

COMPARISON OF SELF-ESTEEM SCORES OF INDIVIDUAL AND TEAM SPORT ATHLETES AND NON- ATHLETES*

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ABSTRACT

The purpose of the study was to determine whether there is any difference between self esteem scores of individuals who engaged in individual & team sports and non-athletes. Furthermore, self-esteem scores associated with age group, gender and years of playing experience variables were examined to determine the differences. Focus group consists of 304 athletes & non-athletes of 13–20 years old individuals living in Ankara, Istanbul and Sakarya. Rosenberg's self-esteem scale was used to measure the self-esteem scores of individuals. The research data were analyzed by SPSS software. According to the results of the study, there was no significant difference between self-esteem scores of athletes and non-athletes. The same result was obtained for individual & team sport athletes and non-athletes, too. In addition, no statistically significant difference was found according to gender variable. The correlation of self-esteem scores of individuals between 13–16 and 17–20 years old was found to be statistically significant ($p=0.000$, $p<0.05$). Furthermore, the years of playing experience variable showed significant difference between group-1 (1-5 years of playing experience; $X=19.23$) and group-3 (10-14 years of playing experience; $X=21.73$) in favor of group-3; as well as between group-2 (6-9 years of playing experience; $X=19.15$) and group-3 (10-14 years of playing experience; $X=21.73$), also in favor of group-3.

Keywords: Self-Esteem, Self-Concept, Individual Sport, Team Sport, Playing Experience

B REYSEL VE TAKIM SPORU YAPANLAR LE SPOR YAPMAYAN B REYLER N BENL K SAYGISI PUANLARININ KAR ILA TIRILMASI

ÖZET

Çalışmanın amacı; 13–20 yaş arası spor yapan ve yapmayan bireylerin benlik saygısı puanları arasında herhangi bir fark olup olmadığının belirlenmesi ile takım sporu ve bireysel spor yapan bireyler ile spor yapmayan bireylerin benlik saygısı puanları arasında bir fark olup olmadığının ortaya konulmasıdır. Ayrıca; yaş grupları, cinsiyet ve spor yapma yaşı gibi demografik özelliklere göre de benlik saygısı puanları incelenerek farkların sunulmasıdır. Çalışma grubunu; Ankara, İstanbul ve Sakarya illerinde spor yapan ve yapmayan 13 – 20 yaş arasındaki 304 birey oluşturmaktadır. Araştırmada bireylerin benlik saygısı puanlarını ölçmek için Rosenberg'in Benlik Saygısı Ölçeği'nin alt ölçeklerinden olan Benlik Saygısı Ölçeği kullanılmıştır. Araştırmada elde edilen veriler SPSS paket programıyla analiz edilmiştir. Araştırmada elde edilen sonuçlara göre; spor yapan ve yapmayan bireylerin benlik saygısı puanları arasında anlamlı bir fark bulunmazken aynı sonuç takım sporu ve bireysel spor yapanlar ile spor yapmayan bireylerin benlik saygısı puanlarında da gözlenmiştir. Bununla birlikte cinsiyet de demografik olarak anlamlı bir fark bulunmamıştır. Araştırmada elde edilen diğer sonuçlara göre; yaş grubu demografik olarak 13–16 yaş ile 17–20 yaş arasındaki bireylerin benlik saygısı puanları arasındaki ilişki ($p=0,000$, $p<0,05$) istatistiksel olarak anlamlı bulunmuştur. Ayrıca spor yapma yılı (deneyim) demografik olarak 1. Grup (1–5 yıl arası spor yapanlar) ($X=19,23$) ile 3. Grup (10–14 yıl arası spor yapanlar) ($X=21,73$) arasında 3. Grup lehine; 2. Grup (6–9 yıl arası spor yapanlar) ($X=19,15$) ile 3. Grup (10–14 yıl arası spor yapanlar) ($X=21,73$) arasında yine 3. Grup lehine anlamlı farklılıklar görülmüştür.

