

EXAMINATION OF THE RELATIONSHIP BETWEEN EMOTION REGULATION AND DECISION-MAKING SKILLS OF ORIENTEERING ATHLETES

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Abstract

The aim of the study is to examine the relationship between emotion regulation skills and decision-making skills of orienteering athletes together with some demographic characteristics. This research is descriptive research in relational screening model. The sample of the study consisted of orienteering athletes over the age of 18 who were active in 2021-2022 in Istanbul. The sample of the research consists of 300 active orienteering athletes selected by convenience sampling method. Of these athletes, 82% (n: 246) are male and 18% (n: 18) are female. The "Rational and Intuitive Decision-Making Styles" scale developed by İme et al. (2020) was used to measure the decision-making skills of orienteering athletes, and the Athlete Emotion Regulation Scale developed by Tingaz and Altun (2021) was used to measure the emotion regulation skills of orienteering athletes. SPSS 25.0 program was used in the analysis of the data. In the analysis of the data, descriptive statistics, pairwise comparisons t test and Pearson Correlation test were used. When the change of the athlete emotion regulation scale according to gender is examined; female athlete emotion regulation level is significantly higher than males. When the rational and intuitive decision-making styles scale according to gender is examined, it has been observed that the total of the scale differs significantly in favour of male according to gender. The total rational and intuitive decision-making scale was positively correlated with the overall athlete emotion regulation scale at the level of .327, with the suppression sub-dimension at the level of .302, and with cognitive reappraisal at the level of .241. It was found that the rational sub-dimension was positively correlated with the athlete's emotion regulation scale at the level of .242, positively at the level of .181 with the suppression sub-dimension, and positively at the level of .234 with the cognitive reappraisal. It was found that the intuitive sub-dimension had a positive correlation at the level of .256 with the athlete's emotion regulation scale, a positive correlation at the level of .266 with the suppression sub-dimension, and a positive correlation at the level of .149 with the cognitive reappraisal.

Keywords: Orienteering, Emotion regulation, Decision-making.

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INTRODUCTION

Decision-making is seen as the process of choosing between different options to achieve the goal.[1] People use different decision-making styles while making decisions. Thanks to these different decision-making styles, we can understand why people use such different decision-making processes when they are faced with seemingly identical situations.[2] It is claimed that different people have different decision-making styles, that some decide after much thought, and some decide more quickly based on their impressions. People who make decisions after long reflection approach decision making in a cognitive and systematic way, while people who make decisions intuitively adopt a more emotional and non-systematic approach. Researchers state that decision-making varies according to the individual's

personality traits, tasks, and environmental factors.[3]

Various studies have been conducted on the conceptualization of decision-making styles, concluding that the way individuals use information in their decision-making processes may be different [4]. However, despite all studies, there is no universal consensus on the diversity of decision-making styles. Accordingly, various measurement tools have been developed to measure decision-making styles.[5] Orienteering requires strategy and quick decision-making when thinking is as important as physical strength. Emotions in all areas of life show themselves in sports as well. For example, an overly anxious athlete may not perform optimally.[6] The right decisions to be made will determine the success of the athlete.

Decision-making processes are very important for athletes

as well. Athletes need to analyse more than one situation at the same time and make the right decisions during the competitions. While making decisions, athletes are exposed to psychological pressure in different environments and must manage the emotional process that arises because of this pressure.[7]

Emotions in all areas of life show themselves in sports as well. For example, an athlete who is overly anxious may not perform at an optimum level.[6] During competition or training, athletes can experience a variety of emotions, both pleasant and unpleasant. Situations such as a mistake made, a point won or lost, a problem with a teammate or a coach, and the reaction of the audience can cause rapid emotional transitions in athletes. At this point, one of the critical structures for the continuity of performance is emotion regulation. [7-8] However, in competition or training, it often continues regardless of the athlete's emotions. Emotion regulation is one of the most important components of business continuity today. According to Gross,[7] emotion regulation is "the processes that affect people's emotions, when they experience those emotions, how they experience them, and how they express them."

In one study,[8] people who use a cognitive reappraisal strategy and express more positive emotions show fewer depressive symptoms, have higher well-being and life satisfaction, are more optimistic, and have higher self-esteem. On the other hand, it was observed that those who used the suppression strategy experienced and expressed fewer positive emotions, more depression symptoms, lower well-being, lower life satisfaction, lower self-esteem, lower optimism, lower close relationships, and lower social support.

