EXAMINING SELF-ESTEEM OF AMATEUR FOOTBALL PLAYERS IN TERMS OF SOME VARIABLES

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ABSTRACT

The aim of this study is to examine the self-esteem of amateur footballers in terms of some demographic variables. The population of the study consists of amateur male football players playing in Turkish Football Federation's amateur leagues in the provinces of Rize and Trabzon. The sample group of the study consists of 450 male amateur football players. The short form of "Self-Esteem Inventory" with 25 items developed by Stanley Coopersmith (1967) and adapted to Turkish by Turan and Tufan (1987) and a 6-item "Demographic Information Form" including "Age, Educational Status, Monthly Income of the Family, Duration of Playing Football, Position where football is played, and League in which football is played" were administered to the participants on a volunteer basis. According to the results of the study, the self-esteem scores of amateur footballers differ significantly according to their age and the self-esteem level of football players aged 30 and over is higher than that of the football players aged 15-19. It was determined that there is a significant difference in self-esteem scores in terms of the educational level (t = -2.582; p <0.05). It was found that there is a significant difference in self-esteem scores in terms of the league in which football is played (F=3,581; p<0,05). Accordingly, the average self-esteem score of the football players playing in the super amateur league is higher than that of the football players playing in the other leagues. Finally, it was seen that the self-esteem scores of amateur footballers do not differ significantly according to their families' monthly income and the position where they play football..

Key Words: Football, Self-Esteem, Amateur Footballer

INTRODUCTION

Football, which is called today's sport, is a "good branch of sports" which arouses curiosity of people in Turkey and in the World with its many features, is followed easily thanks to scientific and technological developments, makes people happy not only while playing but also while watching, provides an opportunity for socialization as well as enabling people to spend their time, and arouses the feelings of membership, belonging to a club and fanfare in people (Aydoğan, 2016).

After Turkey accepted professionalism in football in 1951, football became a profession that is considered in high-income class (Sumerian, 1988). This situation divided the football into two parts as Amateur and Professional. Although football, which is played as a tool of entertainment at a young age, has started to be chosen as a profession by some with their abilities, interests and skills, it is still widely preferred by people as an amateur interest. All these human characteristics mentioned above will be possible with a strong self-concept.

"Self" means our beliefs about our own personality and the way in which we see ourselves. The self that constitutes the whole of our inner being enables us to answer the questions such as "What am I?", "What can I do?", "What are my talents?", "What value judgments do I have?", and "What should I do or what should not I do?" (Şimşek, et. al., 2008). The essence of personality is self (Başaran, 2008). William James is the first psychologist who studied the concept of self in detail and systematically (Özşaker, 2008). Self-esteem plays an important role in order for the self-concept to develop and strengthen.

In this context, self-esteem is defined as the state of appreciation arising from accepting the self-concept (Temel & Aksoy, 2001) and as the self-satisfaction of the person without thinking himself/ herself superior or belittling himself/ herself. It is a positive mood for a person to see himself/herself as valuable, positive, worth to be liked and loved, and to accept himself/herself as he/ she is, which helps him/her trust himself/herself (Yörükoğlu, 1986). Self-esteem means whether a person is satisfied with himself/herself as a result of the self-evaluation. It is a variable that can be negative or positive (high-low). This situation may differ according to the current time and instant developments (Sivribaşkara, 2003).

"Coopersmith (1967) describes self-esteem as an assessment of the individual's esteem and explained it as an expression of an individual's belief in self-efficacy, importance, success and values, and his/her attitude to self-affirmation. To him, self-esteem can vary according to different areas of life,

gender, age and other definition conditions while it does not vary under normal circumstances". In the light of all definitions, the aim of the research is "to examine amateur football players' self-esteem in terms of some demographic characteristics".

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The population of the study consists of amateur male football players playing in Turkish Football Federation's amateur leagues in the provinces of Rize and Trabzon. The sample group of the study consists of 450 male amateur football players who are aged 15 and over and who play football in the 2nd Amateur, 1st Amateur, Super Amateur and Regional Amateur leagues in Trabzon and Rize provinces. As it was aimed to reach as many amateur football players as possible within the scope of the research, convenience sampling method was used while sampling. The short form of "Self-Esteem Inventory" with 25 items developed by Stanley Coopersmith (1967) and adapted to Turkish by Turan and Tufan (1987) and a 6-item "Demographic Information Form" including "Age, Educational Status, Monthly Income of the Family, Duration of Playing Football, Position where football is played, and League in which football is played" were administered to the participants on a volunteer basis.

