



## The Relationship Performances of Footballers and Concordance (Compatibility) Level of Their Ego States and Positions in Their Team

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### Keywords

Transactional Analysis, Ego State, Football, Position, Performance.

### Abstract

The aim of this study is to present the relationship between the expected ego states (observed) of football players' (footballers) positions in the team and level of ego states with their in-field performance. The sample of the research includes 103 football players whose positions are goalkeeper, mid-field players, defense players, back players and strikers and who play in Galatasaray, Trabzonspor and Gençlerbirliği in Super League and Samsunspor and Antalyaspor. Ego States Scale was applied to sportsmen taking part in the research as a part of Transactional Analysis Theory. In addition to this, they were made to fill Personal Information Form given by the Researcher. Football coaches were asked to fill Ego State Scale with respect to personal characteristics of the players that is required by their positions. Players were asked to fill the same Ego State Scale with respect to their own personal characteristics. Football coaches were also asked to fill Likert Scale with respect to performances of the players at match and training performances. When looked into the results of the research, agreement between expected (primary and secondary) ego states from the players in the positions in terms of the ego state that the position requires and observed (primary and secondary) ego state in terms of agreement; a statistically meaningful results were got from the goalkeeper, mid-field, back and defense positions. When we look into the positions of the football players in their team and their ego states and when it comes to the agreement (overlapping, correlation) between ego state that the position requires (expected) and observed ego situation, it was seen that the performances of the football players were better. When the position and the ego state were not agreeable, it was seen that the performance of the player was lower.

## 1. Introduction

Sport phenomenon is known as the biggest global activity that provides inter-society communication today. Though there exist lots of sports branches, it's seen that the most important one has been the football for years. Football is a sport in

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which the result is determined according to scoring or conceding a goal and played by anywhere of the body except arms by lots of participant players in a specific field and a large ground (Göral, Saygın, İrez, 2012: 5). That both it has simple rules and doesn't require many materials and is playable anywhere enhances attraction of it (Dever, 2010: 13).

It's plain that football is a sports branch played most among global sports. Hence, sports clubs make big efforts so as to succeed and maintain the success. These efforts made by sports clubs to achieve their goals are in social, economical and cultural dimensions. That is, famous and economically strong organizations compete with each other in terms of sponsorship of football clubs.

To today's concept of football, clubs need various methods to raise quality football players and win the matches. Thus, they are in demand to achieve important victories through their players and transfer them to other clubs with very high prices. These methods include a lot of functions such as taking nourishment well, practicing heavily, limitation of private life and mental practice of the player himself.

Football is a team sports. Each football player has a position in the team. 11 people that form a team are divided into two in terms of their features and duties. They are those who want to score a goal -in other words, offensives- and those who deny the goal -in other words, defensives. In addition, there are mid-fielders between the offensives and the defensives. They take charge in both offence and defence. As it can be seen, in a football team of 11 players, there are 11 positions different from each other and players having various personal features (Başer, 1985: 157). Those playing in certain positions are also supposed to meet some specific physical features. To exemplify, a goalkeeper should be tall and flexible; a striker should be fast and agile or a libero should be chosen among those whose ball technique is almost the best.

In today's football, while football player selection is done in young ages, those chosen by football manager or technical team is done according to technical features required by the positions. According to Arslanoglu (2005: 186), as in every situation, personality is the most important factor that determines success in sports. Since the sports World is totally founded on "Maximum performance" concept, sportsman personality needs to be ready for sacrificing anything to reach maximum performance (Başer, 1985: 58-59). Performance is accepted as an activity towards achieving a task. Therefore, sportive performance can be seen as a whole efforts made during achieving a task that should be. Sportive performance is also accepted as an intersection of sportsman's skills, capacity and quality despite all positive or negative factors (Bayraktar ve Kurtoğlu, 2011: 16). Not only tendency to that sports, but also personality structure needed by that sports branch have a role in reaching the maximum performance (Baumann, 1994: 22). What is personality? It is human's sustainability or basic thoughts, emotions or behavior features showing a relative sustainability. While choosing a sportsman, it is suggested that personality features should have the priority and that if ability is suitable for personality features, it can be improved by practicing (Arslanoğlu, 2005: 186-187).

Due to the fact that TA (Transactional Analysis) theory, basically being a personality theory, takes behaviors of individuals as a whole with their livings, records in their minds and interactions with people, it is closely related to our study.

TA theory, according to Bern, is an approach embracing human as positive. In scientific literature, "Transactional Analysis (TA)" examined under "Interaction Analysis" is a theory that basically and functionally analyses human's personality structure according to his ego states, explains which self states an individual uses during inter-personal communications and how this reflects upon communication and how what kind of contact messages, psychological games and scenarios the individual maintains his life with (Çatak, 2012: 2).