It can be thought that besides the ability of the athletes to regulate their emotions in daily life, emotion regulation skills in the sports environment are also important. Many sports psychologists help athletes regulate or control their emotions.[9] Emotion regulation is strongly associated with sports performance.[10] Athletes have difficulty in regulating unpleasant emotions during competition.[11]

In line with the researchers examined above, it has been seen that the emotion regulation skills and decision-making skills of orienteering athletes are important. In this context, it was aimed to examine the emotion regulation skills and decision-making skills of orienteering athletes together with some demographic characteristics.

METHOD

Research Model

The research was designed in relational screening model. The relational screening model is an exploratory model that aims to describe a situation that exists in the past or present. [12-13] This research was defined as a descriptive study in relational screening model, which was carried out to determine the relationship between emotion regulation and decision-making skills in orienteers.

Study Group

The research group consists of orienteering athletes over the age of 18 who are active in 2021-2022 in Istanbul. The sample of the research consists of 300 active orienteering athletes selected by convenience sampling method. 82% (n:246) of the athletes are male and 18% (n:18) are female athletes and the average age of the athletes is 28.7.

Data Collection Tools

The Rational and Intuitive Decision-Making Styles Scale

The Rational and Intuitive Decision Styles Scale developed by Yakup, Soyer, and Keskinoglu [14] was used to measure decision-making skills. The importance of Cronbach Alpha for the Rational and Intuitive Decision-Making Joint Scale in Reliability Studies is defined as Yakup, Soyer, and Keskinoglu [14] 80. On the other hand, the sub-dimensions of the scale are for rational decision making. For intuitive decision making, .90 and 0.85. rational and intuitive decision scales were applied to 58 participants with an interval of 2 weeks and retested. Accordingly, the total correlation value of the test with the scale-retest is 0.86. It was found 0.84 for rational decision making and 0.82 for intuitive decision-making. When the model fit indices were examined, it was observed that the fit values of the 2-dimensional scale model were at an acceptable level ($\chi^2=74.59$, $df=29$, $p<.001$; $CFI=.98$; $TLI=.97$; $SRMR=.06$; $RMSEA=.06$).

The Athlete Emotion Regulation Scale

The Athlete Emotion Regulation Scale developed by Tingaz and Altun [15] was used to measure the emotion regulation skills of orienteering athletes. The original structure of The Athlete Emotion Regulation Scale is evaluated in a 7-point Likert type (1=Strongly disagree, 4=Undecided, 7=Strongly agree). The scale has a two-factor structure called Cognitive Reappraisal (example: I try to think in a way that helps me to stay calm when faced with a stressful situation in competition or training) consisting of 4 items and Suppression (example: When I feel positive emotions in competition or training, I take care not to express them) consisting of 4 items. It was concluded that the internal consistency coefficients of the Athlete Emotion Regulation Scale were Cognitive Reappraisal $\alpha=.73$, Suppression $\alpha=.65$. These two factors explain 53.665% of the total variance. The KMO value of the scale was found to be .782. As a result of the DFA analysis applied to the Athlete Emotion Regulation Scale, $\chi^2/sd=1.617$ [$\chi^2=30.71$ ($sd=19$, $p<.05$)]. $SRMR=.436$, $RMESA=.047$, $CFI=.972$, $GFI=.973$, $AGFI=.949$, $NFI=.930$, and $TLI=.958$.

Data Analysis

SPSS 25.0 program was used in the analysis of the data. In the analysis of the data, descriptive statistics, pairwise comparisons t test and Pearson Correlation test were used. Significance level $\alpha=0.05$ was used for all tests.

For this research, the ethics committee report numbered 2022/02 of Istanbul Aydın University Social Sciences Ethics Committee Commission was received on 07.02.2022.

FINDINGS

Table 1. The Rational and Intuitive Decision-Making Styles Scale by gender

		N	\bar{X}	S	t	p
Total	Male	246	40,32	5,48	6,719	0,010*
	Female	54	38,22	4,89		
	Total	300	39,94	5,43		
Rational	Male	246	21,59	3,06	9,788	0,002*
	Female	54	20,22	2,01		
	Total	300	21,34	2,94		
Intuitive	Male	246	18,73	3,81	1,372	0,242
	Female	54	18,00	5,47		
	Total	300	18,60	4,16		

*p<0,05

When the variation of the rational and intuitive decision-making scale according to gender was examined, it was seen that the total and rational sub-dimension of the scale differed significantly according to gender (p<0.05), while the intuitive sub-dimension did not differ significantly. The general level of rational and intuitive decision-making and

the rational sub-dimension level of men are significantly higher than women.

