



AN EXAMINATION OF SELF- ESTEEM IN WOMEN IN TERMS OF DOING SPORTS

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Abstract

The aim of this study is to determine the self esteem of the women according to status of sports. For this purpose, a self-esteem scale developed by Çuhadaroğlu (1986) was applied to a total of 118 voluntary women in the age range of 20-45 years who did sports and volunteered to participate in sports with women in sports clubs in different sports clubs. When the data are analyzed in SPSS 21.00 package program; there were no significant results the scores of self-esteem according to the sporting status of women. while there were no significant results in terms of education level and marital status, in terms of age, working status and level of income it was determined there were significant results. Although there are studies in the literature that shows that physical activities have positive effects on self-esteem, in this study there was no contribution to the self-esteem of doing sports.

Keywords: women, sports, self esteem.

INTRODUCTION

The common part of the definitions that were made for self-concept is that it contains information about who we are and what kind of personal traits we have. In other words, it is a concept about how the person perceives himself. According to Freud, who made many contextual contributions to the science of Psychology, self-concept is the one of the three layers of the identity and it works in accordance with the reality principle. It works as a filter between the primitive motivators coming from the Id and the environmental situations. It is defined as a part of the identity that provides a kind of balance between primitive motivators and social values by making realistic evaluations. Self-Esteem, however, is defined as a situation which means the individual's being approved by others, being praised and being accepted as valuable due to what he does. Self-esteem is also explained as acceptance not only the positive actions but also being disapproved or not being appreciated, that is, it is the situation whether the individual finds himself valuable or not (Baumeister, Campbell, Krueger & Vohs, 2003). In short, identity is defined as a system of thoughts which the individual believes to be true about him (Yıldız, 2006). It was explained that self-esteem is something that is supported by identity schemas and those schemas has an important place in forming self-esteem. Those schemas, which every individual has, play an important role in defining and evaluating himself. It was stated that the individual can direct his attitudes without facing any negative situations with the help of these identity schemas (Oktan and Şahin, 2010). When all these sayings are taken into consideration, it can be said that self-esteem emerges when the individual considers the things he did as important and



valuable while he is evaluating himself. It can also be said that people with a high level of self-esteem are the people who also have a high level of social intelligence and they have the ability to think analytically and people whose auto-control mechanism is quite developed (Karademir, Döşyılmaz, Çoban & Kafkas 2010). It was mentioned that while people are evaluating themselves, their self-esteem level rises if they make positive evaluations and if they find themselves valuable. Similarly, self-esteem decreases if they make negative evaluations and consider the things they do as unimportant (Karahan et al., 2004).

Research done in this area has shown that sports have an important place in increasing the self-esteem level as well as cognitive approaches and skills trainings (Karagün, Yıldız & Başaran, 2008; Karakaya, Coşkun & Ağaoğlu, 2008). These research shows that recreational activities applied as groups are effective because they support the feeling ' *I can do*'. These sportive and recreational activities are proved to improve self-esteem in a positive way and doing exercise has a positive effect on the self-esteem level especially when these activities are chosen according to the person's field of interests (Karagün et al., 2008). It was stated that activities that are applied for long periods and at a lower force are effective in a short time as they are applied without tiring people. In addition, it was stated that the individual develops a positive idea of his self sufficiency and this increases his sense of self together with self-esteem because this kind of activities are uncompetitive and they support the individual's belief in his self-sufficiency as result, the individual develops a feeling of well-being (Bond, Lyle, Tappe, Seehafer & D'Zurilla 2002; Goselin and Taylor, 2002; Plante, Coscarelli, Caputo & Oppezzo, 2000; Steptoe, Edwards, Moses & Mathews, 1989).

When all this information was taken into consideration; it was wondered what self-esteem level is between women who participate in uncompetitive group sports in their leisure times and women who have never participated in any kind of sports. It was tried to determine what self-esteem level the women aged between 20 and 40 have, either doing or not doing any sports. It was also aimed to find out whether these women's self-esteem level differ according to their age, marital status, work life, financial status and educational background or not.

METHOD

The Sample

In accordance with the aim of this study, after the necessary permission had been taken from a private sports management which is in the province of Kocaeli, the sporting group was formed with voluntarily participating women in the research who do sports at least twice a week with a recreational aim.

The non sporting group was formed by women who bring their children to the same sports club but not join any sports. When they were told what the aim of this research was, they said that they would participate voluntarily saying that they had never done any sports. The research was carried out with 118 women between the ages of 20 and 40 with different socio-demographic features, doing and not doing sports. The women were made necessary explanations about the scales in accordance with the aim of the research, later they were given the scales. The scales were collected by the researcher at the end of the research.

