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INVESTIGATION OF FUTURE TIME PERCEPTIONS OF ADOLESCENT ATHLETES IN TERMS OF SOME VARIABLES (1)

ADOLESAN SPORCULARIN GELECEK ZAMAN ALGILARININ BAZI DEĞİŞKENLER AÇISINDAN İNCELENMESİ

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Öz: Amaç: Bu çalışmanın amacı, "adolesan sporcuların gelecek zaman algılarını yaş, cinsiyet, spor türü, genişlik alt boyutu gibi bazı değişkenler açısından incelemektir. **Yöntem:** Rastgele seçilen 13-18 yaşındaki sporcu ergenlerin ergenlik dönemine katılımı gönüllülük esasına göre sağlanmıştır. Araştırmada yer alan katılımcıların gelecek zaman algısı puanlarını belirlemek amacıyla Husman ve Shell (1996) tarafından geliştirilen ve Avcı ve Erden (2009) tarafından da Türkçeye uyarlanan, geçerlik ve güvenirlik çalışması yapılan ölçek kullanılmıştır. Araştırmaya katılanların sosyo-demografik bilgilerinin dağılımını belirlemek için; Tanımlayıcı istatistiklerin belirlenmesinde Kruskal Wallis ve Mann-Whitney U testleri kullanılmıştır ve normal dağılım göstermedikleri için anlamlı farklar belirlenmiştir. "$p < 0.05$". **Bulgular:** Araştırmada cinsiyet, yaş ve spor türü değişkenlerinde sadece genişlik alt boyutlarında anlamlı farklılık olduğu belirlenmiştir. **Sonuç:** gelecek zaman algısının yaş, cinsiyet, spor türü ve genişlik alt boyutu arasında $p<0,05$ düzeyinde anlamlı bir farklılık olduğu, diğer alt boyutlarda ise anlamlı bir farklılık olmadığı belirlenmiştir. Adolesan sporcuların gelecek zaman algılarıyla ilgili yeterli çalışmalar yapılmadığı göz önünde bulundurularak, antrenörlerin yalnızca sporcuların fiziksel performanslarına odaklanmaması, onların psikolojik ihtiyaçlarını da gözeterek gelişimlerine katkıda bulunacak çalışmalar yapması önemlidir."

***Anahtar Kelimeler*:** Ergen, Gelecek Zaman, Algılama, Spor

Abstract: Aim: The aim of this study is to examine the perception of future time of adolescent athletes in terms of some variables such as age, gender, type of sport, breadth sub-dimension. **Method:** Participation of 13–18-year-old athlete adolescents in the adolescence period, which was chosen randomly, was provided on a voluntary basis. Participants in the survey in order to determine the future time perception scores Husman and Shell (1996) was developed by, Avcı and Erden (2009) adapted to Turkish, validity and reliability study were used to scale. In order to determine the distribution of socio-demographic information of the participants in the study; Kruskal Wallis and Mann-Whitney U tests were used to determine descriptive statistics and significant differences since they did not show a normal distribution. "$p < 0.05$". **Results:** In the study, it was determined that there was a significant difference only in the width sub-dimensions in the variables of gender, age and sport type. **Conclusions:** it was determined that there was a significant difference at the $p<0.05$ level between age, sport type and the width sub-dimension of the perception of future time, while there was no significant difference in the other sub-dimensions. Considering that insufficient studies have been conducted on the perception of future time of adolescent athletes, it is important that coaches do not focus only on the physical performance of athletes, but also do studies that will contribute to their development, taking into account their psychological needs."

***Keywords*:** Adolescent, Future Time, Perception, Sport

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INTRODUCTION

The effect of an individual's near or far future expectations and goals on their current actions has been one of the research topics of educational psychology since the 1960s. In the process, the concept of future time perception (FTP) was used to define this structure. FTP is defined by Lens as the effect of the goals that an individual wishes to achieve in the near or distant future on their actions in the present (Cihan and Polat, 2016:232-236).

Although the concept of future time appears in the form of physical time, the perception of future time is related to psychological time, which has a subjective structure. In other words, individuals with a short-time perception perceive the ten-year period psychologically more distant than those with a long-time perception. Due to this perception difference, individuals with a long-term perception of the future both have more goals for their future and make longer-term plans (Avcı & Erden, 2009:1-12).

Value refers to the value that an individual gives to the goals he or she wants to achieve in the near or distant future (Husman & Shell, 1996). As the value given to the future goals of the individual increases, he or she is more motivated to work on the school that will achieve these goals, and as a result, academic success increases (Jenkins, 1999).

