



The relationship between ruminative thought styles and decision-making styles in individuals doing physical activity in the context of bad habits

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Abstract

The purpose of this research, examine the relationship between ruminative thought styles and decision-making styles in individuals doing physical activity within the context of bad habits. The scanning model was used in the research. The sample of the study consists of a total of 746 individuals engaged in physical activity. The correlation coefficient technique was used to find the link between them the ruminative thought styles and the decision-making styles of the participants. The “Ruminative Thought Style Questionnaire” and “Melbourne Decision Making Questionnaire” were used in the research. SPSS statistical used to find the results data. As a result, no relationship was found between ruminative thought styles and decision-making styles of individuals who did not have bad habits (smoking and alcohol). In individuals who had bad habits and used cigarettes and alcohol, found to be significant moderate degree of relationship between ruminative thought styles and the buck-passing decision-making style from the sub-dimensions of decision-making styles. It was also revealed that there was a negative moderate degree of relationship between the ruminative thought styles concluding styles of individuals who were non-smokers but used alcohol. Also, it was proved that there was a negative low degree of relationship between the ruminative thought styles concluding styles of smokers and non-alcoholic individuals.

Keywords: Sports, rumination, decision-making, addiction, alcohol and smoke

Fiziksel aktivite yapan bireylerde ruminatif düşünme tarzı ile karar verme stilleri arasındaki ilişki: Kötü alışkanlıklar bağlamında

Özet

Bu çalışmanın amacı fiziksel aktivite yapan bireylerde ruminatif düşünme tarzı ve karar verme stilleri arasındaki ilişkinin kötü alışkanlıklar bağlamında incelenmesidir. Araştırmada tarama modeli kullanılmıştır. Araştırmanın örneklemini fiziksel aktivite yapan toplamda 746 birey oluşturmaktadır. Katılımcıların ruminatif düşünme tarzı ve karar verme stilleri arasındaki ilişkinin ortaya çıkarılması için korelasyon katsayı tekniğinden yararlanılmıştır. Araştırmada “Ruminatif Düşünme Biçimi Ölçeği” ve “Melbourne Karar Verme Stilleri Ölçeği” kullanılmıştır. Verilerin değerlendirilmesinde SPSS istatistik programı kullanılmıştır. Sonuç olarak kötü alışkanlıkları (sigara ve alkol) olmayan bireylerin ruminatif düşünme biçimleri ile karar verme stillerini arasında bir ilişki tespit edilmemiştir. Kötü alışkanlıklara sahip sigara ve alkol kullanan bireylerde ise ruminatif düşünme biçimleri ile karar verme stilleri alt boyutu kaçınan karar verme stili arasında pozitif yönlü orta düzey bir ilişki olduğu görülmüştür. Yine sigara kullanmayıp alkol kullanan bireylerin ruminatif düşünme biçimleri ile karar verme stilleri arasında negatif yönlü orta düzey bir ilişki olduğu, sigara kullanan alkol kullanmayan bireylerin ruminatif düşünme biçimleri ile karar verme stilleri arasında negatif yönlü düşük düzey bir ilişki olduğu ortaya konulmuştur.

Anahtar Kelimeler: Spor, ruminasyon, karar verme, bağımlılık, alkol ve sigara

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Genişletilmiş Türkçe Özet makalenin sonunda yer almaktadır.

INTRODUCTION

Semantically, life basically covers the goals of individuals, their views of themselves and the world, as well as the behaviors they acquire to achieve these goals (Gençtan, 2004). In addition to these goals, the individual needs to keep fit both physically and mentally by doing sports and physical activity. It's known that in particular, regular physical activity has cardiovascular, musculoskeletal, metabolic, psychological, and sociological, etc. effects as well as hormonal systems (Peterson, 2007). The lack of psychological well-being in the individual can bring about various diseases. In these diseases, psychological symptoms are observed in cognitive, emotional, and behavioral areas. These affect the functionality of people in their daily life and cause several problems. In other words, symptoms causing non-functionality in any area of a person's life are defined as psychological symptoms (Moeller et al., 2001). Depression and anxiety are the leading diseases seen as psychological. It has been shown in many studies that rumination, which is defined as the individual's re-thinking of her mood and possible causes and consequences (Nolen, 1987), prolongs the duration of the depressive mood and increases its severity (Nolen, 1991), and that it is associated with depression (Just & Alloy, 1997) and anxiety (Nolen, 2000).

