

Evaluating social skills of female athlete students in several exercise fields.**¹Yashar hormati, ²Firouz Abdollahzadeh, ³Maryam Sadegzadeh, ⁴Hoda Habibi**¹*Department of Physical Education, Ardestan Branch, Islamic Azad University, Ardestan, Iran*^{2,3}*Payam-e-noor University, Tabriz, Iran*⁴*Najaf Abad Branch, Islamic Azad University, Najaf Abad, Iran*

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ABSTRACT

Regarding the basic role of social skills in interpersonal relationships & their acquisitive properties on one hand & the relationship of social skills whit educational progress & their role in decreasing mental, psychological difficulties & behavioral deviations on the other hand, caused exercise to be tested as an educational subject in this field & comp air the role of physical exercises in several sports. Therefore this has been carried out in order to compair social of female students participating in national championship competitions that was held on several sports in Tabriz in summer 2008. The statistical population comprised of 2500 high school students participating throughout the country & 216 samples from several sport fields were selected randomly. Two questionnaire were used in order to collect data: personal information questionnaire & social skills questionnaire of Mohammad Reza Karamati with reliability coefficient of 0.895. Also descriptive statistics & ANOVA method were used to analyze data. The results demonstrated that track & field athlete in 7 fold social skills in comparison to the others were better & swimming athletes had lower skills & this difference was significant statistically & also meaningful difference among individual & sports athletes, although meaningful relationship between athletic record & social skills was not confirmed. Based on the results of this study, the effect of group sports is higher than the others that are done individually & the findings of most of the researches have confirmed this issue, too & it seems that lack of significant relationship between the athletic record & the individuals social skills results from the homogeny city of the population & sample & also closeness of athletic records of the subjects to each other.

Key words: social skills, athlete, group sport field, individual sport field**Introduction**

Social skills are behaviors that empower the people to have an effective interaction & avoid dissatisfactory responses & indicate the individuals social & behavioral healthiness.

These skills originate from the cultural & social grounds & include the behaviors like initiating new relationships, asking help & offer to help the others. The outcomes of having improper levels of social skills lead to lack of proper social & behavioral health in adulthood.

Cartilage [4] defines the social skills as certainty & influencing others behavior N.Hasselt *et al* completes this definition & indicates the social skills as influencing the others without injuring them. This definition is comprised of expressing happiness, acknowledging the others praise & other behaviors that are necessary in firming interpersonal relationships.

Regarding the basic role of social skills in interpersonal relationships & acquisitive properties on one hand & the relationship between social skills with progress & their role in decreasing metal & psychological difficulties & behavioral deviation on the other hand, the opportunity of their teaching is completely felt.

The social function of physical exercise & sports n developing social relationships is a fundamental function that influences on whole the community structure & the existing relations between the social classes & in the case that it has no correct ground, it's aversive outcomes causes the weakness in social interests, discontinuing the relations or it's formation with materialistic deviational context that, in any case, prevents the emergence & growth of proper social interest's.

Yaguti [7] demonstrated in his study that self-esteem & locus of control & social skills of athletic students are higher that non-athletic ones.

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Pascarella, E.Bohr, L. Nora, A & Terenzi. P [10] have found that the athlete individuals get low scores in comparison to non-athletic ones regarding the skills related to comprehension Albert & Petitpas [1], in a program of life skills development in high school athlete students, concluded that the exercise & post-school activities is a proper field to grow creativity & self-efficiency feelings in adolescents & improve their communicative abilities.

Stansbury [12] found in his study that participation in sport has positive effect on development of leading skills & interpersonal relations for athlete students.

Aris [2] demonstrated in a research on two groups of athlete & non-athlete students that the former, in comparison to the later ones have better extraversion, socialism & self analysis than well-being of themselves & the society.

Methodology:

The methodology of this research is of post-event caused.

The statistical population is comprised of female athlete students who participated in national championship held in summer 2008.

