

## **Constructing a Measure of Future Anxiety and its Relationship with the Aspiration Level of Fencing Players**

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**Abstract:** This research aims at constructing a measure for measuring future anxiety and its relationship with the aspiration level of fencing players' basic skills of fencing sport. The researcher used the descriptive methodology on a sample of 50 male and female fencing players. Among the most important results the existing of statistical significant differences among the male and female players in some dimensions of the scale.

**Key words:** Future anxiety • Level of aspiration • Fencing sport

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### **INTRODUCTION**

Fencing with sword is an ancient sport with noble traditions. Man can practice it in all age stages. People who practice this sport are enjoying several physical, mental and personality traits and the most important of them patience, speed reaction, neural muscular coincidence, elasticity, intelligence, observation strength, fast understanding, neural calmness, the ability to bear, exactness and concentration, persistence, determination, will strength and the ability to estimate situations and making the suitable decision [1].

The future anxiety is one of the anxiety systems that characterize the age and it is taken as a grant that future anxiety is a result of different social and cultural factors that differentiate according situations [2, 3]. Future is a main component of the person's behavior the ability of constructing far fetched personal goals and trying to achieve them is n important quality of human creatures [4].

Ezat [5] points out that aspiration level is the referent frame that includes considering self or it is the Level on which the person feels success, failure or inclining to overcoming obstacles and practicing strength so as to achieve a high Level of supremacy over the self and it is n individual social motive that motivates achieving works. Ezat [5] and Abd Elkader [6] agreed that the level of inspiration has important role in the life of the individual and the group for it acts as a motive makes the individual to do certain behaviors. Each of us has a certain aspiration and tries to achieve it and he may

succeed or fail for this depends on his efficacy and abilities, his self estimation and according to his success or failure experiences which man has acquired from the reaction patterns between him and the life reality, thus the person who has even psychological state is able to understand his abilities and so, he sets for himself an aspiration Level that goes with these abilities.

Fencing sport has got much interest from the part of the researchers in the sports field due to his social, psychological and physical benefits because this sport requires from the players doing much effort in affixed time and the ability to continue this effort in intermittent periods for a day or two according to the number of the competitors [7].

Despite the interest of the researchers in this sport, it is not much spread and this may be due to the few numbers of clubs in which Fencing is being practiced besides the high costs of its tools and the non-interest from the part of the mass media. This may affect negatively on the players and their feeling of anxiety and fear from the future of this sport and their aspiration in achieving championships and reaching the universality [4].

The researcher knows that there are several scales that were constructed to measure anxiety in different situations such as the exams anxiety but no one dealt with measuring the future anxiety of the players in fencing sport, thus the researcher thought in constructing a scale in order to know the future anxiety and its impact on the aspiration level.

**The Purposes of the Research:** This research aims at constructing the future anxiety scale to recognize the relationship between the dimensions of the future anxiety scale and the aspiration level of fencing players (males-females), also the differences among fencing players (females-males) in the future anxiety measure.

## MATERIALS AND METHODS

**Methodology of the Research:** The researcher employed the descriptive methodology for its suitability of this research.

**Community and Sample of the Research:** The community of the research represents fencing players from several clubs (Nasr City, El -Shams, EL- Geuish and Police Union) their number amounted 60 male and female players who are registered in the Egyptian union of arms. The researcher chose an introductory sample randomly from the community whose number is 10 male and female players in order to perform the introductory study and finding the scientific coefficients for the tools used in the research. The rest of the community individuals (50) were considered as the main sample of the research. They were divided into 25 males and 25 females and their ages ranged from 15 to 17 years old.

### Tools of Data Collection:

- Future anxiety scale (prepared by the researcher).
- Aspiration level scale for adults that contains 79 questions under 7 main dimensions.
- Life outlook.
- Going for progress.
- Deciding the goal and the plan.
- Inclining to struggle.
- Bearing responsibility and depending on self.
- Satisfaction of the present state or believing in luck
- Persistence.

The high score indicates the increased aspiration level and vice versa.

### Future Anxiety Scale

#### Steps of Constructing Future Anxiety Scale

**First:** The researcher reviewed the theoretical frames and the previous studies related to future anxiety in the field of psychology generally and anxiety in the field of sport training privately then she constructed future anxiety scale for fencing players.

**Second:** Posing and exploring question (open) to know future anxiety.

The researcher prepared a form that was distributed to 10 players. The form included posing the following question "Do you have anxiety in the future as a fencing player?"

**Third:** Deciding the proposed dimensions for future anxiety scale through the introductory question a number of dimensions were got as follows:

The emotional aspects  
Physical features  
Social aspects  
Negative Thinking  
Positive Thinking  
Press res related to the material aspect  
Mental aspects

**Fourth:** Deciding the theoretical and procedural concept of the proposed dimensions of the future anxiety scale. Through the theoretical readings, the researcher set procedural definitions for the proposed dimensions of future anxiety scale.

**Fifth:** Exposing the proposed dimensions to the experts in the field of psychology, sport training and fencing. The researcher prepared a questionnaire for the experts about the proposed dimensions. It was important to choose the experts who are specialized in the field of psychology, generally and in fencing privately so as to knowing the suitability of the proposed dimensions of the scale. The previous dimensions were fused into only five according to the opinions of the experts.

**Sixth:** Suggesting the phrases of the scale of each dimensions in the light of understanding and theoretical analysis of the dimensions. After deciding the dimensions of future anxiety scale, the researcher prepared a form including four dimensions that are measured by 34 phrases.

**Seventh:** Exposing the phrases of each dimension to experts in order to achieve validity of the suitability of the proposed phrases for each dimension. The researcher exposed a form including four dimensions extracted from the expert opinions and the phrases of each dimension of future anxiety scale to experts so as to know:

- Assessing to proposed phrases.
- The suitability of the phrases formulation.