Breadth is how far an individual sets goals for the future (Daltrey & Langer, 1984:719-725). Individuals with a distant perception of time do not experience problems such as boredom, disregard, and decreased motivation in the process of reaching the goal (Lens, 1985).

Speed is an individual's perception of the passing speed of time (Gjesme, 1979:173-188). In the time required to reach the goal, the individual needs to work continuously, step by step. A person who is constantly working towards his goal will not have to complain about time, as he will not leave his job to the last moment. For a person who leaves his job to the last moment, time has passed very quickly and he has little time to finish the job. According to Husman and Shell (1996), speed, which is positively correlated with future time perception, is higher in individuals with high future time perception (Husman & Shell, 1996).

Commitment is the individual's establishing a relationship between current actions and future goals Thanks to this relationship established, current actions are given more value and these actions are perceived as instrumental in reaching goals (Avcı & Erden, 2013:389-406).

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According to Atasoy (2012:23), there is a positive relationship between the perception of future time and achievement motivation. According to this; adolescent' perceptions of the future affect their beliefs and motivation towards learning, thus creating a positive effect on their success."

It is inevitable for athletes in adolescence to have doubts, concerns and plans for the future. Behaviors and thoughts exhibited by adolescent at school have an important role in their future (Walker and Tracey, 2012:150-158).

In this context, the future time perceptions of adolescent athletes are a matter of curiosity. It is thought that as a result of determining the future time perceptions and eliminating their negative situations, it is thought that individuals who are confident, optimistic, competitive, open to new thoughts and experiences, have a high motivation to succeed, are responsible, and are successful in interpersonal relations will enable them to grow up with high self-confidence (Polat et. al. 2020:5461).

PURPOSE

The aim of this study is to examine the future time perceptions of 13-18 years old adolescent athletes in terms of some variables (age, gender, type of sport, breadth sub-dimension). Thus, it will be possible to contribute to the performance of adult athletes by understanding their future time perceptions.

SCOPE

13-18 year old adult athletes were randomly selected for the future time perception study. The aim of the study is to find out which variables have more effect on future time perceptions.

Method of the Study

Participants

While "the population of the research is composed of athletic adolescent in adolescence, the sample consists of 209 adolescent athletes who are also in adolescence and selected by random methods. The Future Time Perspective (FTP) scale measures a person's perception of their future as being time-limited. The scale is in the Likert type with five options from strongly agree to strongly disagree. The scale has four subscales: commitment (13 items), value (6 items), breadth (5 items) and speed (3 items)."

Procedures

In this study, "the scanning model was used because it was aimed to determine the future time perception of the athletes in adolescence."

The data "collection tool used in the study

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consists of 2 parts. In the first part, questions to determine the demographic information of the participants were included. In the second part, the future time perception of the participants was measured using the future time perception scale developed by Husman and Shell (1996) and consisting of 27 items. The scale is in the Likert type with five options from strongly agree to strongly disagree. The scale has four subscales: commitment (13 items), value (6 items), breadth (5 items) and speed (3 items). Commitment subscale consists of 1st, 5th, 7th, 8th, 12th, 13th, 15th, 17th, 19th, 21st, 23rd, 25th and 27th items, value subscale, 2nd, It consists of 6th, 9th, 14th, 18th and 22nd items, speed subscale consists of 11th, 16th and 26th items, and breadth subscale consists of 3rd, 4th, 10th, 20th and 24th items. Items 1, 7, 8, 11, 13, 15, 16, 17, 23, 25, 26, and 27 are scored reversed. The score for the subscales is obtained by dividing the score obtained from the related items by the number of items. The score obtained from all subscales is between 1-5. The high scores obtained from the subscales indicate that the individual's ownership of the trait measured by the subscale increases. In the reliability study of the original scale, the Cronbach's Alpha coefficients were .78 for the future time perception scale, .82 for the commitment subscale, .72 for the value subscale, .72 for the speed subscale, and 74 for the breadth subscale."

The data "collected for the problems whose answers were sought within the framework of the purpose of the research were first processed into the data coding form. All 209 data were included in the study. Then, statistical analyzes were applied on the data transferred to the SPSS 24.0 package program."

Frequencies, "minimum and maximum values are presented in the statistical representations of the data. Whether the data showed normal distribution was tested with the skewness and kurtosis values test, nonparametric tests were applied because they did not show normal distribution. In order to determine the distribution of socio-demographic information of the participants in the study; Kruskal Wallis and Mann-Whitney U tests were used to determine descriptive statistics and significant differences since they did not show a normal distribution."