Anahtar sözcükler: Benlik Saygısı, Benlik Kavramı, Bireysel Spor, Takım Spor, Sporculuk Deneyimi

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INTRODUCTION

Sport helps an individual to have a healthy physical structure and improve themselves mentally psychologically. Furthermore, it helps an individual to learn and develop their skills and leadership abilities. Totally inseparable from human life, sport plays a crucial role in making a human being healthy successful happy and having a solid psychology. Self consists of our judgements about our personalities and our way of seeing and thinking about ourselves. From this point of view, it may be defined as the subjective side of personality (Baymur, 1993).

Formed by a person's opinion about himself or perspective towards himself, self-concept depends on the individual comparing himself with other individuals in terms of character, ability and temperament. Self-concept also involves attitude, dreams and social roles of a person. While self-concept mentions an individual's own ideals and beliefs, self-esteem is made of an individual's evaluation of himself. Human beings might regard themselves as individuals having high or low self-esteem (Aiken, 1999).

The concept of self-esteem and the assumption that high self-esteem causes Self Esteem score positive results and benefits to an individual make teachers, parents, therapists and other researchers concentrate on increasing self-esteem (Roy, 2003).

Exercise and self-esteem are seen in a positive relationship. Exercise programmes are seen to lead the significant rise in self-esteem. It is thought that the more exercise and health factors increase, the more self-esteem Self Esteem score (Weinberg, 1995). The relationship between doing exercise Self Esteem score and self-esteem can be explained by the positive effect of doing sports on socialization and physical characteristics. The probable positive effects influence an individual's life, his perception of himself and self-development.

The purpose of the study was to determine whether there is any difference between self esteem scores of individuals who engaged in individual & team sports and non-athletes. Furthermore, self-esteem scores associated with age group, gender and years of playing experience variables were examined to determine the differences.

MATERIAL AND METHOD

In this study general screening model and sectioning approach are applied. The data are collected by survey method. Rosenberg's Self-esteem Scale is used in this research. The first ten questions of the first part of the scale are used to as Self Esteem scores self-esteem. Developed by Morris Rosenberg, this scale was adapted to Turkish population by Fusun Cuhadaroglu.

This study covers individuals aged 13-20 (average for girls:16,55 for boys: 16,40) living in Ankara, Istanbul and Sakarya. 101 arbitrarily chosen athletes (49 men, 52 women), 102 individual sport athletes (swimming, gymnastics, rowing, archery, athletics) and 102 team sport athletes (basketball, volleyball, football), totally 304 athletes comprise the research group of this study. Individual and team sport athletes building up the research group are individuals who do sports at least 3 times a week and also voluntarily take part in this study.

The arithmetic mean and the standard deviation of the participants' answers given to Self Esteem score are calculated. ANOVA analysis and unconnected (independent) sampling T test are performed in order to test the significance of the difference between the scores belonging to the groups. The question of between which groups the significant difference occurs is examined by poc-hoc test.

FINDINGS

The information of the individuals forming the research group of this study about their sport variable is shown below in table 1.

Table1. Information about participants' age, sport age and their status of sportsmanship

	N		Mean age		playing experience(year)	
	Girls	Boys	Girls	Boys	Girls	Boys
Non-athletes	52	49	16,54	15,18		
Individual sport	51	51	16,43	16,49	7,57	5,89
Team sport	47	54	16,70	17,43	7,23	7,11
Total	150	154	16,55	16,40	4,84	4,42

Table2. The comparison of athletes' and non-athletes' self-esteem scores

	N	\bar{X}	S	Sd	t	p
Athletes	203	19.55	3.83			
Non-athletes	101	19.09	3.32	302	1.03	.302

P>.05

The T test results of participants' self esteem scores according to the status of their sportsmanship are shown table 2. As a result of the analyse Self Esteem score, a significant

difference between athletes (\bar{X} =19.55) and non-athletes (\bar{X} =19.09) is not seen, t (302)=1.03, p>.05.

