EXAMINING BADMINTON ATHLETES' SELF-ESTEEM[2]

Eylem Gencer[1]

Ekrem Levent Ihan[1]

ABSTRACT

The purpose of this study is to examine badminton athletes' self-esteem according to some variables. The research was carried out in Badminton Turkey Clubs Championship where 12 clubs and 87 athletes participated in 2009. 42 national and 14 non-national totaly 56 badminton athletes whose mean age 18.78±3.46 that participated in Badminton Turkey Clubs Championship in 2009 constitute our research sample. Rosenberg Self-Esteem Scale, that was developed by Rosenberg (1963) and adapted to Turkish by Çuhadaroglu was used to gather tha data. The data were analyzed by using the techniques such as desriptive statistics, bivariate correlation and Mann Whitney U test. Results showed that national athletes' self-esteem points are higher than non-national athletes, there is positive and significant relationship between athletes' self-esteem points and age, there is significant difference in athletes' self-esteem points according to gender in favour of female badminton athletes, there is no significant relationship between athletes' self-esteem points and competitor year, education, number of training day and interest to sport.

Keywords: Badminton, self-esteem, rosenberg self-esteem scale

BADM NTONCULARIN BENL K SAYGISI YAPILARININ NCELENMES

ÖZET

Bu çalı manın amacı, badmintoncuların benlik saygısı yapılarını bazı de i kenlere göre incelemektir. Ara tırma 12 kulüp ve 87 sporcunun katıldı ı 2009 yılı Badminton Türkiye Kulüpler ampiyonasında uygulanmı tır. Çalı maya 2009 yılı Türkiye Kulüpler ampiyonası' na katılan ya ortalaması 18.78±3.46 olan 42 milli, 14 milli olmayan toplam 56 badmintoncu katılmı tır. Sporcuların benlik saygısı yapılarını ölçmek için Rosenberg (1963) tarafından geli tirilen, ülkemizde Çuhadaro lu (1986) tarafından geçerlik ve güvenirlik çalı ması yapılan Rosenberg Benlik Saygısı Ölçe i kullanılmı tır. Elde edilen verilerin analizinde betimsel istatistik yöntemlerinden, Mann Whitney U testi ve korelasyon analizinden yararlanılmı tır. Bulgular, milli olan badmintoncuların milli olmayanlara göre daha yüksek benlik saygısına sahip olduklarını, sporcuların benlik saygısı yapıları ile ya de i keni arasında pozitif, anlamlı ili ki oldu unu, bayan badmintoncuların benlik saygısı puanlarının erkek badmintoncuların anlamlı düzeyde yüksek oldu unu, sporcuların benlik saygısı puanlarının e itim durumlarına göre anlamlı farklılık göstermedi ini, sporcuların benlik saygısı yapıları ile yarı macı yılları, haftalık antrenman gün sayısı ve spordan memnuniyet düzeyleri arasında anlamlı bir ili ki olmadı ını ortaya koymu tur.

Anahtar Kelimeler; Badminton, Benlik saygısı, Rosenberg benlik saygısı skalası

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[1] Ahi Evran University School of Physical Education and Sports, Kirsehir/ TURKEY

INTRODUCTION

Positive evaluation of oneself is considered to be an important trait of personality. People who respect themselves, tend to see themselves as respectful people who worth to be approved, important and useful. On the other hand, people who consider themselves negatively or those with low self-esteem,tend to see themselves as not very important, lacking of lovable characteristics, and people whose abilities are regarded as distrusted. For this reason, the development of trend to positively evaluate oneself is an important issue for people. (Donmez, 1985; Kucukaksoy, 1993).

Self-esteem, approving and valuing oneself, trusting and respecting oneself is an appreciation situation arising from the approval of the concept of ego that a person concluded as a result of self-assessment of that person (Yorukoglu, 1988). Self-esteem is emotional side of the ego and it is an appreciation situation arising from the approval of the concept of ego that a person concluded as a result of self-assessment of that person Self admiration or self esteem of a person does not ask for that person possessing superior traits. Self-esteem in the broadest sense is the feeling of oneself proud, valuable, diligent, efficient and successful (Ozkan,1994).