Rumination deals not only with the process of constantly thinking about one's feelings and problems but also with the specific content of repetitive thoughts. Rumination is also associated with diverse maladaptive cognitive styles such as negative inferences about the individual's life, dysfunctional attitudes, hopelessness, pessimism, self-criticism, and addiction (Nolen et al., 2008). Lynn et al. (2010), defined rumination as “repetitive and passive thought that attracts attention”. Ito et al. (2006), remarked that rumination is the tendency to keep thinking about something bad, harmful, or unexpected for a long time. Individuals with a rumination way of thinking commonly remember their negative memories when evaluating their past. Furthermore, they think that the majority of their lives have been filled with negative events, underestimate their success, and use more pessimistic and distorted interpretations such as generalizing their mistakes. Rumination reveals the despair of individuals about the future and their negative tendencies in evaluating themselves (Burhanoğlu, 2016). Sansone and Sansone (2012), identified rumination as a harmful psychological process characterized by thinking around negative content that creates emotional discomfort. In this sense, they highlighted that rumination affects both the thought process (ie, excessive thinking) and the content of thought (ie, negative thinking). Nolen et al. reflected response to distress as rumination. Individuals focus on this hardship, its possible causes and consequences over and

over again passively. Rumination not only informs us about the content of the mind but also reveals how the person evaluates his/her feelings and problems.

It is thought that the decision-making mechanism of an individual with a ruminative thought structure is also quite significant. Indeed, when the relevant written sources are checked over, in many studies on athletes, it has been determined that the participants use their decision-making styles effectively (Sanchez et al., 2009; Craig & Watson 2011; Uzunoğlu et al., 2009; Souchon et al., 2009). It is a clear signal that sports and physical activity are closely related to thinking styles and decision-making styles. Here, the decision-making process can also be seen as maintaining a balance in the inner world of the person. At the end of the process, the person interprets and evaluates the results (Tatlıoğlu, 2014). Simultaneously, decision-making means the judgment, which is reached in the face of this situation in the individual's inner world, continuity, and order (Kuzgun, 2000). The individual in a decision-making situation is aimed at meeting and satisfying both his/her inner world needs and environmental expectations. To do this, an individual needs to use his/her personal and environmental resources effectively and positively (Daft, 1994). During the decision-making process, the ability of the person who will decide to make the right decisions is closely related to how s/he spends this process (Carney & Wells, 1995). Individuals with a healthy thinking structure will be able to be effective in reaching the result by making more proper and fit-for-purpose decisions. All of these are thought to be closely related to ruminative thought styles. From this point of view, considering the research sample, it is aimed look at the situation between them ruminative thought styles concluding in the context of bad habits (smoking and alcohol use).

METHOD

Research group (population and sample)

The universe of the work of individuals who reside in the province of Ağrı and are members of various sports centers and do physical activities in different environments in the open area. The study was conducted using Scanning model was used in the research. This method can be defined as data collection to determine certain characteristics of a group. While determining the sample of the study, the convenient sampling method was used. This sampling method refers to the selection of the sample from accessible and practicable units to prevent loss of money, time, and labor force (Büyüköztürk et al., 2020). Ethics committee approval of AİÇÜ. E-95531838-050.99-63261 was obtained before the study was conducted. A total of 746 participants attended the study.

Data collection tools

Ruminative thought style questionnaire (RTSQ)

The scale was developed by Brinker and Dozois (2009). The scale, which aims to evaluate ruminative thought styles, has one factor and consists of 20 items. The scale is based on Martin and Tesser's Rumination Theory. It was adapted to Turkish by Karatepe (2010).

Melbourne decision-making questionnaire (MDMQ)

It Created by Mann et al. (1998), to compare university students' self-esteem in decision-making and decision-making styles in a cross-cultural study covering six countries. It is a two-part scale. The scale was adapted to Turkish by Deniz (2004), to determine decision-making styles.