- Omitting or modifying or adding any phrases that express the future anxiety.
- Deciding the negative phrases and the positive phrases of each dimension.
- According to experts' opinions, four phrases were omitted because of their unsuitability for the theoretical definition of the dimension. the number of the phrases according to the relative importance was 34 phrases.

**Eighth:** The researcher prepared the scale in its final form. The phrases of the scale were arranged in a certain way to secure non-existence of two phrases having the same content. The scale was applied on the introductory sample drawn from the research community not from the basic sample so as to recognize the suitability of the phrase in formulation and content to be applied on the basic sample of the research. The results of the introductory study showed the suitability of the scale to be applied on the research sample.

**Ninth:** Calculating the scientific coefficients of the future anxiety scale.

**The Executive Steps of the Experiment:**

- Applying the future anxiety scale, aspiration level on the research sample.
- Entering all the data to conduct the statistical treatments that accord with the research goals.

**RESULTS AND DISCUSSION**

Table 1 points that there is a significant negative reversal correlative between future anxiety scale and aspiration level scale in the dimensions of the emotional aspects and the physical ones and a positive direct relation between future anxiety scale and the aspiration level in the dimensions of social and mental aspects of the players.

Table 2 points out that there is a significant negative reversal correlation between the future anxiety scale and the aspiration level scale in the dimensions of emotional aspects and physical aspects and a positive direct relation between future anxiety scale and the aspiration level scale in the dimensions of social and mental aspects of the female players.

Table 1: The relationship among the dimensions of future anxiety scale and aspiration level of male fencing players. N = 25

Future anxiety aspiration level	Emotional Aspects	Physical Aspects	Social Aspects	Mental aspects
Level of aspiration	-0.44*	-0.47*	0.86*	0.72*

Table 2: The relationship among the dimensions of future anxiety scale and aspiration level of female fencing players. N = 25

Future anxiety scale	Emotional aspects	Physical aspects	Social aspects	Mental aspects
Level of aspiration	-0.46	-0.49	0.63	0.68*

Table 3: Significant differences among male and female fencing players in the future anxiety scale. N<sub>1</sub> = 25 males, N<sub>2</sub>=25 females

Variables	Males		Females		(t) value
	M	A	M	A	
	36.11	3.67	38.23	3.89	2.02*
Emotional aspects	32.43	3.25	36.21	3.74	3.74*
Physical features	31.75	3.13	26.54	2.65	6.12*
Social aspects	29.10	2.98	23.17	2.22	7.82*
Mental aspects	36.11	3.67	38.23	3.89	2.02*

T value at the level of 0.05 = 2.01

Table 4: Significant differences among male and female fencing players in the aspiration level scale. N = 25 males and 25 females

Variables	Males		Females		(t) value
	M	A	M	A	
Level of aspiration	59.82	5.43	50.42	4.12	6.76*

T value at the Level of 0.05 = 2.01

Table 3 shows that there are statistical significant differences among the male and female players in future anxiety scale, ranging from 2.02 to 7.82.

Table 4 shows that there are statistical significant differences among the male and female players in the aspiration level scale. The value of these differences reached 6.76.

## **DISCUSSION**

Tables 1 and 2 refer to a statistical significant negative reversal correlation between the future anxiety scale and the aspiration level scale in the dimensions of the emotional and physical aspects, reaching 0.440 for the males in the emotional aspects and 0.470 in the physical aspects. It recorded 0.460 in the emotional aspects of the females and 0.410 in physical aspects and there is a positive direct relation between the future anxiety scale and the aspiration level in the dimensions of social aspects and mental aspects for male and female players. It reached 0.80 for the males in social aspects and 0.42 in mental aspects, while it reached 0.63 in social aspects and 0.68 in mental aspects for females.

The researcher shows that the explanation of a reversal relation among the dimensions of future anxiety scale and the aspiration level scale may be explained that on reducing the aspiration level of the player, his future anxiety increases and fails in achieving his aim and this forms pressures on him and with increasing pressures and negative experiences in championships, lower levels are expected. This situation increases pessimistic in future and negative prediction of the expected problems and lack of ability to face future and feeling in security and so he can not achieve his self. All of this affects the emotional aspects but the increasing of aspiration level helps in archiving goals that the player sets for himself which protect him from the threatening situation and develop in him higher motivation to work in training. Fencing sport is one of the sports that requires from the player self control and emotional reliability to reach higher levels and this is asserted by both of Abd Al- Aziz [7] and El Sukry [8], they pointed out that the player in order to reach the championship level requires physical, psychological and mental needs.

The coefficient correlatives of the physical aspects of the female players were higher than male players because the girls are always under anxiety and fear from the formal aspects.

The researcher sees that explaining the positive direct relationship between the future anxiety scale and the aspiration level in social and mental aspects of the male and female players shows that future anxiety may be due to social factors for the players for there are matters that excite fear and doubt from the coming days that lead to change the living goals of the individual and they may be the most important reasons for future anxiety. The living problems in their entire field affect negatively and clearly on the personality and behavior of the individual because they make the fear from future a psychological trait for the individual as a result of modernization and hardship that he faces in his daily life such as economical, social and health aspects and others. This in turn affects the mental aspects. Thus, there must be a correlative relation between the aspiration level and social and mental aspects. The more the aspiration level of the players, the more the anxiety for his future as a player then as a trainer, but it is different for the female players for the main goal of the female players is limited at achieving championships and is not affected by anxiety for future in the social aspect and this is confirmed in Table 3, where the differences were in favor of the male players in social and mental aspects. This agrees with previous studies [2, 4, 9, 10] that future anxiety means a state of tension, dissatisfaction, faction and fear of the desired changes in the future.

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