Ego states are the main concepts of Transactional Analysis. Ego states are viewed by two different analysis ways as basical and functional. Whereas in basical analysis ego states are dealt, functional analysis deals with the process of that content (Akkoyun, 2011: 18; Özerk, 2008: 16; Keçeci, 2007: 29).

Ego states are an effective tool in understanding the personality of an individual (Akkoyun, 2011: 14). Knowing personality features of sportsman is important in the selection of the method to be used. Knowing a sportsman deeply and what kind of approach should be embraced are important in terms of success of the implementation (Başer, 1985: 72).

It has been thought that it is beneficial to explain ego states in terms of their basic features in a general framework and given below.

## **2. Ego States**

Berne stated that ego states are ordinary physical events and the brain, an organ and a regulator of spiritual life, regulates and stores these ego states and also defined ego states as existensial phenomena of personality (Berne, 2001: 28; Akkoyun, 2011: 14-15).

Berne said that people except babies exist in one of these three ego states whatever their age is and that their three different ego states become functional when they turn to 12 (Özerk, 1996).

Berne analyzed and explained ego states under two basic titles as structural and functional. Structural model is related to content of ego states -in other words, their structure-, whereas functional model deals with the process of this content - in other words, observed behaviors (Akkoyun, 2011: 21).

## **3. Structural Analysis**

In structural analysis, ego states are Parent, Adult and Child ego states, as shortly described below (Akkoyun, 2011: 18).

### **3.1. Parent Ego State**

Parent ego state involves mainly parent figures and behaviors such as ideas, attitudes, values from outer sources and perception of value judgement (Akkoyun; 2011: 19). As Penfield stated, these parent records, one of three functions of the brain, never lapses and are recollected and experienced later (Harris, 2012: 70).

Özerk said that if someone directs his energy by triggering parent records while responding his environment or sending a stimulus, he is in a similar experience to these records. He, then, said that this state is Parent ego state and he felt, thought and acted exactly or similar to those (Özerk; 2008: 15).

### **3.2. Child Ego State**

Child ego state involves all experiences of the person in his childhood. It is a pattern team consisting of emotions, thoughts and behaviors rooting from his childhood.

By the term “child”, experiences aiming at protecting main existence from the beginning of the life to the end anytime and anywhere are meant. Therefore, ego state is not only formed by experiences related to childhood. An adult needs to get stimulus and respond in order to protect his existence throughout his life.

These experiences, forming the most original part of personality in a sense, maintain throughout life upon not only new experiences join but also those in childhood are repeated. While a person is responding the others or his environment or sending a stimulus, he is in Child ego stimulus, if he is directing these records in the way it triggers them or if he is in new similar experiences similar to these records (Özerk; 2008: 15).

### **3.3. Adult Ego State**

It involves emotions, thoughts and behaviors which arise while acting “Now and Here” behavior. It is an emotion, thought and behavior pattern team irrelevant to the other two categories and suitable to present fact. Unlike Child ego state, it is formed by any experiences aiming at any problems in life by processing objective data. On the other hand, in child ego state, there are problem solving experiences based on subjective perception.

Due to the fact that Adult ego state is directed not past but present, it is different from Parent ego state. While one is responding the others and his environment or sending a stimulus, he is in Adult ego stimulus, if he is directing these records in the way it triggers them or if he is in new similar experiences similar to these records (Özerk; 2008: 15-16).

## **4. Functional Analysis**

Functional analysis is related to triggering individuals' ego state materials both innerly and in relationships with the others. So, it is related to those that can be seen in daily life outwardly. Ego states in Functional Analysis is embraced in five different levels by Berne;

- a) Nurturing Parent (NP),
- b) Critical Parent (CP),
- c) Adult,
- d) Adapted Child (AC) ve
- e) Natural Child (NC).

**A Nurturing Parent** is concerned, intente, forgiving, supportive, permissive, compassionate, protective and worried. Their behaviors are observed in these contexts.

**Critical Parent** is stubborn, strong, highly protective, principled, punisher and assigner. Their behaviors are in these directions.

**Adult**, according to "now and here" functions against others' ego state or other ego states by taking realities and possibilities into consideration (Edwards, 1966; Akt: Akkoyun: 22 2011; Özerk, 2008: 16).

**Adapted Child**, unlike natural child, responds as if his parents were listening or observing him. The child is hardworking, silent and rebellious or

oğal çocuktan farklı olarak, sanki ebeveynleri onu dinliyormuş ya da gözlüyormuş gibi tepkide bulunur. Çalışkandır, uslu ve asidir ya da ebeveyn figürlerinin herhangi birini esas alarak davranışlar gösterir.