Data Collecting Tools

Information Survey: A 6-question information survey, prepared by researchers with the help of the information in the literature, was applied to find out socio-demographic features of the women.

Rosenberg Self-Esteem Scale: It was developed by Morris Rosenberg in 1963 and It was adapted into Turkish by Çuhadaroğlu (1986). Rosenberg Self-Esteem Scale consists of multiple choice questions and twelve sub-categories and its cronbach alpha value was calculated as 0,74 at the end of reliability analysis.

The first sub-category, self-esteem, was used in this study. It consists of 10 items which were organised according to Guttman evaluation style. It is a kind of a scale which considers 0-1 points as *high self-esteem* level; 2-4 points as *medium* and 5-6 points as *low self-esteem*. 1st, 2nd, 4th, 6th and 7th items query the positive self-worth and 3rd, 5th, 8th, 9th and 10th items are for the negative self-worth evaluation.

The Analysis of the Data

The findings that were collected were evaluated with SPSS 21,00 package programme. As the data show a normal distribution to the normality test; t test, one of the parametric methods, was applied for the binary group comparisons and variance analysis (ANOVA) was used for the group comparisons more than two.

FINDINGS

When table 1 is examined, it is observed that the average score for self-esteem of the women who do sports is 0,8426; the average score of those who occasionally do sports is 0,9344; and the average for those who never do sports is 0,9344. Yet, these results show no significant difference in terms of self-esteem. ($p=0,06$, $p>0,05$).

When the self-esteem scores of the women who took part in our research are examined according to their employment; it is observed that the highest self-esteem score of the women who have regular jobs was calculated as 0,7201, and for those who do not work, this score was found to be 0,9407; and the score for those who have part-time jobs was 1,5162. The difference between these results was observed to be statistically highly significant. ($p=0,000$; $p<0,05$).

Table 1: The Variance Analysis Results of Self-esteem Scale Averages of the Sample Group according to the frequency of doing sports

Variables		N	Average±Standard deviation	F Point	P Value
Do you do sports?	never	47	,8645±,65	0,99	,906
	sometimes	9	,9344±,46		
	regularly	62	,8426±,56		
Work status	yes	78	,7201±,42	12,88	,000
	Part-time	13	1,5162±,97		
	no	27	,9407±,58		

When Table 2 was examined, it was observed that the highest self-esteem level belonged to the women who are at the age of between 24 and 28 (0,6845), and the results are respectively as the follows: 39-43 aged women (0,7356), 29-33 aged women (0,7679), and 34-38 aged ones (0,9273). It was also observed that the lowest self-esteem level belonged to the women who are at the age of between 19 and 23. (1,2081). These differences that were traced in the age groups were found to be significant when they were statistically analysed. ($p=0,007$, $p<0,05$).

As for their educational background; it was found that the highest self-esteem level belonged to the women who are high school graduates (0,7131); and respectively the ones who are doing their master's degree, (0,7857), secondary school graduates (0,8333), university graduates (0,8909). It was also found that the lowest self-esteem level belonged to the women who are primary school graduates (0,9500). However, when the difference between these scores was analysed, it was seen to be insignificant. ($p=0,360$; $p>0,05$).

When their income was searched, it was found that the highest self-esteem level scores went to the women whose income was 1.400 Turkish liras and under, (1,5162). When the income was put in the order from low to high, it was determined that the score of the women who earn between 1.401 and 2.000 was (0,7476); the score of those whose income was between 2.001 and 2.500 was (0,7473);

the score of the women whose income was 2.501 and 3.000 was found to be (0, 7500); and finally the score of those who earn more than 3.000 was calculated as the highest self-esteem level (0, 6307). It was determined that the difference between these scores was highly significant ($p=0,000$; $p<0,05$).

Table 2: Variance Analysis Results of the Sample Group's Self-esteem Score Averages according to their socio-demographic features

Variables	N	Ort±Ss	F Point	P Value	
Age	Aged 19-23	26	1.2081±,816	3,712	,007
	Aged 24-28	31	.6845±,045		
	Aged 29-33	28	.7679±,44		
	Aged 34-38	15	.9273±,58		
	Aged 39-43	18	.7356±,43		
Educational Background	Primary school	5	.9500±,41	,360	,875
	Secondary school	3	.8333±,14		
	High school	16	.7131±,38		
	University	86	.8909±,64		
	Master's degree	8	.7857±,46		
Income	1400 TL. and under	41	1.5162±,97	4,877	,000
	1401 TL. - 2000 TL.	29	.7476±,37		
	2001 TL. - 2500 TL.	33	.7473±,48		
	2501 TL. - 3000 TL.	1	.7500±		
	3001 TL. and over	14	.6307±,37		

When Table 3 was examined, the married women's self-esteem level was detected to be higher (0,7846) than the single women (0,9089). This difference was considered as insignificant when it was statistically analysed ($p=310$; $p>0,05$).

