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EVALUATION OF LIFE SATISFACTION, SELF-ESTEEM IN DECISION-MAKING AND DECISION-MAKING STYLES OF WEIGHTLIFTING REFEREES

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Abstract

The aim of the study was to examine life satisfaction and self-esteem in decision making and decision making styles of weight-lifting referees in terms of gender, educational status and refereeing experience.

Method. The population of the study was composed of 80 referees who participated in the Seminar of Development of Weight-Lifting Referees organized by Turkish Weight Lifting Federation in Antalya between the 21st and 25th of December, 2011. Sample of the study was composed of 74 referees whose mean age was ($\bar{x}_{years}=37.99\pm 10.69$) and whose mean length of refereeing experience was ($\bar{x}_{refereeing\ experience}=10.42\pm 8.86$). In order to gather the data; "Satisfaction with Life Scale" developed by Diener et al. (1985) and adapted for Turkish by Köker (1991) and Yetim (1991), and "Melbourne Decision Making Questionnaire I-II" developed by Mann et al. (1998) and adapted for Turkish by Deniz (2004) were used. For the statistical analysis of the data; of descriptive methods; frequency (n), percentages (%), arithmetical means (\bar{x}) and standard deviation (Sd) were used to obtain personal information. In order to explore the differences; the non-parametric tests such as Mann-Whitney U and Spearman Correlation analysis were used because the data did not follow a normal distribution and homogeneity was not obtained in the variables of gender, educational status and refereeing experience.

Result. Life satisfaction and self-esteem in decision-making and decision-making styles of weight-lifting referees did not statistically differ in terms of gender and refereeing experience ($p>.05$). The referees who had high school degree used procrastination decision-making style more.

Conclusion. It was found out that there was a negatively and moderately significant correlation between life satisfaction and hyper-vigilance decision-making style of the referees ($r=-.336$, $p=.003$; $p<.05$).

Key Words: Life Satisfaction, self-esteem, weight lifting referee, vigilance, procrastination, hypervigilance, buck-passing

Introduction

One of the most important factors that affect sportive success is referee behavior. Referee serves as a bridge both between the spectators and players and between the opponent teams. On the other hand; referee assesses the game in line with the pre-determined rules (Orta, 2000). Referees, indispensable constituents of the sportive games, are supposed to make correct, precise and timely decisions. Otherwise; an error to be committed may lead to one side's victory or defeat. In this sense; it is important to know the factors that affect the decision-makings of the referees.

Generally speaking; decision-making is the selection-process among many ways to lead the individual to his objectives (Kuzgun 1988). One's ability to make correct and proper decisions requires understanding the options correctly and later making accurate relations among the options (Bakırcıoğlu, 2000). Sports referees are those who decide quickly, comment about what they see in a short time and conclude in line with the rules and above all, their

decisions are irremovable. Orta (2000) mentions that referees should have experience, sufficiency and concentration and should be educated so that they can perform their tasks correctly. According to a study on elite referees, they should make at least 2-3 decisions in a minute. Under these circumstances, high motivation is needed for refereeing (Helsen and Bultynck, 2001).

Life satisfaction is defined as a positive evaluation about one's whole life in accordance with the criteria that he has defined (Diener et al., 1985; Veenhoven, 1996). Life satisfaction represents mental aspect of subjective wellness of human happiness. Subjective wellness is described as one's evaluation about his life made mentally and emotionally. This evaluation includes emotional reactions to the events and mental assessment of satisfaction (Diener, 1984). Therefore; life satisfaction areas may be jobs, family, free time, health, money and significant others. Onaran (1971) emphasizes that decision-making behaviors are affected by such psychological characteristics as

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perception, motivation, understanding and by interpersonal relations and interpersonal interactions. If a referee gets less satisfaction from refereeing; there will be less motivation and effort in his actions; which will affect his decision-making behaviors. In this sense; the aim of the study was to examine life satisfaction and self-esteem in decision making and decision making styles of weight-lifting referees in terms of gender, educational status and refereeing experience.

Method

Participants. The study was relational screening model. The population of the study was composed of 80 referees who participated in the Seminar of Development of Weight-Lifting Referees organized by Turkish Weight Lifting Federation in Antalya between the 21st and 25th of December, 2011. Sample of the study was composed of 74 referees whose mean age was ($\bar{x}_{years}=37.99\pm 10.69$) and whose mean length of refereeing experience was ($\bar{x}_{refereeing\ experience}=10.42\pm 8.86$). 55 of the referees were males (74.3%) and 19 were females (25.7%).