**Natural child** defines itself as spontaneous by being away from responding parent figures in the world.

Natural Child or Adapted Child responds can be observed as both here and now responds and repetition of one in the past. However, the important difference between them is whether the behavior is towards adapting someone else (Özerk, 2008: 28).

In terms of clarifying football positions, one of basic subjects of the study, positions and required features of football players playing in these positions are explained in general terms below.

## **5. Positions in Football**

In football, naming the football player according to the place where they are playing is called as position. Positons vary according to the system of the team and the place of the pitch.

According to Belbin (1993:32), defining the roles of team members, determining responsibilities of each member and determining which part he will take in the team are the best ways to solve the potential problems and to provide members with chance to support and communicate with each other. In this sense, the names of the positions of football players are as follows.

### **5.1. Goalkeeper**

Goalkeepers are in a different and a special position in developing concept of the football. He is the one in the team who effects the result most. He is required to expertise in narrowing the gap of the goal by his eye control knowing a good perspective (Durusoy, 2002: 27).

Today, responsibility list of goalkeepers has widened and free spaces behind the closest players to them have also got assigned. Hence, goalkeepers should have the abilities of the defenders thus hindering opposing team players in any positions in the pitch by being out of penalty area and without sticking to a position. Also, they can also assist. A goalkeeper should be always in the game (Dooley ve Titz, 2011: 17).

A goalkeeper's physics should be suitable for being a goalkeeper and he should be at least 1.80 m. Also, he should be sufficient in terms of speed and promptness. He should have a strong psychological structure, courage, leadership qualifications. His ability to make a decision should be strong. Also, he should read the game well, concentrate quickly and manage the defenders well (Yıldız, 2002: 12).

Required qualifications: Area dominance (control with eyes), advantage of controlling the ball by hands well, air superiority, reflexes, jumping strongly, decision making, concentration, taking a position, calmness and agility (Dooley ve Titz, 2011: 17).

## **5.2. Back**

This position is an important one in football. In addition to its defensive task, it enriches offensive variation by backing up through the wings. It has got roles such as standard back, offensive back, fixed back and attacking back. He collaborates with the goalkeeper in order to hinder opposing goal to score. In general, he doesn't make a risky pass (Koger, 2007: 15). Back position is versatile. He has an attacking role apart from defending. A back in a supporting position, takes part in attacking without delaying his defensive role. A back in attacking role has a role to whip a cross into penalty area in addition to his defensive role. A dynamic back player, having a well-dribbling ability, can also be an attacking back player. A fixed back rarely joins in attack and focuses on defending more. An offensive back uses the whole wing (Hasic, 2013: 10-11; Alves, 2014: 56).

Required qualifications: Durability, high perception, strenght, truth, courage, patience, stealing the ball, special ability, acceleration, team game, decision making, hindering, industiousness (Dooley and Titz, 2011: 18).

## **5.3. Stopper**

Stopper is the player who takes position behind the defence line and first reacts attacks of opposing team. Stoppers need to observe the behaviors of other team's players by taking a relatively large area. So, they are chosen among those who can make zone defence and marking well. They can be either alone or two in front of liberos based on team formation. Their main duty is to play defence game. They should follow attacking players and flow of the game well. They should hinder opposing players get the ball or use their positions. Thanks to their agile bodies and game intelligences, they close defensive mistakes and take the balls going behind (Hasic, 2013: 18).

Required qualifications: They are supposed to be physically and emotionally strong, good team game and cooperatin, cautious, concentration, decision making, calmness, running fast and passing (Hasic, 2013: 19).

## **5.4. Libero**

He is the one playing in front of the goalkeeper and the most expert on the pitch. These players should be able to observe whole pitch and players of his and opposing team thus taking it an advantage for his team. He should hinder the ball coming towards his goal and pass it forward (mid-field). He should definitely take tha angle in order to hinder the passes behind defence and make necessary

warnings to his team players. Also, he should always be in communication with the goalkeeper and take his warnings into consideration (Hasic, 2013: 23).

Required qualifications: having a very fast and strategical system of thinking, self-confidence, durable against pressure from opposing team, brave, calm, passing, stealing ball, decision making, concentration, foresight, assertive, taking position, calmness, team game, creativeness, balance, acceleration, jumping and extra long distance shot as an attacker (Hasic, 2013: 23).