In the analysis of the data, Kolmogorov-Smirnov test was employed to test the normality of the data. Skewness and kurtosis coefficients were also taken into account for the normality of the data. To compare the self-esteem scores, t test for independent groups was used for variables consisting of two categories, and one-way analysis of variance was used for variables consisting of three or more categories. ANOVA is used to test whether the average of more than two parametric populations is equal. When a difference between groups proves to be expressive, multiple comparison tests (Post Hoc.) were used to determine which group the difference is stemming from. In determining the multiple comparison tests used, the homogeneity test of Levene variances was taken into consideration. If group variances are homogeneous, Tukey was used; however, if group variances are not homogeneous, Tamhane T2 multiple comparison test was used. Licensed IBM SPSS 23 package program was used in the application of these statistical methods that constitute the method of the research.

FINDINGS

The demographic variables used in order to describe the demographic characteristics of amateur football players and thought to affect their self-esteem and the frequency and percentage obtained from the study group related to these variables are given in Table 1.

Table 1: Frequency Table Regarding Demographic Variables

Age	Frequency	Percentage (%)
15-19 Years	208	46,2
20-24 Years	148	32,9
25-29 Years	71	15,8
30 Years and Older	23	5,1
Education Status	**Frequency**	**Percentage (%)**
Elementary	5	1,1
High School	275	61,1
University	168	37,3
Postgraduate	2	0,4
Family Income	**Frequency**	**Percentage (%)**
1000-2000 TL	138	30,7
2001-5000 TL	276	61,3
5001 TL and above	36	8,0
Duration of Playing Football	**Frequency**	**Percentage (%)**
0-2 Years	25	5,6
3-4 Years	87	19,3
5-6 Years	37	8,2
7-8 Years	151	33,6
8 Years and above	150	33,3
Position where football is played	**Frequency**	**Percentage (%)**
Goalkeeper	50	11,1
Backfield	136	30,2
Midfield	65	14,4
Defensive Midfield	58	12,9
Offensive Midfield	66	14,7
Striker	75	16,7
League in which football is played	**Frequency**	**Percentage (%)**
1st Amateur League	150	33,3
2nd Amateur League	95	21,1
Regional Amateur League	85	18,9
Super Amateur League	120	26,7
Total	**450**	**100**

According to the findings in Table 1, 46.2% of the participants are between the ages of 15-19, 32.9% are between the ages of 20-24, 15.8% are between the ages of 25-29 and 5.1% are aged 30 and over. Considering the distribution of the football players constituting the study group according to their educational status, it is seen that 61.1% of them are high school graduates and 37.3% are university

graduates. It is noteworthy that the number of football players who are elementary school graduates and postgraduates is extremely low.

According to the same findings, 30.7% of the football players have a monthly family income of 1000-2000 TL, 61.3% of them have a family income of 2001-5000 TL, and 8% have a family income over 5001 TL. Also, it is seen that the participants, who have a football playing time of 7-8 years, have the biggest share, followed by the participants with a football playing time of 8 years and above, 3-4 years, 5-6 years and finally 0-2 years, respectively. In addition, it is seen that the participants, who have been playing football for 7-8 years, have the highest number, followed by the participants with a football playing time of 8 years and above, 3-4 years, 5-6 years, and 0-2 years, respectively. According to their position, it is seen that there are more defensive players, followed by strikers, offensive midfielders, midfielders, defensive midfielders and goalkeepers, respectively. According to the leagues in which they play football, it is seen that there are more participants playing in the 1st Amateur league, followed by the participants playing in the Super Amateur, 2nd Amateur, and Regional Amateur league, respectively.

Self-esteem scores were calculated by summing the answers of 450 amateur football players participating in the study to Coopersmith self-esteem inventory and self-esteem variable was created. Some descriptive statistics and Kolmogorov-Smirnov normality test results of the obtained variable are shown in Table 2 and Table 3.

Table 2: Descriptive Statistics Regarding the Variable of Self-Esteem

		Mean	s.s.	Skewness	Kurtosis	Minimum	Maximum
Self-Esteem	50	62,85	14,20	-0,365	-0,509	24	92

Table 3: K-S Normality Test Results

	Kolmogorov-Smirnov		
Self-Esteem	Statistics	sd	Sig.(p)
	0,102	450	0,000

According to the results of the Kolmogorov-Smirnov Test in Table 3, the self-esteem scores do not show a normal distribution (p <0.05). On the other hand, another criterion accepted in the literature as an indicator that the variables obtained by the Likert scale show normal distribution is that the skewness coefficient takes a value in the range of ± 1 and the kurtosis coefficient takes a value in the range of ± 2 (Tabachnick & Fidell, 2007; Cited: Ilgaz, 2015). According to this criterion, considering the skewness and kurtosis values of the variable of self-esteem in Table 2, it can be assumed that the self-esteem scores of the football players show a normal distribution. In this case, parametric statistical methods were used to examine whether the self-esteem scores of amateur football players differ in terms of various demographic variables. At this stage, firstly, whether the self-esteem of amateur

football players varies according to age was analyzed by one-way analysis of variance (ANOVA). ANOVA test results are given in Table 4.