Table3. Anova test results of Self Esteem Scores according to gender and status of sportsmanship (playing experience)

Source of Variation	SS	df	MS	F	P-value
Gender	9.420	1	9.420	.701	.403
Sportsmanship	55.466	2	27.733	2.064	.129
G*S	27.563	2	13.782	1.026	.360
Fail	4003.839	298	13.436		
Total	4094.839	303			

P>.05

When table 3 is examined, it can be seen that the common effect of the status of sportsmanship and gender variable is not

statistically significant on self esteem as a result of the analysis.

Table 4. T test scores of Self Esteem score according to the age groups

Group of years	N	\bar{X}	S	Sd	t	p
13-16 years	138	17.99	3.60			
17-20 years	166	20.54	3.35	302	6.40	.000*

*P<.05

When you go over table 4, the individuals' Self Esteem score show a significant difference according to the age

groups. It is seen that the Self Esteem score of 17-20 age group is higher than 13-16 age group.

Table5. Anova test results of Self Esteem score according to playing experience (year)

Source of Variation	SS	df	MS	F	P	significant difference **
Between Groups	167.828	2	83.914	5.980	.003*	1-3, 2-3
Within Groups	2806.379	200	14.032			
Total	2974.207	202				

*P<.05

**Differences among the groups as a result of Tukey test.

According to this table, it is seen that the sport age (playing experience) of individuals affects the Self Esteem score. It is found that there is a significant difference between Self Esteem score in playing experience groups. The groups are compared with each other so as to find out between which groups this kind of difference occurs. As a result of Tukey test, the significant difference is seen in favour of 3rd group between 1st (1-5 years of sportsmanship) and 3rd (10-14 years of sportsmanship) group. Moreover, between 2nd (6-9 years of sportsmanship) and 3rd (10-14 years of sportsmanship) groups, the significant difference is again in favour of 3rd group.

DISCUSSION

The results obtained by evaluating the gathered data to research the influence of doing sports on individuals' self esteem are presented below.

The Self Esteem score of athletes and non-athletes are evaluated according to the results of unconnected (independent) sampling T test and as a consequence a significant difference is not found. In a study, the Self Esteem score of amateur bodybuilders and non-athletes are compared and consequently; whereas the Self Esteem score of bodybuilders are medium-level, the Self Esteem score of non-athletes are low-level (Mekolichick, 2001). Baily and et al. (1999) also reach a similar result in their study.

In another study, the effect of physical activities on preadolescent and adolescent women's sense of self is examined. Researchers use a scale, which they name as "physical activity intervention package". With the evaluation of the data it is accepted that a physical activity might have a positive influence on the sense of self for adolescents. However, a certain result is not attained. Furthermore, it is indicated that the validity of positive effects of physical activities on the sense of self for adult female is less (Karin & Hrycaiko, 1997).

Tiryaki and Morali (1992), cannot find a statistically significant difference between the Self Esteem score of athletes and non-athletes in their research in which Self Esteem score is applied. Likewise, in a study on sight-disabled students, Turk (2007), points that participating in sport teams doesn't have a significant effect on sight-disabled students' self esteem in favour of students taking part in sport teams. In a similar study, the implementation of structured self esteem exercise programme, which is applied for ten weeks, is claimed to have no effect on improving the self esteem levels of participants (Wayda et al., 1999).

On the other hand, Tiggermann and Williamson (2000) indicate that there is a positive significant relationship between exercise and self-esteem for boys whereas this is a negative relationship for girls in studies that they do research about the influence of exercise on being content with your body and self-esteem.

Salokun (1990), compares athletes' sense of self at variable levels (high performance and low performance) with non-athletes and as a consequence finds out that athletes have statistically high Self Esteem score at a significant level.