### **5.5. Mid-fielder and Free Wing**

They are the players who shape the game and act as a link between defence and forward (Koger, 2007: 15). Mid-fielders are responsible for controlling and directing the game in first degree. Their duty is to join the attack, provide the balance between defence and forward and support attackers. On the other hand, their duty of defence is to control opposing team mid-fielders, hinder and interfere with opposing team's attacking system and to support defence players (Gülşen, 2008: 24-25). Moreover, they should also be a good coordinator. They are supposed to be good at dribbling through wings or directing the passes coming from other members to the others and pulling back the opposing team. Also, they should be able to be creating a goal position needed by forwards (Alves, 2014: 79).

Required qualifications: good technical knowledge for defence, attacking style, perfect foot skills, speed and right thinking skills, tactical ability during the game, fast responding, ambitious, strong analytical ability, control, passing, long distance shots, industriousness, decision making, special ability, team game, creativity and balance (Dooley ve Titz, 2011: 20-22).

### **5.6. Forward**

The aim of a forward player is to score a goal. His most important duty is to score a goal by using the best shooting technique in most effective way. In today's football, forward players not only score a goal, which is their attacking duty, but also press in order to regain the ball in attacking area. They should have an errorless duty, get move into scoring areas in time, rapidly adapt surprise positions and get along with the ones whom he pass with in the pitch (Gülşen, 2008: 26). Forward players should be in adaptation, harmony and cooperation with his team players playing in especially defence and mid-field. In addition to effort to score, forward players have other duties such as keeping the ball in opposing team's halfpitch based on the score of the game, making his team players move forward, controlling the one who marks him and putting the opposing team off. Also, he should be ready and quick for positions that constantly change in the pitch (Hasic, 2013: 81 - 83).

Required qualifications: reading the game well, self-confidence, skillful, mentally strong, finishing skills, control, passing, technical, long distance shots, quick decision making, calmness, team game, creativity, agility, balane, strenght, speed, acceleration, jumping well, head shot, foresight and determination (Dooley ve Titz, 2011: 24).

## 6. The Aim

The aim of this study is to present the relationship between the expected ego states of football players' positions in the team and level of ego states with their in-field performance, thus well allowing football players to show their performance that impacts their sportive success. For the football players whose ego states are determined to show the best performance, it is aimed at placing them in the correct/most directed positions in team line-up, thus letting their clubs achieve more success.

The following questions were examined in accordance with the main aims of the study:

- 1) Is there meaningful relationship between ego states of football players and their positions in the team?
- 2) Does performance of football players vary according to the relationship between their ego states and their positions in the team?
- 3) How does the ego relationship status between their ego states of football players and their positions in the team range?

In accordance with the results, the importance of the study contributes to both the performance of the football player in terms of position individually and team systems and success of football managers. Also, it contributes to all platforms of football both nationally and internationally.

While choosing football players for youth setup, it is aimed at not choosing randomly but doing it in much more conscious way. Ego states of football players chosen by the manager or technical team can also be determined. Hence, those whose ego states are determined will be placed in suitable positions thus presenting better performance.

## 7. Method

### 7.1. Universe and Sample

Football players in football clubs form the universe of the study. The sample from the universe is formed by 103 football players in Galatasaray, Trabzonspor, Gençlerbirliği, Samsunspor and Antalya sport clubs in which it is assumed that culture of foundation existed or/and developed in. In this sense, universe unit (the sample) was determined through intensive sampling that is random.

### 7.2. Data Collection Tools

**Ego State Scale**, Eric Berne suggested that every individual has three ego states, sources of different and separate behaviors. These are Parent ego states, Adult ego states and Child ego states. From this thought of Berne, "Ego States Scale" was developed in order to determine individual's ego states. Ego States Scale (ESS) was developed by Arı (1989).

**Performance Evaluation Scale** Performance criteria of football players were asked to football managers. Each football manager was asked to evaluate his own football players according to five point likert scale (5 points=Very good, 4 points=More than average, 3=Average, 2=Below the average, 1=Insufficient) by taking



their performances in practices and technical measures/evaluations into consideration and averaging their seasonal states provided that their in-field performance in matches is predominantly.

**Personal Info Form,** Personal info form was used in order to determine the demographic features of participants that form the sample of the study. In this form, questions such as age, their present position, their former positions, years of experience, their former clubs were stated.

### 7.3. Proceeding

In the study, firstly in terms of configurating the study accurately, upon interviewing the football managers of the clubs mentioned, information about game positions and footballer personality and behaviour features required by these positions, one of the independent variables of the study, were collected.