Table 4: Results Regarding Self-Esteem Scores According to Age

Variance Source	Sum of Squares	Degree of Freedom	Sum of Squares	F	p
Between Groups	2251,478	3	750,493		
Within Groups	88308,842	446	198,002	3,790	0,010
Total	90560,320	449			

According to the findings in Table 4, the self-esteem scores of amateur football players show a significant difference according to age (F = 3,790; p <0.05). Multiple comparison tests were conducted to determine which group the difference is stemming from. In this context, firstly, Levene test was employed to determine whether the variances belonging to the age groups are homogeneous or not and it was found that the variances belonging to the age groups were not homogeneous (F = 4.097; p = 0.007 <0.05). Accordingly, the findings obtained from the multiple comparison test conducted using Tamhane's T2 test, which is used when the variances are not homogeneous, are given in Table 5.

Table 5: Tamhane's T2 Test Results According to Age Groups

Variable	1st Group	2nd Group	Average Difference	p
Self-Esteem	15-19 Years	20-24 Years	-3,629	,076
		25-29 Years	-2,101	,907
		30 Years and over	-8,681	**,009**
	20-24 Years	15-19 Years	3,629	,076
		25-29 Years	1,528	,980
		30 Years and over	-5,052	,278
	25-29 Years	15-19 Years	2,101	,907
		20-24 Years	-1,528	,980
		30 Years and over	-6,579	,169
	30 Years and over	15-19 Years	8,681	**,009**
		20-24 Years	5,052	,278
		25-29 Years	6,579	,169

Considering the Tamhane's T2 multiple comparison test results in Table 5, it is seen that the difference between the age groups' self-esteem scores is due to the difference between the 15-19 age group and the age group of 30 and older. When the difference between the averages of these two groups is taken into consideration, it can be said that the self-esteem of amateur football players aged 30 and over is higher than that of amateur football players aged 15-19.

While examining whether the self-esteem of amateur football players varies according to educational status, the frequency values of the categories representing the educational status in Table 1 were taken into consideration. Since the number of amateur football players who are elementary school graduates and postgraduates is quite low, the group sizes were determined to be heterogeneous and in this case, the results of ANOVA test were not considered to be very reliable. For this reason, only the high school and university categories were taken into consideration as the level of education, and whether the self-esteem of amateur footballers showed a significant difference according to the level of education was examined by t test for independent groups. The test results obtained are given in Table 6.

Table 6: t-Test Results Regarding Self-Esteem Scores According to Educational Status

Educational Status	N	Mean	Ss	t	p
High School	2 75	61,59	14,45	-2,582	0,01 0
University	1 68	65,10	13,53		

According to the findings in Table 6, it can be said that the self-esteem scores of amateur football players differ significantly according to educational status (t = -2.582; p <0.05). Accordingly, when the group averages are taken into consideration, it is seen that the average self-esteem scores of the amateur football players who graduated from a university are higher than those who graduated from a high school. In this case, based on this finding, it can be said that as the education level of amateur football players increases, their self-esteem also increases in parallel.

Whether the self-esteem of amateur football players varies significantly according to monthly family income was analyzed by one-way analysis of variance (ANOVA). ANOVA test results are given in Table 7.

Table 7: Results Regarding Self-Esteem Scores According to Family Income Level

Variance Source	Sum of Squares	Degree of Freedom	Sum of Squares	F	
Between Groups	620,146	2	310,073	1 ,541	,215
Within Groups	89940,1	447	201,208		

	74			
Total	90560,3 20	449		

According to the findings in Table 7, it can be said that the self-esteem scores of amateur football players do not differ significantly in terms of monthly family income (F = 1.541; p> 0.05). According to this result, monthly family income of amateur football players cannot be considered to be an effective variable on football players' self-esteem.

Whether the self-esteem of amateur football players varies significantly according to duration of playing football was tested by one-way analysis of variance (ANOVA). The obtained findings are as given in Table 8.

