

Evaluating the Self-confidence Levels of Teams and Individual Athletes at the Age of 14-16 According to Several Variables

Taner Yilmaz¹, Elif Top¹, Çağrı Çelenk², Mustafa Akil¹ and Ersan Kara¹

¹*Usak, Usak University, Faculty of Sport Sciences, Turkey, 64000*

²*Kayseri, Erciyes University, School of Physical Education and Sports, Turkey, 38000*

E-mail: ¹<taner.yilmaz@usak.edu.tr, elif.top@usak.edu.tr, mustafa.akil@usak.edu.tr>, ²<celenk7@hotmail.com>, ¹<kara74@gmail.com>

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ABSTRACT This study has been conducted in order to evaluate the self-confidence levels of children at the age of 14-16, who do exercises in different branches or not, in accordance with several variables. The sample group of the study comprises the children who are doing exercises actively in the branches of swimming, football, basketball and tennis, while the control group consists of the children in the same age group. In order to determine the self-confidence levels of the children, Self-Concept Scale has been used in the study. As a result of this study, it can be said that sports increases the self-confidence in the children at the age group of 14-16, the people who do exercise have higher levels of self-confidence than the people who do not do exercises, the athletes included in team sports have higher self-confidence than the individual athletes, and the highest self-confidence levels belong to basketball players, who are followed by athletes in football and swimming branches.

INTRODUCTION

Self-confidence is accepted as an inner need for avoiding failure, trying to be successful, and social acceptance and against the feeling of vanity, as well as success of the people in overcoming incidents (Covington 1984). Education is a vital tool for changing the attitudes. Therefore, the teachers should know how to measure the attitudes of the students against their own lessons and other events in life, and this is a vital factor for increasing the quality of education (Duatepe and Cilesiz 1999). Improving self-confidence is one of the subjects to be emphasized by the trainers in order to eliminate disagreements in the life and to raise children. It has been stated that the children of calm, receptive, and self-confident parents also exhibit self-confident attitudes; and, this improvement arises during the childhood period. Low level of self-confidence may be the reason of many problems. Failure, anger, drug abuse and temptation are listed among said problems (Adler et al. 1992). Sport is a complement of physical activities with specific

rules. It assists the physical development of people and also helps the performance to increase in personality, mental development, socialization and business life (Hassandra et al. 2003). Studies have shown that regular exercise increases self-confidence, eliminates negative thoughts, minimizes depressive risks, decrease anxiety and improve psychological wellbeing (Azar et al. 2008; Maraz et al. 2015).

Sport is a physical, psychological, mental and social adaptation tool for everyone. It is asserted that sport has an important role in having the feeling of self-confidence, socialization and success (Erdemir et al. 2009). Self-confidence that is based on ability and support is vital for every exercise. That the people are guided towards the experiences which will increase self-confidence and comprise high level of responsibilities is extremely vital for forming the base of inner self-confidence (Mengutay et al. 2002). It is said that exercise programs may help the children to gain sports habits, to improve their psychomotor skills, to learn about cooperation, discipline, and team spirit. The children who learn to play sports will firstly pass the stages such as thinking, feeling and doing and then, will become individuals who feel psychologically good, are self-confident, physically happy, and self-disciplined (Korkmaz 2007).

Address for correspondence:

Taner Yilmaz

Usak University, Faculty of Sport Sciences

Usak, Turkey, 64000

Telephone: +905327765765 Fax: 0376 221 22 22

E-mail: taner.yilmaz@usak.edu.tr

This study has been conducted in order to evaluate the self-confidence levels of children at the age of 14-16, who do exercises in different branches or not, and to determine if there are differences between the branches.

METHODOLOGY

Subjects

The sample group of the study comprises the children who are playing sports in several provinces, doing exercises actively in the branches of swimming (n=23), football (n=41), basketball (n=30) and tennis (n=17), and are at the age of 14-16, while the control group (n=85) consists of the children in the same age group, who have been chosen with random sampling method and do not do exercises actively. In order to determine the self-confidence levels of the children included in the study, Self-Concept Scale developed by Piers-Harris and adapted into Turkish by Oner has been used.