Short trainings were performed with regard to TA theory and mainly with ego states for football managers and they were asked to mark the ego states (expected) that players should have in each positions by marking the adjectives in Ego States Scale. After evaluating position adjectives gathered from five football managers, “expected ego states” were determined. According to the determination:

Ego states expected from the goalkeepers are firstly Nurturing Parent and Adult ego states lastly. Ego states expected from the Back players are firstly Adult and Nurturing Parent lastly. Ego states expected from the stoppers are firstly Nurturing Parent and Adult lastly. Ego states expected from the mid-fielders are firstly Adult and Nurturing Parent lastly. Ego state expected from the forwards is Natural Child.

### 8. Results

Positions that football players play in and their ego states were compared via chi-square statistics. Also, in order to determine how football players’ performance seem according to the relationship between their ego states and in-field positions, chi-square concordance statistics was performed. Provided that chi-square value is meaningful as a result of the analysis, post-hoc tests were done.

Within the scope of the study, meaningfulness level of all data was examined in  $p < 0.05$  level. Analysis of gathered data was performed using SPSS 21 statistics package programme and Microsoft Excel.

#### Is there meaningful relationship between ego states of football players and their positions in the team?

**Table 1.** Distribution Of Ego Statistics Of Goalkeepers And Chi-Square Statistics

Ego states	Number of Observed person	Number of expected person
Critical Parent	1	1
Nurturing Parent	5	5
Adult	4	5
Adapted Child	1	1
Natural Child	2	1
Total	13	13
Chi-square value	Degree of Freedom	Meaningfulness
1.808	4	0.771

\*  $p > 0.05$

As can be seen in Table 1, football players in goalkeeper position mainly have Nurturing Parent and Adult ego states as expected. 1 of the players is in Critical Parent, 5 of them are in Nurturing Parent, 4 of them are in Adult, 1 is in Adapted Child and the rest are in Natural Child ego states.

On the other hand, chi-square statistics with regard to calculating the difference between goalkeepers' expected and observed ego state frequencies is not meaningful ( $p > 0.05$ ). In other words, as expected, goalkeepers are mostly seen to have Nurturing Parent and Adult ego states. This means there's a relationship between goalkeepers' expected and observed ego states. Distribution of ego states of back football players and the table related to the distribution can be seen below.

**Table 2.** Distribution Of Ego Statistics Of Back Football Players And Chi-Square Statistics.

Ego states	Number of Observed person	Number of expected person
Critical Parent	-	-
Nurturing Parent	11	8
Adult	2	8
Adapted Child	-	-
Natural Child	4	1
Total	17	17

  

Chi-square value	Degree of Freedom	Meaningfulness
14.625	2	0.001*

\*  $p < 0.05$

As can be seen in Table 2, 11 of footballers playing in back position are in Nurturing Parent, 2 of them are Adult and rest are in Natural Child ego states. Chi-square statistics with regard to calculating the difference between back players' expected and observed ego state frequencies is found as meaningful ( $p < 0.05$ ). This result means there's a meaningful difference between back players' expected and observed ego states. That is, it doesn't seem possible to say statistically that most players don't have the ego states that are expected from them. That is, no relationship is seen between their expected and observed ego states.

Distribution of stoppers into their ego states and the table related to the meaningfulness of the distribution can be seen below.

**Table 3.** Distribution Of Ego Statistics Of Stoppers And Chi-Square Statistics.

Ego states	Number of Observed person	Number of expected person
Critical Parent	1	1
Nurturing Parent	8	6
Adult	4	6
Adapted Child	-	-
Natural Child	1	1
Total	14	14

  

Chi-square value	Degree of Freedom	Meaningfulness
1.303	3	0.721

\*  $p > 0.05$

According to the data in Table 3, 1 of the players in stopper position is in Critical Parent, 8 of them are in Nurturing Parent, 4 are in Adult and rest is in Natural Child

ego states. Chi-square statistics with regard to calculating the difference between football players' in stopper position expected and observed ego state is seen as meaningless ( $p > 0.05$ ). According to that, there's no meaningful difference between football players' in stopper position expected and observed ego states. In other words, football players playing in stopper position mostly have the expected ego states. In other words, a relationship is seen between football players' playing in stopper position expected and observed ego states.

Distribution of mid-field into their ego states and the table related to the meaningfulness of the distribution can be seen below.

**Tablo 4.** Distribution Of Ego Statistics Of Mid-fielders And Chi-Square Statistics.

Ego states	Number of Observed person	Number of expected person
Critical Parent	1	1
Nurturing Parent	24	17
Adult	8	17
Adapted Child	-	-
Natural Child	3	1
Total	36	36

  

Chi-square value	Degree of Freedom	Meaningfulness
11.647	3	0.09*

\*  $p < 0.05$

Looking at the outputs in Table 4, it is seen that 1 of the players playing in mid-field is in Critical Parent, 24 of them are in Nurturing Parent, 8 are in Adult and the rest are in Natural Child ego states.