Rosenberg (1965) treats self-esteem as the positive or negative attitude towards one's self. People may see themselves superior to most people, but according to the standards that is set in his/her own, may also see insufficient. If the person has a positive attitude when making self-assessment then the self-esteem is high, on the contrary if the person has a negative attitude, then the self-esteem is low.

Chrzanowski (1980) has the opinion that the self-esteem in the broadest sense is the positive image of one's self based on a good assessment of the abilities and power of that person. Features such as the intelligence, appearance, body structure which are considered as the natural characteristics of a person can affect self-esteem.

As of Coopersmith's (1967) self-esteem definition, assessment of identity, is a complex concept that contains defense mechanism and different views of these phenomena. According to him, self-esteem, is the internal image of an individual that determines the person's attitude and behavior,effected by the self assessment of one's self and the understanding of those people that the person is having interaction with. (Worren, 1997). When all of these points in the definitions and explanations are combined with, the concept of self-esteem could be said that it is comprised of the feelings of love, respect and trust one felt against one's self as a result of self-recognition and realistic assessment of a person together with accepting the own abilities and strengths (Cuhadaroglu, 1986).

Kassin (1998) has stated that the individuals with low self-esteem exhibit features such as waiting for the failure, being frustrated, and showing less studiousness and they are prone to ignore the important things in life, moreover when they fail, they could blame themselves for being worthless and incapable.

However, the people with high self-esteem have positive mental attributes such as self-confidence, optimism, a passion to succeed and being undaunted by challenges. However, a person of a low self-esteem has little trust in one's self, he/she is easy to despair, in short, is more prone to develop adverse psychiatric symptoms (Yorukoglu, 1988).

Yegul (1999), has stated that the self-esteem is a result of the experiences of success and failure of an individual.

However, the self-esteem is affected when this success or failure is important and meaningful for the individual. For example; whereas a volleyball player could be ashamed and very sad when at the World Championships he/she has missed a critical score because of a simple error he/she has made, whereas it may not affect her/him for being selected as the worst singer in the world.

Ego concept is influenced by many factors such as age, gender, achievement, socio-economic status, body image, ethnic group, and interaction with the environment. We could say that participation in sports has an effect on the concept of ego. The concept of ego that is required in all dimensions of human life is affected by the physical activities or the movement in short that the individual has participated (Asci et al. 1993).

Individuals in the sports world often base upon their self-esteem, to the winning and losing situation in the competitions. Positive self-esteem is the consideration of oneself as a self-sufficient and a valuable human being and in return being happy for it. Self-esteem is maintained not by crushing others, on the other hand by living a life that validates his/her own personal standards. The success of an individual (coach, a trainer, etc.), is closely related to how the individual's self-evaluation and self-esteem is realized. If the individual has self-confidence it helps those around her/him to feel like confident. If the individual feels herself/himself as valuable she/he feels that the other people are valuable as well (Martens, 1987).

Self-esteem is important as of the aspects of such as gaining autonomy of the individual, spending his life fulfilled, making purposeful activities, establishing healthy and continuing communication with other people, demonstrating a high level of compliance, developing value systems, being successful, planning the future correctly (Asci 1999; King et al. 2000).

The relationship between sport and ego concept has been put forward by many researchers. Researchers emphasized that the playing fields, sports halls and sport in brief is a tool for the development of positive concept of ego, and the movement provides with a chance for the person to find her/his own worldand in sports the person has the opportunity to understand the feelings of one's self. In order to explain this interaction between concept of ego and the sports some researchers preferred to compare the concepts of ego of those who are athletes and non athletes, while some researchers have preferred a more experimental approach to study, the influence of the different types of exercises, physical activities, sports in short on the concept of ego (Asci, 1999). Ikizler (2002) has stated that induced by physical exercise there is a true positive increase in mood and self-perception and a reduction in the fear and depression.

The group considered in the study is comprised of the individuals who are performing badminton sport at an elite level in Turkey. In this respect, the basic purpose of the study is the comparative examination and determination of the levels of self-esteem of the athletes with different characteristics according to different variables in the research group (state of being national, age, gender, education level, the year contender, the number of weekly training and the satisfaction level of their sport branch) .