Data Collection

In order to gather the data; "Satisfaction with Life Scale" developed by Diener et al. (1985) and adapted for Turkish by Köker (1991) and Yetim (1991), "Melbourne Decision Making Questionnaire I-II" developed by Mann et al. (1998) and adapted for Turkish by Deniz (2004), and descriptive information form designed by the researcher were used.

Satisfaction With Life Scale (SWLS): In the study; "Satisfaction with Life Scale" which was originally developed by Diener Emmons, Larsen and Griffin (1985) and was adapted for Turkish by Köker (1991) was used. SWLS is a five-point Likert type scale that assesses one's perception about his quality of life and determines his satisfaction with life using five questions. Köker (1991) determined test-retest consistency coefficient of the scale as 0.85. Each item is scored between 1 and 7. Higher scores indicate higher satisfaction with life. In the current study, internal consistency coefficient of the scale was found to be as 0.88.

Melbourne Decision Making Questionnaire (I-II): It was developed from the original form (Melbourne Decision Making Questionnaire) developed by Mann et al. (1998) and it was adapted by Deniz (2004) for Turkish and reliability and validity tests were administered to 154 university students. Melbourne Decision Making Questionnaire is consisted of two parts: the first part includes self-esteem in decision making (self-confidence, 6 items). The second part includes vigilance, procrastination, hypervigilance and buck-passing decision-making styles and is composed of 22 items (Deniz, 2004). Scoring of the items is made with 2 points "true", 1 point "sometimes true" and 0 point "not true". Higher scores indicate higher

self-esteem in decision-making and higher decision-making style (Deniz, 2004).

1. **Vigilance decision-making style:** Vigilance involves a careful, unbiased, and thorough evaluation of alternatives and rational decision making.
2. **Buck-passing decision-making style:** Buck Passing involves leaving decisions to others and showing a tendency to avoid responsibility and thus trying to get rid of responsibility by leaving decisions to others.
3. **Procrastination decision-making style:** Procrastination involves delaying and postponing decisions with no acceptable reasons.
4. **Hypervigilance decision-making style:** Hypervigilance involves trying to get a solution by feeling under pressure with a hurried, anxious approach in case of a situation requiring making a decision (Deniz, 2004).

Upon the administration on 154 university students, internal consistency coefficients of the MDMQ I-II are as follows: self-esteem in decision making: .72; vigilance: .80; buck-passing: .78; procrastination: .65; and hypervigilance: .71. In this study; internal consistency coefficients of the MDMQ I-II are as follows: self-esteem in decision making: .54; vigilance: .71; buck-passing : .59; procrastination: .62 and hypervigilance: .55.

Analysis of the Data

For the statistical analysis of the data; of descriptive methods; frequency (n), percentages (%), arithmetical means (\bar{x}) and standard deviation (Sd) were used to obtain personal information. In order to test whether or not normal distribution and homogeneity conditions were established in the variables of gender, sportive branch and refereeing experience; Kolmogorow Smirnow test was employed. The non-parametric tests of Mann-Whitney U and Spearman Correlation analysis were used because the data did not follow a normal distribution and homogeneity was not obtained.

Findings

Means and standard deviations of the referees about satisfaction with life and self-esteem in decision making and decision-making styles were calculated and were presented in Table 1.

When Table 1 was examined; it was noted that mean score of referees' life satisfaction was



($\bar{X}=23.41\pm 5.95$). It was seen that mean score of vigilance decision-making style of the referees was high ($\bar{X}=9.53\pm 2.35$) while mean scores of self-esteem in decision making was low ($\bar{X}=6.43\pm 1.19$). The lowest mean scores were obtained from procrastination

($\bar{X}=2.78\pm 1.90$), buck-passing ($\bar{X}=2.85\pm 1.91$) and hypervigilance ($\bar{X}=3.03\pm 1.97$) decision-making styles.

Table 1. Means and standard deviations of the referees about satisfaction with life and self-esteem in decision making and decision-making styles

Scales	n	\bar{X}	Sd	Min	Max
Satisfaction with life	74	23.41	5.95	7.00	35.00
Self-esteem in decision-making	74	6.43	1.19	4.00	10.00
Vigilance decision-making	74	9.53	2.35	2.00	12.00
Buck-passing decision-making	74	2.85	1.91	.00	9.00
Procrastination decision-making	74	2.78	1.90	.00	8.00
Hypervigilance decision-making	74	3.03	1.97	.00	7.00

Mann Whitney U test was employed in order to determine whether there was a difference between mean scores of life satisfaction and self-esteem in

decision-making, decision-making styles of the referees in terms of gender and were presented in Table 2.

