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Original article

DETERMINATION OF THE RELATIONSHIP OF ELITE ATHLETES' SELF-RESPECT LEVELS AND SOCIODEMOGRAPHIC VARIABLES

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Abstract

Purpose: The aim of this study is to determine the self-esteem level of elite athletes and to examine its relationship with sociodemographic variables.

Methods: This study was planned as a descriptive relational study. The study was carried out with 147 national athletes in Turkey. In the collection of data; A personal information form prepared by researchers and questioning socio-demographic characteristics and Rosenberg Self-Esteem Scale were used. The data of the study were evaluated using the statistical package program SPSS for Windows 22.0 (Statistical Package for Social Science).

Results: When the sociodemographic characteristics of the athletes were examined, the mean age was 25.75 ± 4.07 , 55.8% female, 44.22% male, 37.4% university graduate, 66.0% married. It was determined that 77% of them evaluated their income at a medium level, 55.1% of them perceived their health at a medium level, 55.1% of them lived in a metropolitan city and the athletes had been national for an average of 3.02 ± 0.76 years. The mean score of the self-esteem scale of the athletes was found to be 2.09 ± 0.75 , and the self-esteem was evaluated at a moderate level. A statistically significant and negative high correlation was found between the duration of being a national and self-esteem ($p < 0.05$). A statistically significant and negative high correlation was found between the age and self-esteem of the athletes ($p < 0.05$). It was observed that as the duration of being national of the athletes increased, their self-esteem scores decreased and therefore their self-esteem increased.

Conclusions: At the end of the study, it was observed that as the age of the athletes increased, their self-esteem scores decreased and therefore their self-esteem increased. It was observed that as the duration of being national of the athletes increased, their self-esteem scores decreased and therefore their self-esteem increased.

Keywords: National athlete, self-esteem, sociodemographic variables.

Introduction

Demands in different areas of life, such as sports, school or private life, can lead to increased pressure on athletes and pose potential threats to their psychosocial development and self-esteem (Nikander et al., 2022). In addition to the positive results of doing sports, as a result of overloading and difficult training in elite athletes, negative effects can occur both physically and mentally (Karakaya, Coşkun, Ağaoğlu, 2006). According to the European Commission report, the main challenge with elite sports is how to protect and direct the talent development of young athletes simultaneously in their education, athletic and private lives. Special arrangements, in the form of a combination of training or work, are recommended to improve the well-being of young athletes and prepare them for life after sport (European Commission, 2012; Stambulova & Wylleman, 2019).

The fact that elite athletes who do high-level sports are exposed to intense training and strain from a young age affects their mental health negatively. Elite athletes emerge among the athletes

who compete between 5-10 years by making serious time, effort and effort (Wylleman, Alfermann & Lavallee, 2004; Swann, Moran & Piggott, 2015).

Self-esteem refers to one's attitude towards one's own worth and self-evaluation of worth. It plays an important role in developing self-confidence and career (Rosenberg, 1989; Hewitt, 2002). Self-esteem also has an effect on career success (Kuster, Orth, Meier, 2013). Self-esteem is affected by individual experiences, environmental factors and life events (Birkeland et al., 2012).

Studies are needed to understand the protective factors affecting self-esteem and to reveal their relationship with sociodemographic variables. Thus, it is aimed for elite athletes to maintain and raise their self-esteem while reaching a certain career goal throughout their lives. In this study, it was aimed to examine the relationship between the self-esteem levels of elite athletes and the sociodemographic variables that are thought to affect their self-esteem levels.

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Research Questions

1. What is the self-esteem score average of elite athletes?
2. Does the mean self-esteem score of elite athletes change according to their socio-demographic characteristics?
3. Is there a relationship between the age and nationality of elite athletes and their self-esteem?

Methods

Type of research:

This study was planned as descriptive relational.

Location and features of the research:

The study was carried out with university students studying at the Faculty of Sport Sciences of a state university in Konya.

Study group of the research

The sample size in the study was calculated in the G*Power 3.1.9.2 analysis program. With an effect size of 0.24, a power of 90%, and a margin of error of 5%, it was calculated as 140, taking into account the "Desire to be Liked Scale" score in Şahin (2019)'s study (21.12±5.85).

Data Collection Technique and Tools

The data of the research were collected through Google Forms between 1-15 March 2022.

The questionnaires were delivered to the participants via social media; The data collection process was terminated after the sufficient number of samples was reached. In the collection of data; A personal information form prepared by the researchers, questioning socio-demographic characteristics, and Elite Athlete Self-Perception Inventory were used.

Personal Information Form: The personal information form, which questions socio-demographic characteristics and prepared by the researchers, consists of eight questions.

Elite Athlete Self-Perception Inventory:

The Elite Athlete Self-Perception Inventory evaluates athletes' self-perceptions in physical and mental fitness skills necessary for success in sports. Inventory showing the nature of scale; It was developed by Marsh et al., (1997) and adapted to Turkish by Çağlar, Aşçı, and Keleşek (2017), and its validity and reliability study was conducted. The scale includes 29 items collected in six sub-dimensions: perceived skill, body fitness, aerobic fitness, anaerobic fitness, mental skill and general performance. Items in the scale were rated on a 6-point Likert scale (1= Completely False to 6= Completely True).

Evaluation of Data

The data of the study were evaluated using the statistical package program SPSS for Windows 22.0 (Statistical Package for Social Science). Number of units (n), percentage (%), mean±standard deviation (mean (SD)) values will be used as summary statistics. The normal

distribution of the data will be evaluated with the Shapiro-Wilk test and the Q-Q plot. Independent two-sample t-test and analysis of variance were used for normally distributed data. Pearson correlation analysis was used to evaluate the relationship between age, duration of being a national and self-esteem. The results were evaluated at 95% confidence interval and $p < 0.05$ significance level.