In their study, Tremblay et al. (2000) determine that 12-year-old boys and girls, who are physically more active, have higher levels of self esteem. Smith (1986) states that individuals engaged in team sports have significantly higher self-esteem than non-athletes as a result of a study done on 208 subjects. Similarly, in a study where the Self Esteem score of students, who attend summer sport schools, are compared, a statistically meaningful difference is determined between general self-esteem, social self-esteem, academic self-esteem, preliminary test and final test scores of students attending summer schools. According to the researcher, this result is the one which shows the positive effect of doing

sports and belonging to a group (Korkmaz, 2007).

Gun (2006), finds a statistically significant difference in favour of athletes between Self Esteem score of athletes and non-athletes in his study about the self-esteem of athletes and non-athletes adolescents. In another study done with 174 high school male athletes involved in team sports and 174 high schools male non-athletes, the effects of participating in physical activities on the development of high school boys' self-concept are analysed and the Self Esteem score of athletes are found to be much higher (Açı et al., 1997).

In another study on 247 adolescent girls, the improvement of self-esteem and the effect of sports are researched. The results show that success in team sports affects the development of girls' self-esteem in a positive way (Pedersen & Seidman, 2004). Once again it is observed that involvement in social and sporting activities has positive contribution not only on self-esteem but also on emotional intelligence levels of individuals in a study whose topic is "self-esteem and emotional intelligence in students who take special aptitude test of physical education and sport department", done with a total number of 170 subjects consisting of 124 boys and 46 girls (Karademir et al., 2010).

In our study, when the arithmetic mean of Self Esteem score of athletes and non-athletes is examined, despite having a difference- this difference is not statistically meaningful. When the literature studies presented above are evaluated, it can be seen that a final judgement is not concluded. Whereas some studies show that self-esteem is positively affected from doing sports, there are still some other studies in which this kind of effect is not encountered. These differences may have emerged from age of the study groups, training state of the athletes, the socioeconomic status or the diversity of social circle. Furthermore if plenty of concepts affecting self-esteem are taken into consideration apart from sport, it may be

thought that a lot of notions except sport, such activities as music art dance the socioeconomic status of an individual or the attitude of the family etc. influence the group of non-athletes.

Another dimension of our study is to put forward the effects of gender and sportsmanship status (variables on self esteem. As a result of an analysis on the data, it is seen that the mutual effect of sportsmanship status (individual athletes, team athletes and non-athletes) and sex variables does not statistically generate a significant effect on Self Esteem score. In the literature some studies similar to and different from ours have been encountered.

In their studies where Bowker et al. (2003), research about the relationship between involvement in sports and self-esteem, they cannot find a meaningful difference between self-esteem and core values of the athletes in terms of gender. Moreover, in a study with 135 students studying in the 6th and 8th grades and also 10th and 12th grades, the relationship between self-esteem and age, intelligence, gender and sexual development is examined and as a result of the study, it is pointed out that self-esteem is not related to age but to intelligence (Brack et al., 1988). In another study it is seen that the Self Esteem score of female and male athletes don't vary by sex (Wong et al., 1993). A similar conclusion is attained from a similar study in which the self presentations of female and male university students are compared and it is concluded that self-esteem doesn't vary by sex (Martin & Mack, 1996). In another study no difference is found between Self Esteem score of individual exercise participants and group or team exercise participants (Altıntaş et al., 2007). In another similar study, 175 Akdeniz University students, aged 18-25 and involved in different branches of sports like athletics, badminton, basketball... etc are studied and the conclusion is that there is no significant difference between team and sport groups in

terms of self-esteem values (Aktop et al., 2007).