The result of chi-square statistics with regard to determining if the difference between values of expected and observed ego states of mid-fielders is seen as meaningful ( $p < 0.05$ ). In other words, there's a meaningful difference between expected and observed ego states of mid-fielders. According to that, it doesn't seem possible to say statistically that most mid-fielders have the ego state that is expected from them to have. That is, no relationship is seen between expected and observed ego states of midfielders.

Distribution of forwards into their ego states and the table related to the meaningfulness of the distribution can be seen below.

**Tablo 5.** Distribution Of Ego Statistics Of Forwards And Chi-Square Statistics

Ego states	Number of Observed person	Number of expected person
Critical Parent	-	-
Nurturing Parent	12	1
Adult	9	1
Adapted Child	-	10
Natural Child	1	10
Toatal	22	22

  

Chi-square value	Degree of Freedom	Meaningfulness
203.050	2	0.00*

\*at  $p = 0.05$  meaningfulness level

According to Table 5, it is seen that 12 of football players playing in forward position are in Nurturing Parent, 9 of them are in Adult and 1 is in Natural Child

ego states. It is also seen that chi-square statistics with regard to comparing expected and observed ego states of forwards is meaningful ( $p < 0.05$ ). In other words, there's a meaningful difference between expected and observed ego states of football players playing in forward position. According to that, it is statistically impossible to say that forward players have the ego state that is expected from them to have. In other words, no relationship is seen between expected and observed ego states of forwards.

### **Does performance of football players vary according to the relationship between their ego states and their positions in the team?**

In order to answer this sub-question, firstly, all football players were divided into two groups as those whose performances are sufficient and those whose performances are insufficient, in accordance with views of football managers about performances of their own footballers. Then, in order to determine how performances of players seem according to the relationship between their ego states and their in-field positions, chi-square concordance statistics was performed. Chi-square analysis tests whether two caegorical variables are independent from each other or not. That chi-square value at the end of the analysis means there's a relationship between the variables (Büyüköztürk ve diğerleri, 2011: 195). Also, in the event that there's a meaningful relationship, post-hoc test is performed in order to determine which categories the meaningful relationship is among. The result and interpretation of chi-square test can be seen below. Since performance evaluations of 10 players were not done by the managers, analysis was carried on with the data gathered from 93 players.

**Table 6.** Chi-Square Table That Shows The Connection Of Player Performance With Relationship Status

		Performance		Total
		Insufficient	Sufficient	
<b>Position - Ego Relationship Status</b>	Noncompatible	11 <sub>a**</sub>	20 <sub>a**</sub>	31
	Compatible	10 <sub>b**</sub>	52 <sub>b**</sub>	62
<b>Total</b>		21	72	93

  

Chi-square value	Degree of Freedom	Meaningfulness
4.429	1	0.035*

\* $p < 0.05$

\*\* Same letters in lines and columns mean there's no meaningful difference. Different letters in lines and columns mean there's a meaningful difference

According to the results in Table 6, chi-square balue is meaningful ( $p < 0.05$ ). According to that, there's a meaningful connection between variables. \*\* symbol in the table points post-hoc results which are related to showing which categories the meaningful connection is among. It's seen that position-ego relationship of 11 of the 21 football players whose performances are insufficient is noncompatible and that of 10 is compatible. On the other hand, according to post-hoc results, the difference between relationship states (position-ego relationship) of those whose performances are insufficient is meaningful.

Though 20 of 72 players whose performances are sufficient have noncompatible ego state with in-field position, their sufficient performance can be explained with socio-cultural factors, adaptation to the team, motivation and other factors. It is also seen that 52 of football players have the relationship of in-field position and ego stat. According to post-hoc results, the difference between position and ego relationships of those whose performances are sufficient are meaningful. All these results show that the performance of the player is good if position and ego state compatibility exists and vice versa.

### **How does the relationship between their ego states of football players and their positions in the team range?**

Frequency analysis of footballers' position-ego relationships was performed in order to find out answers to this sub-question. The results of so-called analysis that was done for each position separately are shown below.

**Table 7.** Frequency Distribution of Position-Ego Relationship Status of Football Players

<b>In-field position</b>	<b>Number of Players</b>	<b>Position-Ego Relationship Status</b>	<b>Frequency</b>	<b>Percentage</b>
Goalkeeper	13	Noncompatible	4	30.8
		Compatible	9	69.2
Back	17	Noncompatible	4	23.5
		Compatible	13	76.5
Stopper	14	Noncompatible	2	14.3
		Compatible	12	85.7
Mid-field	36	Noncompatible	4	11.1
		Compatible	32	88.9
Forward	22	Noncompatible	21	95.5
		Compatible	1	4.5

The frequency table of position-ego relationship status of football players is seen above. According to that, it can be seen that in-field position and ego states of 30.8% of the goalkeepers' are noncompatible whereas that of 69.2% is compatible.