Data collection process

Study data were collected through direct interviews with individuals by using a questionnaire method voluntarily from individuals registered in sports centers and engaged in physical activity in open areas. Data from research research were analyzed using SPSS. A correlation technique was used to reveal the relationship between the scales. Correlation is a statistical technique that allows us to determine numerically whether there is a relationship between two or more variables, and if there is, the amount and direction of this relationship. The degree of relationship between two variables is called the correlation coefficient. (Tabachnick & Fidell, 2013). In interpreting the correlation coefficient, it is accepted as a *high* degree relationship if the result is between 0.70-1.00, as a *moderate* degree relationship if the result is between 0.30-0.70, as a *low* degree relationship if the result is between 0.00-0.30 (Büyüköztürk, 2020).

FINDINGS

Table 1. Relationships between ruminative thought style scale and decision-making styles scale sub-dimensions of participants who do not smoke and do not use alcohol

	Ruminative Thought Style Scale		
	n	r	p
Decision-Making Styles Scale (Total Scores)	372	-0.067	0.197
Vigilance	372	-0.093	0.073
Buck-passing	372	-0.086	0.096
Procrastination	372	-0.054	0.302
Hypervigilance	372	-0.046	0.375

The results of used to determine the relationships between the scales used in the research are given in Table 1. There is no statistically significant relationship between the Ruminative Thought Style Scale and the Decision-Making Styles Scale sub-dimensions of the participants who do not smoke and do not use alcohol.

Table 2. Relationships between ruminative thought style scale and decision-making styles scale sub-dimensions of participants using alcohol and smoke

	Ruminative Thought Style Scale		
	n	r	p
Decision-Making Styles Scale (Total Scores)	73	0.237*	0.035
Vigilance	73	0.120	0.313
Buck-passing	73	0.689**	0.000
Procrastination	73	-0.098	0.407
Hypervigilance	73	0.202	0.087

*= $p < 0,05$

The results used to determine the relationships between the scales used in the research are given in Table 2. There is a statistically significant positive relationship between the Ruminative Thought Style Scale of participants using alcohol and smoke and both the total scores of the Decision-Making Styles Scale ($r:0.237$; $p < 0.05$) and the Buck-passing sub-dimension score ($r:0.689$; $p < 0.01$).

Table 3. Relationships between ruminative thought style scale and decision-making styles scale sub-dimensions of participants using alcohol but non-smokers

	Ruminative Thought Style Scale		
	n	r	p
Decision-Making Styles Scale (Total Scores)	42	-0.616**	0.000
Vigilance	42	-0.593**	0.000
Buck-passing	42	-0.527**	0.000
Procrastination	42	-0.030	0.851
Hypervigilance	42	-0.398**	0.009

The results used to determine the bond between the scales used in the research are given in Table 3. There is a statistically significant negative relationship between the Ruminative Thought Style Scale of participants using alcohol but non-smokers and both the total scores of the Decision-Making Styles Scale ($r:-0.616$; $p < 0.01$) and the sub-dimension scores of Vigilance ($r:-0.593$; $p < 0.01$), Buck-passing ($r:-0.527$; $p < 0.01$) and Hypervigilance ($r:-0.398$; $p < 0.01$).

Table 4. Relationships between ruminative thought style scale and decision-making styles scale sub-dimensions of participants who smoke but do not use alcohol

Scale	Ruminative Thought Style		
	n	r	p
Decision-Making Styles Scale (Total Scores)	260	-0.390**	0.000
Vigilance	260	-0.174*	0.005
Buck-passing	260	-0.401**	0.000
Procrastination	260	-0.114	0.065
Hypervigilance	260	-0.273**	0.000

The results used to determine the bond between scales used in the research are given in Table 4. There is a statistically significant negative relationship between the Ruminative Thought Style Scale of the participants, who smoke but do not use alcohol, and both the total scores of the Decision-Making Styles Scale ($r:-0.390$; $p<0.01$) and sub-dimension scores of Vigilance ($r:-0.174$; $p<0.05$), Buck-passing ($r:-0.401$; $p<0.01$) and Hypervigilance ($r:-0.273$; $p<0,01$).