Ethical Procedure

Ethical permission was obtained from the Ethics Committee of the Faculty of Sport Sciences (Meeting date: 3.12.2021/ Decision Number: 150) for the ethical permission of the research. Written informed consent form was obtained from the participants before starting the study. The purpose of the research, its duration and the procedures to be carried out during the research were briefly explained in a language they could understand, the principle of "Informed Consent", the principle of "Autonomy" by stating that individuals could withdraw from the research at any time, and the principle of "Confidentiality and Confidentiality" by stating that individual information would be protected after it was shared with the researcher. Scale permission was obtained from the author.

Results

When the sociodemographic characteristics of the athletes were examined, the mean age was 25.75 ± 4.07 , 55.8% were female, 44.22% were male, 37.4% were university graduates, 66.0% were married, It was determined that 77 of them evaluated their income at a medium level, 55.1% of them perceived their health at a medium level, 55.1% of them lived in a metropolitan area and the athletes had been national for an average of 3.02 ± 0.76 years. The mean score of the self-esteem scale of the athletes was found to be 2.09 ± 0.75 , and the self-esteem was evaluated at a moderate level.

When the sociodemographic characteristics of the individuals and the mean scores of the self-esteem scale were compared, it was seen that the self-esteem of men was higher than that of women, and the difference was found to be statistically significant ($p < 0.05$). It was observed that the self-esteem of the singles was higher than the married ones, and the difference was statistically significant ($p < 0.05$). A statistically significant difference was found between educational status and self-esteem, and it was seen that the difference resulted from those with a graduate degree ($p < 0.05$). The self-esteem of those living in the metropolitan area was higher than those living in the city, and the difference was statistically significant ($p < 0.05$). It was observed that there was no significant difference between the

income and health status of the athletes and their self-esteem (p>0.05).

Table 2. Comparison of Athletes' Sociodemographic Characteristics and Self-Esteem Mean Scores

Variables	Scale Total Score	Test Value p
Gender		
Woman	2,47±0,75	t:0,447
Man	1,68±0,76	p:0,01*
Marital status		
The married	2,24±0,77	t:2,671
Single	2,01±0,74	p:0,03*
Educational status		
High school	2,34±0,73	F:4,023
University	2,08±0,75	p:0,02*
Graduate	1,25±0,46	
Where he lived for a long time		
Big city	1,92±0,79	t:1,893
City	2,27±0,71	p:0,02*
Perceived Health Status		
Good	2,14±0,69	t:2,034
Middle	2,05±0,80	p:0,65
Perception of Economic Situation		
Good	2,11±0,73	t:1,459
Middle	2,06±0,78	p:0,57

t: t test, F: One Way ANOVA test, *p<0,05

When the relationship between the age, the duration of being national and the self-esteem of the athletes was evaluated, a statistically significant and negative correlation was found between age and self-esteem (p<0.05). It was observed that as the age of the athletes increased, their self-esteem scores decreased and therefore their self-esteem

increased. A statistically significant and negative high correlation was found between the duration of being a national and self-esteem (p<0.05). It was observed that as the duration of being national of the athletes increased, their self-esteem scores decreased and thus their self-esteem increased (Table 3).

Table 3. Evaluation of the Relationship between Athletes' Age, Length of Nationality and Self-Esteem

Variables	Age	Duration of Nationality	Self respect
Age	1,00		
Duration of Nationality	r:-0,021 p:0,804	1,00	
Self respect	r:-0,752 p:0,02*	r:0,89 p:0,011*	1,00

r:Pearson correlation analysis, *p<0,05

Discussions

Being an athlete or not, doing physical activity encourages a healthy lifestyle behavior and a higher quality of life. Together with training and exercise, it improves mood, strengthens coping with stress, improves social skills, and as a result, increases an individual's self-esteem (Malm, Jakobsson, & Isaksson, 2019).

In this study, it was found that the self-esteem level of the participants was moderate. Doyenard et al. (2020) examined the relationship between runners' mental health and physical activity. As a result of the study, it was shown that

running various distances can change the anxiety, stress and mood of runners. When we look at the psychophysiological changes in master athletes at the end of the half marathon, happiness is also 25%;

It was determined that there was a 40% increase in self-esteem. Therefore, there is a need for studies that reveal the relationship between self-esteem and self-esteem in athletes and other variables. In Vikram's (2020) study with world female elite athletes, the sample of the research consisted of world-ranked elite women who participated in the marathon with different demographic types, beliefs, societies and lifestyles.



It has been determined that female athletes are especially vulnerable to self-confidence problems, as they are judged according to their performance. While the majority of the participants have a medium level of self-esteem; very few were found to have high self-esteem. It has been emphasized that self-esteem is accepted as a performance criterion and elite athletes should have higher self-esteem. In this, it has been stated that a coach can help increase self-esteem (Vikram, 2020). When evaluated according to gender in this study, low self-esteem in female athletes can be explained by the fact that female athletes have more self-confidence problems.

In a recent study evaluating the self-esteem of experienced athletes, it was found that self-esteem can be increased in those who have been running for 13 years or more. In this study, self-esteem increases with age. In the same study, individuals' gender and place of residence do not affect their self-esteem (Baba & Balint, 2022). The younger average age of the population in which this study was conducted may have affected this situation.

Conclusions

In our study, in which we evaluated the relationship between the self-esteem levels of elite athletes and sociodemographic variables, it was determined that the self-esteem of the athletes was at a moderate level. On the other hand, self-esteem is statistically significant and higher in males, singles, those living in big cities and those with higher education levels compared to other groups.

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