

## Analyzing the Correlation between Dealing with Stress and Self-Esteem of the Participants Who Are 25 Years Old and Younger<sup>1</sup>

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### Abstract

The aim of the study is to investigate the correlation between the attitudes of young people who do sports and their self-esteem. The research group included 83 men and 117 women ( $\bar{x}$  age=21,49 + 1,659), as a total 200, who make exercises at least 1 year in special gym center in Antalya and Konya .Self-esteem scale developed by Arıcağ (1999) and Dealing with Stress Scales developed by Özbay (1993) were used to reach the aim of the study. Meaningfulness was acquired as  $P<0,05$  by using Kolmogorov-Smirnov test, t test and Pearson Correlation while commenting on the data. SPSS (Statistical package for social sciences) programme was used to evaluate the data. At the end of the research meaningful and direct correlation was acquired .01 ( $P<0,01$ ) between sub dimensions active planning of dealing with stress and value of ego ( $r=497$ ), self- confident ( $r=577$ ), depressive emotion ( $r=531$ ), self-sufficiency ( $r=572$ ), success and productivity ( $r=476$ ). As a general result different attitudes to cope with the stress were seen in the youth participants because of their gender's characteristics and it was thought that the correlation between those attitudes and their self -esteem was at the medium and higher-up level.

**Keywords:** Stress, Self-Esteem, Exercise

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## Introduction

As a main issue recently researched by many researchers, stress has been dealt with psychologically, sociologically, medically (Aslan, 2007; Deniz, 2006). Stress is defined differently by people working in different areas. Stress is a power which causes sadness, tension, depression and a reaction to the problems which threat people (Pehlivan, 1995). Generally stress is defined as a physical and socio psychological tension coming out because of discordance between expectations from the environment, behaviors, talents and skill (Gürçay and Seçer, 1999).

According to Lazarus (1976), dealing with stress means behavioral and cognitive efforts which limit or extend the people's own characteristic to take under control their external or internal demands. Lazarus states that dealing with stress aims to lessen the effects of problems or the threat and the reactions of dealing with stress may be dealt in two groups as direct actions and extenuating actions.

Direct actions means dealing with the stress based on problems, being interested in threats which make the people be stressful or coping with the stress by changing the problems. Extenuating actions are understood as coping with the stress based on emotions and reducing the effects caused by stress emotionally or taking the emotions under control. Because of that reason people have tendency to cope with the stress based on the problems when they feel constructive – useful things and to cope with the stress based on the emotions when they feel that they have to cope with stress (As cited in Yöndem, 2002).

The other definition of dealing with stress is using conscious effort to cope with stress (Arşan 2007). However stress gives harm the athletes' enjoyment, physical energy, their acquisitions and victories. Stress also decreases the athletes' self- confidence by making them feel that they aren't talented. Psychological stress damages the athletes' performance and prevents their flow control. Because of that reason we should be conscious about stress management techniques to help ourselves (Altungül, 2006).

The value of ego is one of the factors affecting to cope with stress (Avşaroğlu, 2007). The value of ego shows the emotions related to difference between which characteristics the people are in real and which characteristics they want to have. As individuals people have opinions about their own values. They have tendency to like and confirm their own ego definitions. (Yavuzer, 2002). Chrzanowski thinks that the value of ego means that people have positive opinion about themselves based on evaluation of their talent and power. People's intelligence, physical appearance, body structure affect their value of ego. (As cited in Karademir, 2010).

There is a positive correlation between exercise and self-esteem Self- esteem points of people doing exercise increase (Weinberg, 1995). Kulaksızoğlu (2005) starts that the people who have better physical appearance have more value of ego.

## Materials and Methods

83 men and 117 women ( $\bar{x}_{age}=21,49 \pm 1,659$ ), as a total 200, who make exercises at least 1 year in special gym center in Antalya and Konya participated to the study. The participants were chosen randomly.

## Data Collection Tool

### Dealing with Stress Scale (SBTE):

Dealing with Stress Scale was used in the study to decide the participants' attitude while dealing with stress. Firstly the original of the scale was applied to the foreign nation students who studied in USA to decide their attitudes to deal with stress. The scale was adapted by Özbay and Şahin( 1997). At the end of the adaptation process 43 of 56 items were subtitled under 6 categories. "Religious Orientation", "Needing Foreign Aid", "Active Planning", "Escape Behavior Emotional Actual", "Escape BehaviorBiochemical and "Acceptance Cognitive Reappraisal" The scale was designed with likert with 5 . Coping with stress strategies scale adapted by Şahin and Durak (1995) was used as a criterion. The relation between " Coping with Stress Strategies Scale and Dealing with Stress Scale was acquired as 0.54 ( $p<.001$ ) Cronbah Alpha Coefficient of test's reliability was founded as 0.81.