DISCUSSION AND CONCLUSION

In this study, in which the relationships between ruminative thought styles and decision-making styles of individuals engaged in physical activity were examined in the context of bad habits, the following conclusions were reached. Smoking and the use of alcohol were considered bad habits in the study.

It was not detected any statistically significant relationship between the Ruminative Thought Style Scale and the total score and sub-dimensions of the Decision-Making Styles Scale of the participants who use neither smoke nor alcohol. We can say that there is no relationship between ruminative thought styles and the decision-making styles of the participants who do not have bad habits (smoking and alcohol).

It is observed a significant positive low-level relationship between the Ruminative Thought Style Scale and total scores of the Decision-Making Styles Scale of the participants who smoke and use alcohol. It is seen a statistically significant positive moderate degree of relationship between the Ruminative Thought Style Scale and the Buck-passing, which is the sub-dimension of the Decision-Making Styles Scale.

There are many theories explaining emotion regulation skills such as the Process Model (Gross, 1998), the Emotion and Social Information Processing Model (Dodge, 1991), and the Cognitive Emotion Regulation Model (Garnesfki et al., 2011). One of the most used ones is Rumination (Nolen, 2000). According to Nolen (2000), the theory of response styles explains the personality traits of individuals. Following the theory, a person constantly thinks about the

situation s/he is in and cannot reach a healthy conclusion. In other words, we can state that participants with ruminative thought style use Hypervigilance, which is from the branches Decision-Making Styles Scale, based on the relationship between the scale scores.

It is seen statistically positive negative moderate degree of relationship between the Ruminative Thought Style Scale of the participants, who do not smoke but use alcohol, and both the total scores of the Decision-Making Styles Scale and its sub-dimensions of Vigilance, Buck-passing, and Hypervigilance. We can express that the fact that only alcohol users have a ruminative thought style negatively affects their decision-making processes. Considering that alcohol use slows down reflexes and its other harms, the person cannot use problem-solving skills logically and take action for a solution due to both having a ruminative thought style and being alcoholic (Bugay & Erdur, 2011). Therefore, it can be said that as rumination increases, decision-making decreases negatively.

It is observed that it is statistically positive negative moderate degree of relationship between the Ruminative Thought Style Scale of the participants, who smoke but do not use alcohol, and both the total scores of the concluding Scale, the scores of the Buck-passing sub-dimension and that there is a low-level low approach between the Vigilance and Hypervigilance decision-making styles. It is possible to say that the participants who smoke but do not use alcohol use their decision-making styles negatively as their ruminative thought styles increase.

In conclusion; in this study, we can say that sports and physical activity are positively related to thinking and decision-making, based on the idea that sports and physical activity will keep people away from bad habits. Indeed, based on the results of the research, no relationship was found between ruminative thought styles and decision-making styles of individuals who do not have bad habits (smoking and alcohol). We can say that sports and physical activity are effective on individuals' thinking concluding. It was observed that there was a relationship between ruminative thought styles and decision-making styles and buck-passing decision-making styles in individuals with bad habits. Again, it was revealed that and concluding moderate degree of the bond between ruminative thought styles concluding styles of individuals who do not smoke and use alcohol, and there was a negative low degree of relationship between the ruminative thought styles concluding styles of individuals who smoke but do not use alcohol.

Suggestions

When the related literature is examined, there are not enough studies in the context of bad habits. Consequently;

- Studies can be continuing variety working formations within the scope of the relevant subject.
- Since bad habits are related to thinking and decision-making mechanism, training can be given to quit such habits.
- Extensive results can be obtained by conducting experimental studies on bad habits.

Individuals can be reintegrated into society by establishing treatment centers for nicotine and alcohol addiction. Araştırmadan elde edilen öneriler kısaca belirtilmelidir.