Noncompatible proportion of football players in back position is 23.5% while compatible proportion of the others is 76.5%. It's seen that among those in stopper position, the noncompatible account for 14.3% while the compatible do 85.7%. Noncompatibility in mid-fielders is 11.1% whereas compatibility is seen as 88.9%. Lastly, when looking at forward position, it was found that football players whose in-field position and ego states are noncompatible account for 95.5% while their compatibility proportion is 4.5%.

Upon evaluating all 103 players, it was seen that 36 players whose position-ego relationship status is noncompatible have 35% while 67 players whose position-ego relationship status is compatible account for 67%

According to the results presented by the study, it was found that the biggest compatible relationship between in-field position and ego state is among mid-fielders whereas the lowest one is forwards.

## 9. Discussion and Comments

In this section, results with regard to viewing the relationship between footballers' ego states and their positions and performances are interpreted in accordance with the order of the research questions of the study. Yet, it's worth to state that at the end of the literature review, discussion and interpretations are limited to researcher's own interpretations since no studies related to the subject of the study was found.

The research question was if there is a meaningful relationship between ego states of football players and their positions in the team. Based on that, as a result of Ego States Scale that was applied to 13 goalkeepers participating in the study, it was seen that they mostly have Nurturing Parent and Adult ego states as expected. That is, it was found that the expected and the observed resulted same. However, chi-square statistics aiming at caculating the differences between variables is not meaningful ( $p > 0.05$ ). When taking the order of the groups in goalkeepers into consideration, it was observed that Nurturing Parent of 5 people are in the first and Adult ego state of 4 people are in the second order. According to Durusoy (2002: 27), a goalkeeper is a special player. He is the first of the players that impacts the result of the match. Also, he should have a better perspective in order to protect the goal. During a match, he has the duties to hinder the goal with the defences and protect his goal (Alves, 2014: 55). Hence, as it is thought their main function is "being protective", that their primary ego state is Nurturing Parent can be interpreted as expected.

Back position is in two parts as right and left when we look the pitch. As a feature of the position, it is supposed to support attacks in addition to its defensive duty. Primary ego state of this position is Adult. Also, second expected ego state is Nurturing Parent ego state. A difference was seen in expected and observed ego states among back players. As a result of Ego States Scale applied to these players, chi-square statistics was found as meaningful ( $p < 0.05$ ). Based on the results, when taking the distribution of ego states of back players, it was seen that 11 of them are in Nurturing Parent and secondly, 4 are Natural Child. Owing to the fact that back players support mid-fielders with their passes, intervene in defensive activities and are regarded as defensive players, which means they should have protective personality type, that they have Nurturing Parent ego state matches up with the expected ego state.

Stopper position is defined as defensive players who own special tactical duties and play by marking opposing team's players in addition to hindering them to be effective in close areas to the goal and keep them away from the goal (Akbulut, 2012: 3). Also, they are defenders who can well communicate with his goalkeeper and other team players and who can pass long distance to attackers. Stoppers are football players who can win tackles and relieve defence by their determination and insistence features (Gülşen, 2008: 22). Therefore, the expected primary ego state is Nurturing Parent ego state. Since they calculate possibilities, think the results of acts they'll do, observe opposing team's players' behaviors in the way they take larg spaces in the pitch with their cautious, safe and concerned attitudes, the second expected ego state from them is Adult ego state. As a result of Ego State Scale that was applied to 14 football players playing in stopper position, a

meaningful result was gathered while chi-square statistics aiming at calculating the differences between expected and observed ego states wasn't seen as meaningful ( $p > 0.05$ ). In other words, results and expected ego states overlap.

Making changes in game rhythm, slowing down or accelerating the game are among the duties of mid-field players. Pressing the opposing team, twisting their attack, developing an organized attack, searching for goal positions with their team friends by dribbling the ball when they find a free corridor are defined as the duties of mid-fielders. Mid-fielders are strong, durable and creative. Their self-confidence is at high level. Mid-fielders can well concentrate on the game and their environmental and directional attention is well-improved. They do not avoid complex techniques and skills requiring some combinations. They act as unseen players and are regarded as hidden strikers (Gülşen, 2008: 25). That's why, the primary ego state expected from them is Adult ego state. Second expected ego state is Nurturing Parent ego state due to their helpful, patient and protective attitudes for creating goal positions for strikers and their facial expression of confirming by nodding.