### Self Esteem Scale:

Self-esteem scale developed by Arıcak (1999) consisted of 32 items identifying the people's self-esteem positively or negatively and was prepared as likert with 5. The items 1, 3, 4, 6, 7, 9, 11, 13, 15, 16, 18, 19, 21, 23, 25, 27, 29, 31 and 32 of the scale were given points inversely. Cronbah Alpha Coefficient of test's reliability was founded as 0.90. Pearson Momenter Multiplying Coefficient was calculated as 0.70 by applying the scale two times after 2 weeks. For the validity of the scale experts were consulted and %75 of the items was included to the scale which was approved by the experts. Coefficient of correlation was calculated as 0.69 between the applied scale and Rosenberg self-esteem scale. During the factor analysis for the construct validity, 5 factors which express %46 of all variance ( self-value, self-confidence, depressive- affection, self-sufficiency, success and productivity).Cronbah Alpha Coefficient of test's reliability was founded as 0.50 and total item correlation changed between 0.07 and 0.54.

### Data Analysis

Meaningfulness was taken as  $P<0,05$  by using Kolmogorov-Smirnov test, T test and Pearson Corelation. SPSS (Statistical package for social sciences) was used to evaluate the data.

## Findings

**Table 1.** Mean and Comparison of Dealing with Stress Scale's sub dimension in terms of gender

Variables	Gender	N	Mean	Standard Deviation	t	P
Active Planning	Women	117	26,6752	6,61611	2,334	0,020
	Men	83	24,5783	5,94717		
Needing for foreign aid	Women	117	9,5897	2,43945	3,370	0,001
	Men	83	8,5542	1,90156		
Religious Orientation	Women	117	14,1368	5,46920	2,136	0,034
	Men	83	12,5422	5,00317		
Escape Behaviour Abstraction	Women	117	2,7350	3,25469	-3,347	0,001
	Men	83	4,3494	3,43381		
Escape Behaviour Isolation	Women	117	13,6496	4,38122	2,380	0,018
	Men	83	12,2289	3,99489		
Acceptance Cognitive Reappraisal	Women	117	13,7692	4,38726	0,472	0,617
	Men	83	13,5060	3,03786		

$p < 0.05$

Mean and Comparison of Dealing with Stress Scale's sub dimension in terms of gender who are 25 years old and younger and make exercises was seen in the chart 1. When the results were analyzed, Meaningful differences were acquired in the sub dimensions Active planning, needing foreign aid, religious orientation, escape behavior –abstraction, escape behavior-isolation ( $p < 0.05$ ). In terms of gender variance meaningful differences weren't acquired in the sub dimension acceptance cognitive reappraisal ( $p > 0.05$ ).

**Table 2.** Mean of Self Esteem Scale's Sub dimensions in terms of gender

Variables	Gender	N	Mean	Standard	t	P
Value of Ego	Women	117	15,0256	3,67062	2,492	0,014
	men	83	13,8193	2,90141		
Self -esteem	Women	117	10,5983	2,69757	1,124	0,262
	men	83	10,1566	2,76512		
Success and Productivity	Women	117	12,0940	3,04558	0,916	0,361
	men	83	11,7229	2,65180		
Depressive Emotion	Women	117	9,5897	2,43945	3,370	0,001
	men	83	8,5542	1,90156		
Self sufficiency	Women	117	10,5983	2,69757	1,124	0,262
	men	83	10,1566	2,76512		

*p*<0.05

Mean of Self Esteem Scale's sub dimension in terms of gender who are 25 years old and younger and make exercises was seen in the chart 2.

When the results were analyzed, Meaningful differences were acquired in the sub dimensions value of ego and depressive emotion ( $p < 0.05$ ). In terms of gender variance meaningful differences weren't acquired in the sub dimension self-esteem, success and productivity and self-sufficiency ( $p > 0.05$ ).

**Table 3.** Correlation between Dealing with Stress and Value of Ego Sub dimensions

		<b>Value of Ego</b>	<b>Self-esteem</b>	<b>Depressive emotion</b>	<b>Self sufficiency</b>	<b>Success and Productivity</b>
Active Planning	Pearson Correlation	0,497**	0,577**	0,531**	0,572**	0,456**
	Sig.(2-tailed)	0,000	0,000	0,000	0,000	0,000
	N	200	200	200	200	200
Needing for Help	Pearson Correlation	0,464**	0,373**	0,440**	0,566**	0,369**
	Sig.(2-tailed)	0,000	0,000	0,000	0,000	0,000
	N	200	200	200	200	200
Religious Orientation	Pearson Correlation	0,464**	0,662**	0,509**	0,666**	0,121
	Sig.(2-tailed)	0,000	0,000	0,000	0,000	0,088
	N	200	200	200	200	200
Biochemical	Pearson Correlation	-0,132**	-0,134	-0,279**	-0,134	0,032
	Sig.(2-tailed)	0,006	0,059	0,000	0,053	0,658
	N	200	200	200	200	200
Emotion Operational	Pearson Correlation	0,288**	0,59	0,154**	0,059	0,567**
	Sig.(2-tailed)	0,000	0,409	0,000	0,403	0,000
	N	200	200	200	200	200
Acceptance Cognitive Reappraisal	Pearson Correlation	0,354**	0,216**	0,325**	0,216**	0,412**
	Sig.(2-tailed)	0,000	0,002	0,000	0,002	0,000
	N	200	200	200	200	200