METHOD

The research was carried out in Badminton Turkey Clubs Championship where 12 clubs and 87 athletes participated in 2009. 42 national and 14 non-national totaly 56 volunteer badminton athletes whose mean age 18.78±3.46 that participated in Badminton Turkey Clubs Championship in 2009 constitute our research sample. Rosenberg Self-Esteem Scale, that was developed by Rosenberg

(1965) and adapted to Turkish by Çuhadaroglu was used to gather tha data. Rosenberg self-esteem scale which is made of 12 sub-scale contains 63 articles. Self-esteem scale, which is formed of 10 items, has been used in this study. The scale is formed of 10 items and graded between 1 to 4. The scores that may be obtained from the scale changes between 10 and 40. High scores that may be obtained from the scale shows the high level of self-esteem that an individual has. "Test-retest method" has been used in adapting the scale to Turkish. During the test-retest study that has been carried out with an interval of 4 weeks, the relation between the two measurements has been found to be r = 0.71. The data were analyzed by using the techniques such as desriptive statistics, bivariate correlation and Mann Whitney U test.

RESULTS

Table 1. Comparison of badminton athletes self-esteem levels according to being national

Being national	N	Mean rank	Sum of ranks	U	p
National	42	31.07	1305	186	0.03*
Non-national	14	20.79	291		

*p<0.05

Comparison of badminton athletes' self-esteem levels according to being national was tested by Mann Whitney U test. As seen table 1, national badminton athletes' self-esteem levels are higher than non-national badminton athletes (p<0.05).

Table 2. The relationship between age and self-esteem

	$\overline{X}$	Sd	N
Age	18.78	3.46	56
Self-esteem	22.14	4.06	56
			Self-esteem
Age	r		.28
	p		.03*
	N		56

*p<0.05

The relationship between age and self-esteem in badminton athletes was tested by bivariate correlation. As seen table 2, there is positive, low and significant relationship between age and self-esteem (p<0.05).

Table 3. Comparison of badminton athletes self-esteem scores according to gender

Gender	N	Mean rank	Sum of ranks	U	p
Male	32	22.81	730	202	0.00**
Female	24	36.08	866		

**p<0.01

Comparison of badminton athletes self-esteem scores according to gender was tested by Mann Whitney U test. As seen table 3, famale badminton athletes' self-esteem scores are higher than male badminton athletes (p<0.01).

Table 4. Comparison of badminton athletes self-esteem scores according to education status

Education status	N	Mean rank	Sum of ranks	U	p
High school	28	28.93	810	380	0,84
University	28	28.07	786		

Comparison of badminton athletes self-esteem scores according to education status by Mann Whitney U test. As seen table 4 there is no significant difference in badminton athletes' self-esteem scores according to education status (p>0.05).

Table 5. The relationship between self-esteem and competitor year

	$\overline{X}$	Sd	N
Self-esteem	22.14	4.06	56
Competitor year	6.85	2.54	56

		Self-esteem
	r	,25
Competitor year	p	,05
	N	56

The relationship between self-esteem and competitor year in badminton athletes was tested by bivariate correlation. As seen table 5, there is no significant relationship between self-esteem and competitor year (p>0.05).

Table 6. The relationship between self-esteem and training days per week.

	$\overline{X}$	Sd	N
Self-esteem	22.14	4.06	56
Training days per week	5.42	1.12	56

		Training days per week
	r	.07
Self-esteem	p	.58
	N	56

The relationship between self-esteem and training days per week in badminton athletes was tested by bivariate correlation. As seen table 6, there is no significant relationship between self-esteem and training days per week (p>0.05).

Table 7. Comparison of badminton athletes self-esteem scores according to satisfaction levels of their sports branch.

Satisfaction level	N	Mean rank	Sum of ranks	U	p
Largely satisfied	28	28.46	1366	190	0.96
Medium satisfied	28	28.75	230		

Comparison of badminton athletes self-esteem scores according to satisfaction levels of their sports branch was tested by Mann Whitney U test. As seen table 7, there is no significant difference in badminton athletes self esteem scores according to satisfaction levels of their sports branch (p>0.05).