Table 2. Distribution of scores of life satisfaction and self-esteem in decision-making, decision-making styles in terms of gender

Scales	Gender	n	Median	U	p
Satisfaction with life	Male	55	36.28		
	Female	19	41.03	-.831	.406
Self-esteem in decision-making	Male	55	36.95		
	Female	19	39.11	-.393	.695
Vigilance decision-making	Male	55	35.55		
	Female	19	43.16	-1.351	.177
Buck-passing decision-making	Male	55	35.70		
	Female	19	42.71	-1.245	.213
Procrastination decision-making	Male	55	37.80		
	Female	19	36.63	-.207	.836
Hypervigilance decision-making	Male	15	37.95		
	Female	59	36.21	-.306	.759

When Table 2 was examined; it was seen that there was no statistically significant difference between life satisfaction scores of the referees in terms of gender ($U=-.831$, $p=.406$; $p>.05$). Also; no statistically significant difference was found between referees' gender and their self-esteem in decision-making ($U=-.393$, $p=.695$; $p>.05$), vigilance ($U=-1.351$, $p=.177$; $p>.05$), buck-passing ($U=-1.245$, $p=.213$; $p>.05$),

procrastination ($U=-207$, $p=.836$; $p>.05$) and hypervigilance ($U=-306$, $p=.759$; $p>.05$) decision-making styles. Mann Whitney U test was employed in order to determine whether there was a difference between mean scores of life satisfaction and self-esteem in decision-making, decision-making styles of the referees in terms of educational status and the results were presented in Table 3.

Table 3. Distribution of Mean Scores of Life Satisfaction and Self-Esteem in Decision-Making and Decision-Making Styles in Terms of Educational Status

Scales	Educational Status	n	Median	U	p
Satisfaction with life	High school	15	29.83		
	University	59	39.45	-1.550	.121
Self-esteem in decision-making	High school	15	43.73		
	University	59	35.92	-1.308	.191



Vigilance decision-making	High school	15	29.47		
	University	59	39.54	-1.646	.100
Buck-passing decision-making	High school	15	40.93		
	University	59	36.63	-.704	.482
Procrastination decision-making	High school	15	48.77		
	University	59	34.64	-2.305	.021*
Hypervigilance decision-making	High school	15	43.47		
	University	59	35.98	-1.216	.224

*P<.05

When Table 3 was analyzed; there was no statistically significant difference between means scores of life satisfaction (U=-1.550, p=.121; p>.05) and self-esteem in decision-making (U=-1.308, p=.191; p>.05), vigilance (U=-1.646, p=.100; p>.05), buck-passing (U=-.704, p=.482; p>.05) and hypervigilance (U=-1.216, p=.224; p>.05) decision-making styles of the referees in terms of educational status while a statistically significant difference existed in mean scores of procrastination decision-making style (U=-

2.305, p=.021; p<.05). According to these results; the referees who held a university degree used procrastination decision-making styles less as compared with those who had high school degree. Mann Whitney U test was employed in order to determine whether there was a difference between mean scores of life satisfaction and self-esteem in decision-making, decision-making styles of the referees in terms of refereeing experience and the results were presented in Table 4.

Table 4. Distribution Of Mean Scores Of Life Satisfaction And Self-Esteem In Decision-Making, Decision-Making Styles In Terms Of Refereeing Experience

Scales	Refereeing Experience	n	Median	U	p
Satisfaction with life	1-9 Years	46	39.34		
	10 ≥ Years	28	34.48	-.944	.345
Self-esteem in decision-making	1-9 Years	46	38.15		
	10 ≥ Years	28	36.43	-.348	.728
Vigilance decision-making	1-9 Years	46	39.27		
	10 ≥ Years	28	34.59	-.923	.356
Buck-passing decision-making	1-9 Years	46	35.86		
	10 ≥ Years	28	40.20	-.855	.393
Procrastination decision-making	1-9 Years	46	36.76		
	10 ≥ Years	28	38.71	-.384	.701
Hypervigilance decision-making	1-9 Years	46	35.21		
	10 ≥ Years	28	41.27	1.188	.235

When Table 4 was analyzed; there was no statistically significant difference between means scores of life satisfaction (U=-.944, p=.345; p>.05), self-esteem in decision-making (U=-.348, p=.728; p>.05), vigilance (U=-.923, p=.356; p>.05), buck-passing (U=-.855, p=.393; p>.05), procrastination (U=-.384, p=.701; p>.05), and hypervigilance

(U=1.188, p=.235; p>.05), decision-making styles of the referees in terms of refereeing experience.

