous studies in the relevant literature showed that hopelessness level increases with age specifically after thirties. Therefore, it makes sense if we consider the fact that our participants are still in their 20s feeling hopelessness at medium level.

In the light of these findings, it is of utmost importance to identify and reduce the effects of factors that affect hopelessness conditions and levels of Sports Sciences Faculty students who are expected to shape sports in Turkey in the future.

Moreover, further inquiry could be carried out to contribute to the relevant literature by identifying the reasons that lie behind these findings regarding hopelessness levels of participants.

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