DISCUSSION AND CONCLUSION

In the study it was researhed that whether there is significant difference in badminton athletes self esteem scores according to being national and it was found that national badminton athletes' self-esteem scores are higher than non-national badminton athletes.

Asci et al. (1993) has stated that concept of self is affected from the success. In addition they state that participation in sports has an effect on the concept of self. They have argued that the concept of self that is required in all dimensions of human life is affected by the physical activities in short the movements which the individual has taken part in.

Martens (1987) has stated that the individuals in the sports world often base upon their self-esteem to the winning and losing situation in the competitions.

Cohen has considered self-esteem as a result of the individual experiences ended with success or failure. However, they stated that self-esteem is affected when this success or failure is important and meaningful for the individual (Yegul, 1999).

Asci et al. (1993), compared the concept of self between 174 male athletes and 174 non-athlete high school students and found that there were statistically significant differences in scores of athletic competence, social acceptance and physical appearance between high school male athletes and the the non-athletes.

Ebbec (1995), found that the concept of self in children can be increased by physical activity.

Marsh and et al. (1986), in their investigation found that the concept of self have evolved in the people who took part in mountaineering.

In a study that Kamal and colleagues (1995) conducted on the qualitative components of self esteem where the general self-esteem scores were compared in athletes and non athletes and it has been observed that athletes have significantly higher self-esteem than non athletes.

Ozgeylani (1996), in the study where the concept of self in high school male athletes and non-athletes was compared, it has revealed that the athletes had a higher concept of self.

Gun (2006), in the study conducted in the 12-14 age group of adolescents who are involved in sports and who are not, a significant difference is found in the self-esteem scores in favor of the ones who are involved in sports. In addition it is observed that working out in adolescents were very important and useful for reducing the symptoms of stress.

There are studies to detect the correct proportional relationship between sports and physical activities, the self-esteem and the self-perception (Pine et al. 2000; Garry and Morrissey, 2000; King et al. 2006; Spring, 2002).

In the light of all of these explanations and findings, participation in sports, increased the self-esteem of individuals and when it is considered that again the self-esteem is affected by the success and failure situations in competitions whereas the fact that since national athletes are more successful than non-national athletes and for this reason, It appears us to be as a finding that their self-esteem scores are expected to be higher than those of the non-national athletes. Based on this explanation it could be said that the national badminton players are individuals who are more self-confident, more optimistic whose passion to succeed

is higher when compared to the non-national badminton players.

In our study a significant positive correlation was found between the the self-esteem scores and the age variable of athletes. Asci et al. (1993) has stated that concept of self is affected from the age. Ersan, Dogan and Dogan (2009) also found a positive relationship between age and self-esteem in their research. In the study of Gencer (2008) that is conducted on wrestlers, no significant difference could be found between the self-esteem scores of athletes and the age variable. In our study, it is thought that the obtained significant relationship is thought to be associated with, because of the improvement of the athlete's attitude towards herself/himself as the experience is increased as age grew older.

In our research, according to gender variable in the self-esteem scores of athletes significant difference was found in favor of female athletes whereas Asci et al. (1993) reported that concept of self is influenced by sex. Based on this finding it could be said that the female badminton players are individuals who are more self-confident, more optimistic and whose passion to succeed is higher when compared to the male badminton players.

In our study no significant differences were noted according to educational status of the self-esteem scores of athletes. In our study also no significant association was found between the self-esteem of the athletes and years as a competitor, number of training days per week and satisfaction level acquired from the sport. In the study of Gencer (2008) also found no significant association between the self-esteem of the athletes and years as a competitor, number of training days per week and satisfaction level acquired from the sport. We can say that according to the findings the self-esteem structures of athletes does not vary according to the number of training days per week, years of age as a competitor the level of satisfaction acquired from the sport. Athletes' self-esteem scores do not differ depending on the increase in the number of training days per week. This situation is considered as the self-esteem is depending on the efficiency of training rather than the number of training days, whose results are thought to occur due to having affected this success and failure.

As a result, it can be said that national badminton players have a higher self-esteem, compared to those of the non-national badminton players and level of self-esteem increased with age, female badminton players' self-esteem are higher than the male badminton players; education status, competitor year, number of training days per week, and satisfaction levels acquired of the sports do not affect self-esteem of the badminton players.

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