Data Collecting Tool

Piers-Harris Self-Concept Scale was developed by Piers and Harris in U.S.A in 1964 with the aim of measuring the self-concept of children at the age of 9-16. The scale was translated into Turkish from English by Catakli and Oner (1986). The statements in the scale consisting of 80 descriptive statements are replied as "yes" or "no". An individual gets a mark between 0 and 80 in the scale. The scale that can be performed individually or as a team is graded with an answer key. High grade shows that the individual is optimistic about herself/himself; however, low grade shows that he/she has negative thoughts about herself/himself. The reliability study of reliability Self Concept Scale that was translated into English has also been performed. It has been observed that the resulting reliability coefficients and internal consistency coefficients are enough (Catakli and Oner 1986; Yagisan and Arslan 2014).

Analysis of Data

Independent Samples t-test and One-Way ANOVA tests have been used for evaluating the data statistically with a significance value of 0.05. Tukey HSD has been used as a second level

test in order to evaluate the differences between the groups, and the significance level has been determined as 0.05.

RESULTS

When compared to mean scores of self-confidence of team and individual sports, it was determined that the average of scores of team athletes self-confidence were 66.33 ± 5.94 , individual athletes score were 58.40 ± 9.08 . During the investigation of mean scores, extremely significant differences have been observed between the self-confidence levels of team sports and individual sports ($p < 0.001$). Accordingly, the self-confidence levels of athletes in team sports are higher (Table 1).

Table 1: The comparison of self-confidence levels of team athletes and individual athletes

Parameters	N	M $\pm$ SD	F	P
Team Sports	71	66.33 $\pm$ 5.94	0.777	0.001
Individual Sports	40	58.40 $\pm$ 9.08		

When compared to mean scores of self-confidence groups of sport and control, it was determined that the average of scores of sport group self-confidence were 63.47 ± 8.14 , control group score were 55.21 ± 9.82 . Extremely significant differences have been observed between the self-confidence levels of athlete group and control group ($p < 0.001$). Accordingly, the self-confidence levels of athlete group are higher (Table 2).

Table 2: The comparison of self-confidence levels of control group and athlete group

Parameters	N	M $\pm$ SD	F	P
Sample Group	111	63.47 $\pm$ 8.14	6.216	0.001
Control Group	85	55.21 $\pm$ 9.82		

Compared to self-confidence level of athletes and the control group; the mean scores of athletes were found to be: basketball (67.56 ± 6.26), swimming (61.78 ± 5.90), football (65.43 ± 5.60), and tennis (53.82 ± 10.70), while the mean score of the control group were 55.21 ± 9.82 . In accordance with the analysis results, there are statistically significant differences among the groups ($p < 0.001$). In line with the results of multiple comparison conducted in order to determine the

source of the difference, there are significant differences between the athletes in basketball branch and the athletes in tennis and control group athletes; between the athletes in swimming branch and the athletes in tennis and control group athletes; between the athletes in football branch and the athletes in tennis and control group. However, there are not any differences between tennis and control groups (Table 3).

Table 3: The comparison of self-confidence levels of different sports branches and control group

Parameters	N	M $\pm$ SD	F	P
Basketball	30	67.56 $\pm$ 6.26 ^a	20.401	0.001
Swimming	23	67.56 $\pm$ 6.26 ^a		
Football	41	65.43 $\pm$ 5.60 ^a		
Tennis	17	53.82 $\pm$ 10.70 ^b		
Control	85	55.21 $\pm$ 9.82 ^b		

a,b: The differences between the averages with different letters in the same column are statistically significant ($P < 0.01$).

In the Figure 1 self-confidence variable and branch and control group statistics are given. As can be seen in the graphic, the highest level of self-confidence belongs to basketball ($M=67.56$),

football ($M=65.43$), swimming ($M=61.78$), control ($M=55.21$) and tennis ($M=53.82$), respectively (Fig. 1).

DISCUSSION

Self-confidence in, and value of physical activity/exercise were not primary motivators to action (Albert et al. 2015). However, having sportive activities provides the individuals with many abilities that will improve the personal characteristics such as being needed, feeling good, wishing and being accepted. Said activities support the social structure of the people and cause differences between the social acceptances of athletes or the one who are not athletes (Salokun 1990). In this study, when the self-confidence differences of the athletes and the others are taken into consideration (Table 2), it has been observed that there are significant differences between the athletes and the ones who are not athletes; and the self-confidence levels of the individuals taking an active role in any of the sports branches are higher than the individuals who are not taking an active role in any of the sports branches. In addition, studies show that the individuals, who have been