In this sense, the result of chi-square statistics that we did is seen as meaningful ( $p < 0.05$ ). When considering ego state distribution of 36 football players playing in mid-field, it was seen that 24 of the mid-fielders are firstly in Nurturing Parent and 8 are secondly in Adult ego state. That is, their expected and observed ego states didn't differ; however, it was seen that expected primary ego state and observed second ego state, in similar, overlap with the expected second ego state and observed primary ego state. The reason that, in terms of expected and observed, primary and second ego states overlap upon exchanging or the reason of the meaning which football managers or players ascribed to the position may result from differences in thoughts. That state can also be interpreted as a sign that football managers and the players of the position are not in a consensus with regard to the primary and second ego states. When considering the results of that state in Table 23, it should be noticed that it is actually a factor that directly affects player performance.

According to Akbulut (2012: 44), the aim of the forward is to score a goal. He is always on alert to have a good goal position. A forward is fast and get ill-tempered when he misses scoring. Yet, he is cheerful and excited when he scores. They are the players whom others try to bring the ball and them together for scoring. His most important duty is to score by using his best shooting technique in the best way. The aims of his behavior without the ball are to go places where he can shoot for scoring, creating free spaces by carrying defenders for their team players and to go to them for preliminary passes. Therefore, the primary expected ego state is Natural child. Ego State Scale was applied to 22 players in forward position. It was seen that chi-square statistics with regard to comparing forward players' expected and observed ego states was meaningful ( $p < 0.05$ ). As a result of the statistics, 12 of the forward players were not in Child ego state but in Nurturing Parent.

Due to the fact that forward players not only support attacks but also support mid-field, play the role of taking more responsibilities, carry opposing team's defenders thus creating more free spaces and go to their friends for helping preliminary passes (Akbulut, 2012: 44), we can reach the conclusion that the expected ego

state from them is not Natural Child but Nurturing Parent. Also, that interviewed football managers during the study process stated the characteristic structure of Turkish football is defending rather than attacking can be thought as an explanation to this result. Moreover, that executives and managers of 3 teams from Super League participating in the study and those of the other teams not participating prefer foreign strikers for forward position doesn't seem nonsensible. When considering that traditional and paternalistic cultures do not desire the expected and mentioned ego state from forward players as Child ego state (Natural Child ego state), yet desiring Adapted Child ego state; and also considering that in most European communities support individualism, autonomy and presenting oneself naturally, this result and the reason of preferring foreign forward for the position becomes clearer.

The second question in the study was if performance of football players varies according to the relationship between their ego states and their positions in the team:

According to the results of Ego State Scale applied to 103 football players in different teams in Super League and 1. League, a meaningful result was gathered. By the managers of the teams, performances of the 93 football players were evaluated in two groups as sufficient and insufficient. As a result, it was seen that performances of 72 of them was sufficient and those of 21 were insufficient. It was found that position-ego relationship of 11 of the 21 football players whose performances were marked as insufficient by the managers was noncompatible and that of 10 was compatible. According to post-hoc results, the difference between position-ego relationship status of those whose performances were insufficient was meaningful (see table 6).

It was found that position-ego status relationship of 52 of football players whose performances were sufficient was compatible. It was seen that only ego state and position of 20 players were noncompatible. The study shows that provided position and ego state of football players is compatible, the performance of them is better whereas if position and ego state of football players is not compatible, it is lower.

In consequence of the study results, provided position-ego relationship among football players exists, it is presumed that their in-field performances will be better. From this point, it is extremely important and clear that especially football managers and youth team supervisors should be informed of TA theory (considering that their ego states are developed from 12 ages), that they should know about ego states of young players to improve and their individual performances, football careers, performances of the team and their contribution to it by keeping ego states required by the positions in mind.

The third question of the study was how the ego relationship status between their ego states of football players and their positions in the team ranges. In consequence of the study results, it is seen that among the football players participating in the study, position-ego statuses compatibilities are mostly seen among goalkeepers and stoppers and Nurturing Parent ego states. On the other hand, position-ego noncompatibility is mostly seen among those in forward



position. In our study, offensiv players are thought to be in Child ego states that acts naturally, fast, cheerfully, pushfully, watchfully and peewishly. However, the results show that even attacking players have Nurturing Parent ego states. As we have mentioned in previous comments, considering that traditional and paternalistic structures don't desire, even don't want, Natural Child ego state, but desire Adapted Child ego state required by Parent ego states and that their role models are positioned according to these desires, it is thought that it will be more explanatory that compatibilities and noncompatibilities in the results be embraced in this frame.

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