*P* < 0.01

Correlation between Dealing with Stress and Value of Ego Sub dimensions was seen in the chart 3. Positive Correlation between sub dimension Active Planning of Dealing with Stress and Value of Ego ( $r=497$ ), Self-confidence ( $r=577$ ), Depressive Emotion ( $r=531$ ), Self-sufficiency ( $r=572$ ) and Success and Productivity ( $r=456$ ). Meaningful Differences in Positive Way were seen between sub dimension needing for Help of Dealing with stress and value of ego ( $r=464$ ), self-confidence ( $r=373$ ), Depressive emotion ( $r=440$ ), self-sufficiency ( $r=566$ ) and success and productivity ( $r=369$ ). There is a positive correlation between the sub dimension religious orientation and value of ego ( $r=464$ ), self-

confidence( $r=662$ ), depressive emotion( $r=509$ ) and self-sufficiency( $r=666$ ). There is a negative correlation between the sub dimension biochemical and value of ego ( $r=132$ ) and depressive emotion ( $r=279$ ). There is a positive correlation between the sub dimension emotion operational and value of ego ( $r=154$ ), success productivity ( $r=567$ ). As another result, there is a positive correlation between AcceptanceCognitive Reappraisal and value of ego ( $r=354$ ), self-confidence ( $r=216$ ), depressive emotion ( $r=325$ ), self- sufficiency ( $r=216$ ) and success and productivity ( $r=412$ ).

## Discussion and Conclusion

After analyzing chart 1 it is concluded that there is a meaningful difference between the sub dimensions active planning, needing for help, religious orientation, escape behavior abstraction and escape behavior isolation. It is clear that women use these sub dimensions more than men. The results of the study which was applied to university students by Çoruh (2003) were paralyzed with the update result of this study. The results of Bilecen (2007) and Büyüksahin (2007)' studies supported the acquired result in terms of gender variables. However Erkmen's study (2008) which was applied to the Physical Education Teachers and Kara's study which was applied to instructors found the result that there was only meaningful difference in sub dimension acceptance cognitive reappraisal in terms of gender and it didn't support our study's result.

The result of meaningful difference in sub dimensions value of ego and depressive emotion in favor of women in terms of gender was concluded in chart 2. It is said that women are better in self-perception and state their characteristics better than men. When literature was analyzed, meaningful differences in terms of gender weren't concluded in the study of Erman( 2004) which was applied to the people making exercise. Mullis and Normandin stated that there were no differences in self-perception in terms of gender. However Gencer ( 2012) resulted in the study applied to the badminton athletes that women has a higher self-perception than men and this finding supported our current result. And study applied to the physical education teachers in 2011 also supported our result in favor of women in terms of gender variable. When the chart showing the correlation between sub dimensions of dealing with stress and self-perception was analyzed, there was a positive correlation between sub dimension active planning of dealing with stress and self-perception's sub dimensions. It is said that the people who has more self -esteem has a tendency to be a part of active action by making active plans to deal with stress.

The second finding in chart 3 was that there was a positive correlation between sub dimension needing for help of dealing with stress and self-esteem sub dimension. Tiryaki's (2000) study's result which was applied to the people both doing sport and not was that the people' s points doing sport increased in terms of self-esteem. In current study while self-esteem was getting higher, needing for help to deal with stress also increased. Sub dimension of Needing for help changed with regard to the people's self-esteem doing sport and under the age of 25 and the attitude of needing for increased positively because of the sport's socialization effect.

The other results acquired in the current study were that there was a positive correlation between sub dimensions religious orientation, emotion operational, acceptance cognitive reappraisal and self-esteem, and that there was a negative correlation between sub dimension biochemical and sub dimensions value of ego and depressive emotion of self-esteem. It is said that the people who has higher self- esteem are more religious and more active while solving

problems and do more active studies to find new solutions by accepting the problems. Öz (2004) stated that those people are more successful to find solutions for the problems and happier in their lives. Those people keep them away from harmful drugs and drug addiction. Haine and his friends (2000), Tram (2002) and Avşaroğlu (2007) supported our current study by finding positive relationship between self-esteem and dealing with stress. Yiğit (2012) also supported our study by finding positive correlation between sub dimensions religious orientation, active planning and acceptance cognitive reappraisal and by finding negative correlation between sub dimension biochemical and self-esteem. In other study researching the correlation between individuality and dealing with stress it is stated that using the appropriate methods to deal with stress in youth affects the development of individuality positively and decreases the probability of depressive emotion (Steiner and friends. 2002).

Exercise helps people maintaining their social lives make them develop their levels to deal with the stress. When the other researches were examined in the literature, the results were parallel with each other.(Yeltepe and Yargıç 2011).

### Conflict of Interests

The authors indicated no potential conflicts of interest.

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