Table 2. Variation of The Athlete Emotion Regulation Scale by gender t-test

		N	\bar{X}	S	t	p
Athlete Emotion Regulation	Male	246	38,59	6,72	4,613	0,033*
	Female	54	40,78	7,10		
	Total	300	38,98	6,83		
Suppression	Male	246	17,85	4,52	3,318	0,070
	Female	54	19,11	4,91		
	Total	300	18,08	4,61		
Cognitive Reappraisal	Male	246	20,73	3,64	3,193	0,075
	Female	54	21,67	2,65		
	Total	300	20,90	3,49		

*p<0,05

When the variation of the athlete emotion regulation scale according to gender was examined, it was observed that the overall scale differed significantly according to gender (p<0.05), while the sub-dimensions of the scale did not differ significantly. Athlete emotion regulation level of women is significantly higher than men.

Table 3. The Distribution of Relationships Between Scales

Variables		Rational and Intuitive Decision-Making	Rational	Intuitive	Athlete Emotion Regulation	Suppression	Cognitive Reappraisal
Rational and Intuitive Decision-Making	r	1	,652**	,844**	,327**	,302**	,241**
	p		,000	,000	,000	,000	,000
Rational	r	1		,144*	,242**	,181**	,234**
	p			,013	,000	,002	,000
Intuitive	r	1		1	,256**	,266**	,149**
	p				,000	,000	,010
Athlete Emotion Regulation	r	1		1	1	,885**	,788**
	p					,000	,000
Suppression	r	1		1	1	1	,410**
	p						,000
Cognitive Reappraisal	r	1		1	1	1	1
	p						

Accordingly, the rational and intuitive decision-making scale has a positive correlation at the level of .327 with the overall athlete emotion regulation scale, a positive correlation at the level of .302 with the suppression sub-dimension, and a positive correlation at the level of .241 with the cognitive reappraisal scale.

Rational sub-dimension has a positive correlation at the level of .242 with the athlete emotion regulation scale in general, a positive correlation at the level of .181 with the suppression sub-dimension, and a positive correlation at the level of .234 with cognitive reappraisal. Intuitive sub-dimension has a positive correlation at the level of .256 with the athlete emotion regulation scale in general, a positive

correlation at the level of .266 with the suppression sub-dimension, and a positive correlation at the level of .149 with the cognitive reappraisal.

DISCUSSION AND RESULT

In this study, the relationship between emotion regulation skills and decision-making skills of orienteering athletes was discussed together with the gender variable.

When the variation of the rational and intuitive decision-making scale according to gender was examined, it was seen that the total of the scale and the rational thinking sub-dimension differed significantly in favour of men according

to gender. In the intuitive sub-dimension, there was no significant difference by gender. In the literature, it has been seen that there are results in parallel with the research [16-17] and contrary to the research. [18-19] It is thought that this situation arises from the specific structure of the sample groups.

When the change of the athlete emotion regulation scale according to gender is examined, it is seen that the emotion regulation level of female athletes is significantly higher than that of men. This situation can be interpreted that female orienteering athletes control their emotions better than male athletes during the competition. When we look at the studies in the literature, it was seen that the results were obtained in parallel with the study [20-21] and contrary to the study.[7-22-23-24-25] It is thought that this situation arises from the specific structure of the sample groups.

A positive and significant relationship was found between the scores of orienteering athletes on the "Rational and Intuitive Decision-Making Styles" scale and its sub-dimensions and the Athlete Emotion Regulation Scale and its sub-dimensions. This situation can be interpreted as the rational and intuitive decision-making skills of orienteering athletes increase as their emotion regulation skills increase, and their emotion regulation skills increase when their rational and intuitive decision-making skills increase. In the detailed literature review, no study examining the relationship between Rational and Intuitive Decision-Making Styles and Athlete Emotion Regulation skills of orienteering athletes was found. In this context, it is considered that the research will contribute to the literature.

As a result of the research, it was seen that gender is an important variable in rational and intuitive decision making and rational decision-making dimensions in orienteering athletes. In addition, it has been observed that gender is an important variable for the emotion regulation status of orienteering athletes. In addition, a positive and significant relationship was found between the rational and intuitive decision-making skills of orienteering athletes and their emotion regulation skills.

SUGGESTIONS

- In this study, emotional regulation and rational and intuitive decision-making styles of orienteering athletes were discussed descriptively. In other studies, to be carried out, practical studies can contribute to the literature.
- In this study, emotional regulation and rational and intuitive decision-making styles of orienteering athletes were discussed. In other studies, to be carried out, studies on the positive beliefs of orienteering athletes can be conducted.

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