Table 3: T- test Results of the Sample Group's Self-esteem Scores concerning Their Marital Status

Variables	N	Average	T test	P	
Marital Status	Married	48	,7846±,51	-1,130	310
	Single	70	,9089±,63		

DISCUSSION AND CONCLUSION

When the data of this research was examined; the women's self-esteem scores were found to be between 0 and 1, which means the self-esteem level is high. These self-esteem scores of the women didn't show any statistically significant difference in terms of their marital status, their frequency of doing sports, and their education level. When the literature was examined, it was observed that participating in sportive activities affected the self-concept and self-esteem in a positive way; it was determined that the individuals who do sports had a higher self-esteem score than those who do not do any sports (Aşçı, Gökmen, Tiryaki & Öner, 1993; Garry and Morrissey, 2000; Gün, 2006; Karakaya et al., 2006; Mekolichick, 2001; Pinar, 2002).

Unlike these findings, any significant difference was not found in our research when the women's self-esteem was examined according to their frequency of doing sports. When other research was examined, it was seen that there were findings, too, that supported our research results (Mollaoğulları and Alptuğ, 2013; Saygılı, Kesecioğlu & Kırıktaş, 2015). Even though there were no significant results in some publications (Erdem and Taşçı, 2003; Yıldırım, Kırımoğlu & Temiz, 2010) and in our research in terms of marital status, it was traced that there were studies in the literature showing that those



who are married have a higher level of self-esteem (Saygılı et al., 2015). In addition, while our study found no significant difference in self-esteem scores in terms of educational status; there are other studies showing significant differences, though (Gürhan, 1986; Saygılı et al., 2015).

When we evaluated the answers by the women to the research question whether they work or not, it was observed that women who have a regular job have a higher level of self-esteem. And those who work part-time were observed to have the lowest self-esteem scores. The fact in this research that full time working women had higher self-esteem and the fact that self-esteem is high of those with a high financial status made us think that it could be because of having their own budget.

However, an interesting result is that the self-esteem scores of women who work part time were found to be lower than those who have no jobs at all. Looking at these results and the explanations by Rosenberg (1978), who said that there was a relation between the job and the design of identity; 'The higher the financial status and the position at work is, the more the design of identity increases.' He explained (Quoted by Gürhan, 1986); it will be advisable to do more detailed research about the work life of women and their self-esteem.

When our findings concerning age variables were examined, it was observed that the highest self-esteem scores belonged to women between the age of 24 and 28; and the lowest score belonged to the ones who are between the age of 19 and 23. Other research results have supported these findings as the lowest self-esteem went to the individuals between the age of 21 and 23 and similarly the ones aged between 24 and 27 held the highest scores of self-esteem (Saygılı et al., 2015). It was found that the second highest score group was the ones aged between 39 and 43. The lowest self-esteem scores belonged to participating women aged between 19 and 23 and this group was followed by the women aged between 34 and 38; these results were statistically significant. As a result, we believe that more detailed studies should be conducted in the area.

Even though these findings in the literature are thought to support our research results, they are not compatible with the comments about self-esteem increasing with age (Aktas, 2014; Başkara, 2002; Mullis, Mullis & Normandin, 1992; Saygılı et al., 2015). Among the women, who took part in our study, the youngest age group is 19 and 23; self-esteem is the lowest in this group, as well. However, the next group, aged between 24 and 28, have the higher level. The second oldest group, aged between 34 and 38, have lower scores and the next group, aged 39 and 43, have again higher scores. Looking at these findings, it was determined that a more detailed study should be carried out.

When the participants both in this study and in other studies were examined, it was concluded that our study only consisted of women, yet the participants in other studies consisted of both men and women and as a result, this might have an effect. Therefore, it was suggested that there should be more detailed studies in terms of gender to get more accurate results. In contrast to the data saying that self-esteem level changes in terms of age variables, there are some other studies which could not determine any significant difference between self-esteem and age (Özkan, 1994).

When the self-esteem scores in terms of income were examined, it was observed that the more the income increased, the higher the self-esteem level went; and the lower the income decreased, the lower the self-esteem level was at a significant degree. Studies in the literature have found results which supported our findings, too (Gün, 2006; Gürhan, 1986; Özkan, 1994; Twenge and Campbell, 2002; Yıldız and Duy, 2015).

Rosenberg (1978) studied the relation between the identity design and income and employment and he determined significant differences in terms of education, income and profession on behalf of those who are at a higher status (Quoted from. Gürhan, 1986.) There are studies showing that self-esteem changes according to the jobs and professions of the participants' parents as well as the participants themselves (Özkan, 1994).



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