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RESULTS

Table 1. Results of the Analysis Between the Gender of the Participants and Their Perception of Future Time

	Gender	N	Rank Avarage	Rank Sum	U	P
Loyalty	**Women**	108	107,32	8235,50	6067,500	0.28
	Man	101	117,63	18523,50		
Value	**Women**	108	112,62	89199,00	5984,000	0.12
	Man	101	105,26	19462,00		
Speed	**Women**	108	102,73	7736,00	5168,500	0.13
	Man	101	109,28	21843,50		
Breadth	**Women**	108	123,15	8940,50	6169,000	0.13
	Man	101	137,73	20263,00		

As a result of the analysis, "it was determined that while there was no significant difference at the $p<0.05$ level in the gender of the participants and the sub-dimensions of commitment, value and speed of the scale, there was a significant differentiation at the $p<0.05$ level in the breadth sub-dimension. When the scores were examined, it was seen that the scores of men were higher than the scores of women."

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Table 2. The results of the Analysis Between the Age Ranges of the Participants and Their Perception of Future Time

	Age	N	Rank Avarage	Deg. of Freedoom	X^2	P
Loyalty	13-14	62	117,42			
	15-16	75	109,24	3	2,89	,39
	17-18	72	108,74			
Value	13-14	62	137,27			
	15-16	75	136,64	3	14,02	,21
	17-18	72	134,83			
Speed	13-14	62	129,35			
	15-16	75	119,74	3	2,92	,47
	17-18	72	118,27			
Breadth	13-14	62	103,85			
	15-16	75	128,37	3	1.02	,00*
	17-18	72	147,32			

When the analyzes were examined, "it was determined that there was a significant difference at the $p<0.05$ level between age and the width sub-dimension of the perception of future time, while there was no significant difference in the other sub-dimensions."

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Table 3. The results of the Analysis Between the Type of Sport That the Participants are Involved in and Their Perception of Future Time

	Sport Type	N	Rank Avarage	Rank Sum	U	P
Loyalty	Individual	110	119,56	16646,00	5953,500	.84
	Team	99	114,35	10132,00		
Value	Individual	110	104,74	16434,50	5997,500	.32
	Team	99	106,32	10924,50		
Speed	Individual	110	112,83	17845,00	6426,000	.94
	Team	99	115,25	10246,00		
Breadth	Individual	110	134,57	18325,50	6198,500	.01*
	Team	99	101,63	10195,50		

When the analyzes were examined, "it was determined that there was a significant difference at the p<0.05 level between the sport type and the width sub-dimension of the perception of the future, while there was no significant difference in the other sub-dimensions."

DISCUSSION

As a result of the analysis, "it was determined that while there was no significant difference at the p<0.05 level in the gender of the participants and the sub-dimensions of commitment, value and speed of the scale, there was a significant differentiation at the p<0.05 level in the width sub-dimension. When the scores were examined, it was seen that the scores of men were higher than the scores of women."

Demirel et al. (2016) "did not find a significant difference between gender and the speed sub-dimension of the scale in their study. This result supports the result obtained from the study. In addition, Yıldız et al. (2020) found in their study that there was a significant difference between the genders of the participants and the speed sub-dimension (Yıldız, 2020:255-262). This result is in contrast with

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the obtained result."

When the analyzes were examined, "it was determined that there was a significant difference at the p<0.05 level between age and the width sub-dimension of the perception of future time, while there was no significant difference in the other sub-dimensions."

Yıldız et al. (2020) "concluded that there is a significant difference between the age variable and the width sub-dimension in their study. In addition, also stated that age has an effect on the perception of future time as a result of their research (Gjesme, 1975:143-160, Nurmi, 1991:1-59). These results indicate that the width sub-dimension of our research It supports each other in terms of significant difference between age and size."

When the analyzes were examined, "it was determined that there was a significant difference at the p<0.05 level between the sport type and the width sub-dimension of the perception of the future, while there was no significant difference in the other sub-dimensions."

CONCLUSION

It was determined "that there was a significant difference at the p<0.05 level between age, gender, sport type and the width sub-dimension of the perception of future time, while there was no significant difference in the other sub-dimensions. When the literature is examined, it is seen that there is no study examining whether there is a difference between the type of sport and the perception of future time. In this context, it is thought that the result obtained from this study will contribute to the literature."

SUGGESTIONS

There is no doubt that it will be beneficial to evaluate the future time perception in addition to age, gender, sport type and width sub-dimension, as well as other variables. Considering that insufficient studies have been conducted on the perception of future time of adolescent athletes, it is important that coaches do not focus only on the physical performance of athletes, but also do studies that will contribute to their development, taking into account their psychological needs.

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