Table 8: Results Regarding Self-Esteem Scores According to Duration of Playing Football

Variance Source	Sum of Squares	Degree of Freedom	Sum of Squares	F	
Between Groups	3389,12 9	4	847,282		
Within Groups	87171,1 91	445	195,890	4 ,325	,002
Total	90560,3 20	449			

According to the findings in Table 8, it can be said that the self-esteem scores of amateur football players differ significantly according to the duration of playing football (F = 4,325; p <0.05). Multiple comparison tests were conducted in order to determine which group the difference is stemming from. As a result of the Levene test conducted for this purpose, the variances belonging to the groups were found to be homogeneous (F = 1,313; p = 0,264> 0, 05). Accordingly, the findings in Table 9 were obtained as a result of the multiple comparison test conducted by using Tukey test, which is widely used in cases where the variances are homogeneous.

Table 9: Tukey Multiple Comparison Test Results According to Duration of Playing Football

Variable	1st Group	2nd Group	Averages Difference	p
Self-Esteem	**0-2 Years**	3-4 Years	-2,286	,952
		5-6 Years	-6,240	,421
		7-8 Years	-3,856	,706
		Over 8 Years	-8,533	**,040**
	3-4 Years	0-2 Years	2,286	,952

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	5-6 Years	-3,954	,602
	7-8 Years	-1,570	,920
	Over 8 Years	-6,247	**,009**
5-6 Years	0-2 Years	6,240	,421
	3-4 Years	3,954	,602
	7-8 Years	2,384	,886
	Over 8 Years	-2,293	,900
7-8 Years	0-2 Years	3,856	,706
	3-4 Years	1,570	,920
	5-6 Years	-2,384	,886
	Over 8 Years	-4,677	**,032**
8 Years and over	0-2 Years	8,533	**,040**
	3-4 Years	6,247	**,009**
	5-6 Years	2,293	,900
	7-8 Years	4,677	**,032**

According to the Tukey multiple comparison test findings in Table 9, it is seen that the average self-esteem scores of amateur football players who have been playing football for 8 and more years differed significantly from the other groups except for the group of 5-6 years. Also, it can be said that the self-esteem of the amateur football players who have been playing football for 8 years or over is higher than that of those who have been playing football for 0-2 years, 3-4 years and 7-8 years.

Whether the self-esteem of the amateur football players shows a significant difference according to the position where they play football was analyzed by one-way analysis of variance (ANOVA) and the findings are given in Table 10.

Table 10: Results Regarding Self-Esteem Scores According to the Position where Football is played

Variance Source	Sum of Squares	Degree of Freedom	Sum of Squares	F	
Between Groups	1230,415	5	246,083		
Within Groups	89329,905	444	201,193	1,223	,297
Total	90560,320	449			

According to the findings in Table 10, it is seen that the self-esteem scores of amateur football players do not differ significantly according to the position where football is played by football players (F = 1.223; p> 0.05). According to this result, the position where football is played by amateur football players in the field is not a variable that has a significant effect on self-esteem.

Finally, whether the self-esteem of amateur football players shows a significant difference according to the league in which they play football was analyzed by one-way analysis of variance (ANOVA). The findings obtained are given in Table 11.

Table 11: Results Regarding Self-Esteem Scores According to the League in Which Football is played

VarianceSource	Sum of Squares	Degree of Freedom	Sum of Squares	F	
Between Groups	2129,994	3	709,998		
Within Groups	88430,326	446	198,274	3,581	,014
Total	90560,320	449			

According to the findings in Table 11, it can be said that the self-esteem scores of amateur football players show a significant difference according to the league in which football is played ($F = 3.581$; $p < 0.05$). Multiple comparison tests were conducted in order to determine which group the difference is stemming from. Accordingly, firstly, variances belonging to the league categories were determined to be homogeneous according to the Levene test result ($F = 0.753$; $p = 0.521 > 0.05$). The results of the Tukey multiple comparison test are given in Table 12.

Table 12: Tukey Multiple Comparison Test Results according to the League in which Football is Played

Variable	1st Group	2nd Group	Averages Difference	p
Self-Esteem	1st Amateur League	2nd Amateur League	,625	,987
		Regional Amateur League	-1,169	,928
		Super Amateur League	-4,867	**,026**
	2nd Amateur League	1st Amateur League	-,625	,987
		Regional Amateur League	-1,793	,829
		Super Amateur League	-5,491	**,024**
	Regional Amateur	1st Amateur League	1,169	,

League			928
	2nd Amateur League	1,793	, 829
	Super Amateur League	-3,698	, 250
	1st Amateur League	4,867	, **026**
Super Amateur League	2nd Amateur League	5,491	, **024**
	Regional Amateur League	3,698	, 250

When the Tukey multiple comparison test findings in Table 12 are taken into consideration, it is seen that the average self-esteem scores of the football players playing in the super amateur league differ significantly from those of the football players playing in the 1st Amateur league and the 2nd Amateur league. Also, when the differences between the group averages are taken into consideration, it can be said that football players playing in the super amateur league, which is the highest level of amateur league, have higher self-esteem than football players playing in the lower leagues.