Spearman correlation test was used in order to determine the correlation between life satisfaction and self-esteem in decision-making, decision-making styles and the results were presented in Table 5.

Table 5. Correlation Coefficients Among Life Satisfaction And Self-Esteem In Decision-Making, Decision-Making Styles Of The Referees.

	Self-esteem in decision-making	Vigilance decision-making	Buck-passing decision-making	Procrastination decision-making	Hypervigilance decision-making
Life Satisfaction	r	.146	.057	-.187	-.336**
	p	.739	.629	.111	.003



When Table 5 was examined; there was a negative and moderate correlation between life satisfaction and hypervigilance decision-making style of the referees ($r=-.336$, $p=.003$; $p<.05$). No statistically significant correlation was found between life satisfaction and self-esteem in decision-making ($r=-.039$, $p=.739$; $p>.05$), vigilance ($r=.146$, $p=.214$; $p>.05$), buck-passing ($r=-.057$, $p=.629$; $p>.05$). and procrastination ($r=-.187$, $p=.111$; $p>.05$).

Discussion

The following results were obtained in the study which aimed to examine life satisfaction and self-esteem in decision making and decision making styles of weight-lifting referees in terms of gender, educational status and refereeing experience:

When the scores obtained by the referees from the satisfaction with life scale were analyzed, it may be argued that life satisfaction of the referees was at a moderate level. Life satisfaction was found to be at a moderate level among the studies on teachers, university students and athletes (Toros, 2002; Avşaroğlu et al., 2005; Yaman, 2009; Gündoğar et al., 2007). It was understood that scores of self-esteem in decision-making of referees were at a moderate level and they used vigilance decision-making style most while procrastination least. It may be argued that the referees made meticulous decisions after assessing the options carefully and did not postpone their decisions. It was found out in our study that life satisfaction of the referees did not change in terms of gender. In most of the studies on different age groups, it was pointed out that there was no significant correlation between life satisfaction and gender (Hintikka, 2001; Chow 2005; Gündoğar et al. 2007). Self-esteem in decision-making and decision-making styles of the referees did not change in terms of gender. Many studies conducted obtained similar results (Deniz, 2002; Avşaroğlu, 2007; Çetin, 2009). The results of these studies concurred with ours.

In the current study; life satisfaction, self-esteem in decision-making, vigilance, buck-passing and hypervigilance decision-making styles of the referees did not differ in terms of educational status. It was seen that referees who had high school degree used procrastination decision-making style more as compared with those who had university degree. In light of this result; it may be suggested that referees show buck passing behaviors and are inclined to keep away from taking responsibility as their educational level decreases. Likewise; Orta (2000) emphasizes that educational level is important in performing correct refereeing behaviors. In our study; refereeing experience did not affect their life satisfaction and decision-making behaviors. However; Aktaş et al., (2011) and Orta (2000) mentioned that refereeing experience was among the factors that affected decision-making. In our study, too, mean scores of self-

esteem and vigilance decision-making style of the experienced referees were higher while their mean scores of buck-passing and hypervigilance decision-making styles were lower but the difference was not statistically significant. We were of the opinion that the results would have been affected if the study had been conducted with a bigger sample group. There was a negative and moderate correlation between life satisfaction and hypervigilance decision making style of the referees. According to this result; it may be argued that tendency for hypervigilance decision making style decreases as life satisfaction increases.

Conclusion

As a conclusion, life satisfaction and self-esteem in decision-making and decision-making styles of the referees did not differ statistically and significantly in terms of gender and refereeing experience. Referees who had high school degree used procrastination decision-making style more. There was negatively and moderately significant correlation between life satisfaction and hypervigilance decision-making style of the referees. As recommendation; it may be advised that development seminars with simulation programs may be organized so that referees can show more confident and correct attitudes and can make more accurate decisions. Also; refereeing profession may become more popularized in order to increase motivation of the referees and to affect their decision-making behaviors positively. The study should be conducted with the referees of different sportive branches and with broader samples.

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