GENİŞLETİLMİŞ ÖZET

GİRİŞ

Yaşam anlamsal olarak temelde bireylerin amaçlarını, kendisi ve dünyaya ilişkin görüşlerini aynı zamanda bu amaçlarına ulaşabilmesi için edindiği davranışları kapsamaktadır (Gençtan, 2004). Bu hedeflerin yanında bireyin spor ve fiziksel aktivite yaparak hem fiziksel hem de zihinsel olarak zinde kalması oldukça önemlidir. Özellikle düzenli olarak yapılan fiziksel aktivitenin kardiyovasküler, kas-iskelet, metabolik ve hormonal sistemler ile psikolojik ve sosyolojik vb. etkilerinin olduğu bilinmektedir (Peterson, 2007). Psikolojik olarak iyilik halinin bireyde olamaması çeşitli hastalıkları beraberinde getirebilmektedir. Bu hastalıklarda psikolojik belirtiler; bilişsel, duygusal ve davranışsal alanlarda gözlenmektedir. Bunlar kişilerin günlük hayattaki işlevselliklerini etkileyerek çeşitli problemlerin yaşanmasına neden olmaktadır. Yani, kişinin hayatının herhangi bir alanında işlevsizliğe neden olan belirtiler psikolojik belirti olarak tanımlanmaktadır (Moeller, ve ark., 2001). Psikolojik olarak görülen hastalıkların başında depresyon ve anksiyete gelmektedir.

YÖNTEM

Araştırma grubu (evren-örneklem)

Araştırma evrenini Ağrı ilinde ikamet eden çeşitli spor merkezlerine üye olan ve açık alanda farklı ortamlarda fiziksel aktivite yapan bireyler oluşturmaktadır. Araştırmada tarama modeli kullanılmıştır. Bu model belirlenmiş bir grubun diğer farklı yönlerini ortaya koymak için gerçekleştirilen veri toplama modeli olarak tanımlanmaktadır. Araştırmanın örneklem grubu tespit edilirken uygun örnekleme yöntemi kullanılmış, uygun örnekleme yöntemi de seçkisiz olmayan örnekleme grubu içerisinde yer almaktadır. Uygun örneklem modeli zaman, para ve iş gücü kaybının en aza indirilmesi amacı ile

örneklem hem ulaşılabilir hemde uygulanabilir birimlerden seçilmesini ifade etmektedir (Büyüköztürk ve ark., 2020).

Çalışma yapılmadan önce Ağrı İbrahim Çeçen Üniversitesi 25.01.2023 tarih ve 5 sayılı etik kurul onayı alınmıştır. Çalışmaya toplamda 746 kişi katılmıştır.

Veri toplama araçları

Ruminatif düşünce biçimi ölçeği

Ölçek Brinker ve Dozois (2009), tarafından geliştirilmiştir. Ölçek 20 maddeden ve tek faktörden meydana gelen Ruminatif düşünme biçimlerini değerlendirmeyi amaçlayan bir ölçektir. Ölçek Martin ve Tesser'in ruminasyon teorisini dayalıdır. Ölçek, Karatepe (2010), tarafından Türkçeye uyarlanmıştır.

Melbourne karar verme ölçeği

Ölçek Mann ve arkadaşları (1998), tarafından (Melbourne Decision Making Questionary) tarafından geliştirilip Deniz (2004) tarafından karar verme stillerini tespit etmek için Türkçeye uyarlanmıştır (Deniz, 2004).

Verilerin toplanması/işlem yolu

Araştırma verileri spor merkezlerine kayıtlı ve açık alanda fiziksel aktivite yapan bireylere gönüllülük esasına dayalı olarak anket yöntemi kullanılarak yüz yüze toplanmıştır. Bulunan veriler SPSS ile analiz edilmiştir. Ölçekler arasında ilişkiyi ortaya çıkarmak için ise korelasyon tekniğinden yararlanılmıştır.