DISCUSSION AND CONCLUSION

The results of the statistical analysis conducted show that the age-related experience and the increase in the duration of education received by amateur football players have an important place in the development of self-esteem according to the ANOVA test results regarding self-esteem scores in terms of age. It is seen that the self-esteem scores of amateur football players show a significant difference according to the age (F = 3,790; p <0.05). There is a significant difference between the participants belonging to the 15-19 age group and those belonging to the age group of 30 and over. When the difference between the averages of these two groups is taken into consideration, it is seen that the self-esteem score of amateur football players aged 30 and over is higher than that of amateur football players aged 15-19. In Aydoğan (2012)'s study conducted on 780 professional football players of 41 football clubs in the Super League, the 1stLeaguge, the TFF 2nd League, and the TFF 3rd League in the season of 2010-2011, it was determined that the self-esteem scores of the professional football players showed a significant difference according to the variable of age. It is seen that the result of this study is similar to that of our study.

It can be said that the self-esteem scores of amateur football players show a significant difference according to educational status (t = -2.582; p <0.05). It is seen that the average self-esteem

score of the amateur football players who graduated from a university is higher than that of the amateur football players who graduated from a high school. Based on this finding, it can be stated that as the education level of amateur football players increases, their self-esteem also increases. Tufan (1989) systematically applied the Coopersmith Self-Esteem Inventory to a group of students who studied at the university for four years. This inventory was administered to the same students from the 1st grade to the 4th grade. At the end of the study, he found a significant positive relation between students' life experiences based on education and self-esteem. It is seen that the result of this study is similar to that of our study.

It can be said that the self-esteem scores of amateur football players do not show a significant difference according to monthly family income (F = 1,541; p> 0.05). Accordingly, the monthly income of the families of amateur football players cannot be considered a significant variable on the footballer's self-esteem.

It can be said that the self-esteem scores of amateur football players show a significant difference according to the duration of playing football (F = 4,325; p <0.05). There is a significant difference between the average self-esteem score of amateur football players who have been playing football for 8 and more years and that of the other participants except for those who have been playing football for 5-6 years. Also, it is seen that the self-esteem score of the amateur footballers who have been playing football for 8 years or more is higher than that of football players who have been playing football for 0-2 years, 3-4 years and 7-8 years. In Aydoğan (2012)'s study conducted on 780 professional football players of 41 football clubs in the Super League, the 1stLeaguge, the TFF 2nd League, and the TFF 3rd League in the season of 2010-2011, it was found that there was a significant difference in the self-esteem scores of professional football players according to the variable of year of playing football. It is seen that the result of this study is similar to that of our study.

It can be said that the self-esteem scores of amateur football players do not show a significant difference according to the position where they play football (F = 1.223; p> 0.05). According to this result, the position where football is played by amateur football players in the field is not a variable that has a significant effect on self-esteem. In Aydoğan (2012)'s study conducted on 780 professional football players of 41 football clubs in the Super League, the 1stLeaguge, the TFF 2nd League, and the TFF 3rd League in the season of 2010-2011, he determined that there was no significant difference in the self-esteem scores of professional football players according to the position where football is played, which is in line with the result of our study.

It can be said that the self-esteem scores of amateur football players show a significant difference according to the league in which they play football (F = 3,581; p <0.05). There is a significant difference between the average self-esteem score of amateur football players who play football in the Super Amateur League than that of football players who play football in the 1st Amateur League and the 2nd Amateur League. Also, when the differences between the group averages are taken into consideration, it can be said that football players playing in the super amateur league, which is the highest level of amateur league, have higher self-esteem than football players playing in the lower leagues. In Aydoğan (2012)'s study conducted on 780 professional football players of 41 football clubs in the Super League, the 1stLeaguge, the TFF 2nd League, and the TFF 3rd League in the season of 2010-2011, it was observed that there was a significant difference in the self-esteem scores of professional football players according to the league in which they play football, which is in line with the result of our study.

In the present study, it was concluded that self-Esteem is a very important concept for amateur football players. Also, it was found that self-esteem level increases with experience-enhancing factors such as age, educational status, duration of playing football and the league in which football is played. However, it was determined that there is no significant difference in the self-esteem scores of amateur football players according to the monthly family income and position where football is played..

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