In a study on 987 children studying at primary schools; on the other hand, it is put forward that children who spare more time on team sports than individual sports, have higher self-esteem and also that the time spent for sports has a positive effect on this value (Slutzky et al., 2009). Another study is done with a total number of 865 students, 407 of whom are girls aged 12-14 and 458 of whom are boys. The self-esteem levels of subjects are determined and it is aimed to specify the relationship between the differences of age, sex, sportsmanship status and the levels of self-esteem. Consequently; when the students are compared according to the Self Esteem score, the significant differences are found statistically between the age groups of 12, 13 and 14. It is determined that self-esteem and motor performance test scores of girl and boy students, who do sports, are much higher than girl and boy sports who do not do any sports (Özsaker, 2008). Similarly the data obtained from a study which examines the self-esteem of elite adolescent girls, show that it is swimming which has the highest Self Esteem score among adolescent girl athletes, that there isn't a meaningful relationship between branches and that the self-esteem levels in team sports are higher than individual sports (Dorak et al., 2010).

In our study, it is also examined how Self Esteem score of individuals constituting the research group change according to the age groups. According to the statistic test scores, Self Esteem score of individuals vary significantly by the age groups. The Self Esteem score of individuals in 17-20 age group are higher than the Self Esteem score of individuals in 13-16 age group.

Karademir et al. (2010), find a significant difference about Self Esteem score according to the age variable in a study done with 170 volunteers consisting of 124 boys and 46 girls. Kocak (2008), points out that there is a belief that self-esteem increase Self Esteem score in direct proportion to age in

some studies. Mullis et al. (1992), examine self-esteem levels of high school adolescents for 3 years in one of those studies. The research is carried out with a sampling group of 270 people aged 14-19. The effects of sex and socioeconomic status on self-esteem are observed. As a result of the study, it is seen that self-esteem increase Self Esteem score with age. In another study the relationship that self-esteem of physical education and sport college students has with some sociodemographic attributes is examined. The total number of students studied with is 286 consisting of 183 boys and 103 girls. Consequently it is found that students who are athletes have intermediate level of self-esteem and that as age increase Esteem score, self-esteem also increase Self Esteem score (Ersan et al., 2009). Self-esteem is a fact which is affected by a lot of variables and develops in time. Therefore; as age gets along, the developments of self-esteem also increase Self Esteem score.

Lastly, the effects of experience (playing experience) on Self Esteem score is also explored in our study. According to the results of the data analysis, it is found that there is a significant difference between sport age (playing experience) groups and Self Esteem score. The groups are compared with themselves in order to determine between which groups the difference happens. As a consequence of Tukey test, significant differences are seen between 1st and 3rd group in favour of 3rd group and between 2nd and 3rd group it is again in favour of 3rd group. Sport age (playing experience) may be evaluated as experience in a way. The fact that individuals have been doing sports for many years might result in the fact that they have higher self-esteem.

In a study done to determine the self-esteem of elite gymnasts aged 12- 18 and to compare it with non-athletes, it is found that the concept of self-esteem is higher and self-esteem increase Self Esteem score as years pass Self Esteem score in the group of gymnasts (Suveren, 1995). Forrester and

Beggs (2005) research on 104 women and 99 men, totally 203 students, so as to find out how gender and sport age variables affect self-esteem. After evaluating the data, Self Esteem score of women, who have less sport age (playing experience), are low. However, when lowly-experienced women and men are compared, the Self Esteem score of women are registered to be higher than men's.

RESULTS

Self concept is not an innate attribute. Plenty of factors affect an individual's self development. Self, formed within social and physical circle in time, and factors especially like school, friends circle, parents in childhood have a great deal of contribution the children's self concept and the development of self-esteem (Frisby & Tucker, (1993), Aiken L. R. (1999), Roy F.(2003)). Doing sports may help to increase and develop the concepts of self and self-esteem. Nonetheless, it is very hard to reach a solution by only detaching sportsmanship in both our study and the others in the literature. Statistically explicable significant difference is not encountered between Self Esteem score of athletes and non-athletes in our study. A similar result is also seen in sex variable. Nevertheless, self-esteem shows a meaningful difference according to the variables of age groups and sporting age. In athlete groups as the age increase Self Esteem score, the self-esteem increase Self Esteem score. This situation shows that the increase of both age and sporting experience has a positive effect on self-esteem development.

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