Sampling was done randomly & 216 people were selected. In order to collect, social skills question air whit 40 item on the following fields is used. That was distributed in the first day of tournament in dormitory environment by teams coaches coordination & was collected after being completed by the athletes & the obtained rank was considered as the teams function index.

1. Personal information (9 items)
2. Respecting the others (6 items)
3. Observing the regulations (4 items)
4. Group activities (5 items)
5. Endurability (10 items)
6. Making friends (5 items)
7. Accountability (6 items)

In this research descriptive statistics was used in order to calculate mean, standard deviation & inference statistics was used to calculate correlation & ANOVA. Also all the statistical operations were done by SPSS version 14 software.

Results:

Regarding the data of table 1 & based on variance analysis test $f = 4.29$ with the level of significance in $p = 0.000$, the difference of social based on the sport fields is meaningful & the maximum skill is in track & field & the least skill is in swimming.

Regarding the information of table 2, it appears that according to T test, $t = 0.01$ with the level of significance in $p = 0.045$, the difference of social skills of athletes in group & individual fields is meaningful.

Based on data of table 3, it is observed that the correlation between the social skills & the sport record is $r = 0.03$ with the level of significance of $p = 0.63$, So there is no significant correlation between sport record & the amount of social skills of the athletes.

Table 1: The results of statistical analysis related to several sport fields:

	Total square	Freedom degree	Squares mean	F value	Level of significance
Meter groups	74.384	10	7.438	4.293	0.000
Intra groups	355.235	205	1.733		
Total	429.619	215			

Table 2: The comparison of social skills of athletes based on team & individual fields.

	Number	Mean	SD	T value	Degree of freedom	Level of significance
Individual	123	7.692	1.554	% 16	212	% 45
Team	91	8.689	1.213			

Table 3: Correlation between the social skills amount & the sport records of athletes.

Variables	Sport records	
The amount of social skills of athletes	Pearson correlation coefficient	$r = 0.033$
	The level of significance	$p = 0.634$
	The number of sample	$n = 214$

Table 4: The results of statistical analysis related to the level of function & the social skills of the subjects:

	Total square	Freedom degree	Squares mean	F value	Level of significance
Meter groups	7.671	5	1.534	0.760	0.580
Intra groups	419.824	208	2.018		
Total	427.495	213			

According to data obtained from table 4, it is observed that regarding variance analysis test $f = 0.76$ with the level of significance of $p = 0.5$, the difference between the amount of social skills of the athletes based on the obtained rank is not

meaningful, because the level of significance of the test is higher than 0.05.

Discussion & conclusion:

Mustafa Sayeh concluded in his scientific thesis that the students who communicate via interaction in physical training subjects & sport & have social relations have better social function in comparison to the others & confirming this issue Ojilo & Taylor indicate that physical training at schools has main role in the procedure of socializing students. They have also reported that carelessness in performing this subject causes hostile competition among the student & loses mutual respect & the male & female students participation in sport activities, teaches same pattern of life stages in adult hood.

Papiano & Macdordal have studied the effect of sport on behavioral & social outcomes.

They used the students of last grade in guidance schools & first grade of high school. The results indicate that aim of self centered progress has the main role in physical training on development of social & behavioral outcomes.

Danish suggests that the children obtainer communicative & decision making skills with participating in sports.

Derway points out that most people believe that braveness, sacrifice, regularity & perseverance are of properties that are available by participating in exercise.

Regarding the above considerations, although the present study includes particularly several fields athletes, because of background limitations of the research on a special field of different sports, nothing was found that can be compared with the results of this research & the only thing that can be indicated in this study is the research carried out by Ali Nezshad in which the participants of team sports were socialized, however the results of this study shows significant difference between individual & team athletes. Also because of relative homogeny of the sample & statistical population regarding sport record, the relation of these two variable was not meaningful & in whole it can be said that further researches with large population domain in several age ranks would cover the existing uncertainty of this study.

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