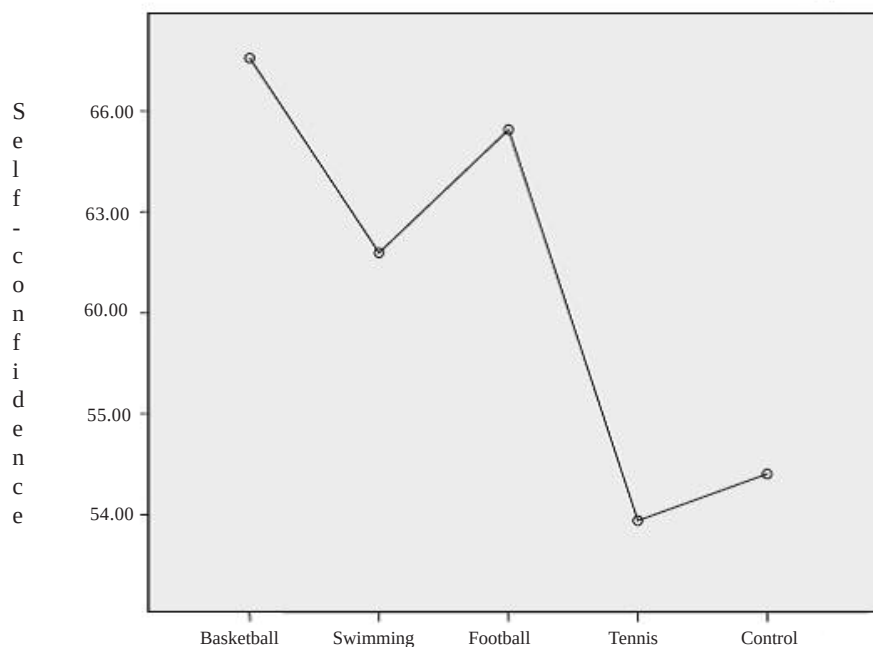


Fig. 1. Self-confidence levels between athletes and control group

playing sports for a long time, have higher self-confidence levels than the individuals who have been interested in sports for a shorter time (Halloway 1990). While it is stated by Karakaya et al. (2006) that the self-confidence levels of children who are having exercises regularly increase significantly when compared to the control group (Karakaya et al. 2006), the elite athletes have self-confidence levels higher than non-elite athletes (Soltani et al. 2013). Moreover, there are data indicating that psychological support increases self-confidence (Rees and Freeman 2007). It has been found in our study that, the athletes in team sports (basketball, football) have higher levels of self-confidence when compared to the individual athletes (swimming, tennis) (Table 1). While Kuru (2003) discussed in his study that the male and female athletes in team sports are more self-confident and outgoing individuals, Radzi et al. (2013) states that team athletes have higher self-confidence averages than the individual athletes. Another study, however, supports our study by indicating that anxiety levels of team athletes are lower than the individual athletes (Civan et al. 2010). However, there are also studies indicating that there are no differences between self-confidence and self-esteem levels of team sports and individual sports (Lockhart et al. 2010; Ucan and Caglayan 2012). When the source of the self-confidence differences in the branches is taken into consideration, it has been observed that the highest level of self-confidence belongs to basketball players, football players, and swimmers, respectively; however, there are no statistically significant differences among them. The lowest level of self-confidence belongs to tennis players (Fig. 1). The studies show that self-confidence is affected by many factors such as control groups and athletes, elite and non-elite athletes, and the conditions before and after the competition (Coelho et al. 2012; Tsopani et al. 2011; Ferreira et al. 2007; Wiggins et al. 2005; Woodman and Hardy 2003; Bozkurt et al. 2012); there are also studies supporting our data by indicating that there are no statistically significant differences among basketball, football and handball branches in terms of self-confidence (Certel and Bahadır 2012).

CONCLUSION

When the results of the study are evaluated in line with literature data, it can be said that sports increases the self-confidence in the

children at the age group of 14-16, the people who do exercise have higher levels of self-confidence than the people who do not do exercises, the athletes included in team sports have higher self-confidence than the individual athletes, and the highest self-confidence levels belong to basketball players, who are followed by athletes in football and swimming branches.

RECOMMENDATIONS

Self-confidence in children begins with sensations such as being appreciated, a sense of belonging, as well as believing in them. The studies indicated that sport is an important factor in increasing the self-confidence. The study found that the most effective sport team among sport branches is football. It can be suggested that directing children to team sports could be an effective way in increasing self-confidence.

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