BULGULAR

Araştırmada kullanılan ölçekler arası ilişkileri tespit etmek için kullanılan korelasyon analizi sonuçları sigara ve alkol kullanmayan katılımcıların ruminatif düşünme biçimi ölçeği ve karar verme stilleri arasında pozitif bir ilişki bulunmamıştır. Yine çalışmada kullanılan ölçekler arası ilişkileri tespit etmek için kullanılan korelasyon analizi sonuçlarına bakıldığında hem sigara hem alkol kullanan katılımcıların ruminatif düşünme biçimi ölçeği ve karar verme stilleri ölçeği toplam puanları arasında ($r:0,237$; $p<0,05$) ve kaçınan karar verme alt boyutu arasında ($r:0,689$; $p<0,01$) istatistiksel olarak anlamlı pozitif bir ilişki bulunmuştur. Araştırmada kullanılan ölçekler arası ilişkileri tespit etmek için kullanılan korelasyon analizi sonuçları Sigara kullanmayan ama alkol kullanan katılımcıların ruminatif düşünme biçimi ölçeği ve karar verme stilleri ölçeği toplam puanları arasında ($r:-0,616$; $p<0,01$), Dikkatli karar verme alt boyut puanları arasında ($r:-0,593$; $p<0,01$), Kaçınan karar verme alt boyut puanları arasında ($r:-0,527$; $p<0,01$), Panik karar verme alt boyut puanları arasında ($r:-0,398$; $p<0,01$) istatistiksel olarak anlamlı negatif yönlü bir ilişki bulunmaktadır.

TARTIŞMA VE SONUÇ

Fiziksel aktivite yapan bireylerin, ruminatif düşünme tarzı ile karar verme stilleri arasındaki ilişkilerin kötü alışkanlıklar bağlamında incelendiği bu çalışmada bulguları doğrultusunda şu sonuçlara ulaşılmıştır. Araştırmada kötü alışkanlık olarak sigara ve alkol kullanımı dikkate alınmıştır.

Sigara ve alkol kullanmayan katılımcıların ruminatif düşünme biçimi ölçeği ve karar verme stilleri ölçeği genel puan ve alt boyutlarından aldıkları puanlar arasında pozitif bir ilişki görülmemiştir. Kötü alışkanlıkları (sigara ve alkol) bulunmayan katılımcıların ruminatif düşünme tarzları ile karar verme stilleri arasında bir ilişkinin olmadığını söyleyebiliriz.

Öneriler

Literatür incelendiğinde kötü alışkanlıklar bağlamında yeterince çalışmalar tespit edilmemiştir. Buna bağlı olarak;

- İlgili konu kapsamında farklı çalışma gruplarıyla çalışmalar yapılabilir.
- Kötü alışkanlıkların düşünme ve karar verme mekanizması üzerinde ilişki olduğundan bu tür alışkanlıkların bırakılması için eğitimler verilebilir.

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KATKI ORANI CONTRIBUTION RATE	AÇIKLAMA EXPLANATION	KATKIDA BULUNANLAR CONTRIBUTORS
Fikir ve Kavramsal Örgü <i>Idea or Notion</i>	Araştırma hipotezini veya fikrini oluşturmak <i>Form the research hypothesis or idea</i>	Mehmet ÖZTAŞ Mustafa VURAL
Tasarım <i>Design</i>	Yöntem ve araştırma desenini tasarlamak <i>To design the method and research design.</i>	Mehmet ÖZTAŞ Mustafa VURAL
Literatür Tarama <i>Literature Review</i>	Çalışma için gerekli literatürü taramak <i>Review the literature required for the study</i>	Mehmet ÖZTAŞ Mustafa VURAL
Veri Toplama ve İşleme <i>Data Collecting and Processing</i>	Verileri toplamak, düzenlemek ve raporlaştırmak <i>Collecting, organizing and reporting data</i>	Mehmet ÖZTAŞ Mustafa VURAL
Tartışma ve Yorum <i>Discussion and Commentary</i>	Elde edilen bulguların değerlendirilmesi <i>Evaluation of the obtained finding</i>	Mehmet ÖZTAŞ Mustafa VURAL

Destek ve Teşekkür Beyanı/ Statement of Support and Acknowledgment

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Etik Kurul Beyanı/ Statement of Ethics Committee

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This research was conducted with the decision of Ağrı İbrahim Çeçen University Social and Human Sciences Ethics Committee dated 27.01.2023 and numbered E-95531838-050.99-63261.



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