

The Relationship with Self Esteem Between Assertiveness Levels of Sub-Elite In-Door Soccer Players

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Abstract

The aim of this study was investigated the relationship with self esteem between assertiveness levels of sub-elite in-door soccer players. For this aim, 18–28 aged, 86 male and 91 female athletes studying 7 universities which joined in-door soccer championship of Turkish University Sport Federation was participated to study voluntarily.

Participants were performed socio- demographic data formi Rathus Assertiveness Schedule and Coopersmith Self-Esteem Inventory. Data were analyzed by using IBM SPSS (version 20.0). Spearman Correlation parameter calculated in order to comment the relationship with data, Multiple regrestion analysis was performed for the predictive power of self-esteem for assertiveness levels of participants. According to analysis, a positive relationship was found between self esteem and assertiveness levels and it was found that self-esteem levels predicted assertiveness levels substantially.

As a result of this study, high self-esteemed athletes could transfer their feelings to others and could increase their assertiveness levels. It was known that highly self-esteemed athletes could increase their performance. Therefore, we could say that necessary studies about athletes' gaining assertiveness behaviors, should take part of primary studies of trainers.

Keywords: In-door Soccer, Self-Esteem, Assertiveness

Introduction

Self-esteem is a kind of norm that a person does not see him/herself down or over something, pleased with him/herself, he/she sees himself precious, positive, and also being loved and liked by others. According to Odağ, self-esteem creates the basic of the spiritual structure and begins from the early ages to make the individual's basic identity (Çuhadaroğlu 1986, Odağ 2001). Individual who feels good about himself, put his skills, knowledge and talents forward, being successful and accepted by the society lastly adopt his physical characteristics. These are the elements that have important role for the formation and improvement of the self-esteem (Karaaslan, 1993; Yılmaz 2000; İzgiç et al. 2001). Notion structure of the self-esteem due to its participation to physical activity, the physical self-esteem or perception of the physical self-esteem has place in to make a connection with the environment from the beginning of childhood and this is defined as individual's self-perception and evaluation of him/herself (Fox 1989). Self-esteem has also importance in the branch of sports. It is expected that physically efficient individuals need to have highly positive self-esteem notions (Kulaksızoğlu 2005). Initiative is defined as "It is kind of an interpersonal relation type that not to look down one's nose at, and protect their rights without denying" (Voltan-Acar, 1980a). Voltan-Acar (1980b) specifies that the word "assertiveness" has not got an exact meaning in Turkish, but he indicates that these words correspond the meanings partly; assertive, venturous, initiative, self-assertive. According to Çulha and Dereli (1987) "Assertiveness" word gives "initiative" meaning in Turkish. Assertiveness has the meanings of; "being initiative", "openly self-assertive", "behaving actively"(Baltaş & Baltaş, 1986).

Assertiveness is not a universal feature. It changes up to the person and the situation. Individual differences and cultural characteristics are important to behave assertively. Even one person's expressing himself is the basic requirement of a human, assertive behavior is indicated as a feature of Western culture. When the Turkish society's structure is examined, while not giving a reaction, obedience, docility, respecting and silence are being rewarded; it is observed that curiosity, speaking and personal initiative are being punished. However, by the reason of the developing of the technology, demand for this behavior increases because of evaluating the utilities of behaving assertive and it is also a learnable attitude (Briggs 1986; Buzlu 1999; Üstün 1995). In the direction of the field of this information, it is aimed to examine the relationship between self-esteem and personality trait.

Method

Sample Group

Sample of the study consists of 188 students who have attended the futsal tournament that is organized by Turkey University Sports Federation. By the way 11 of the students' scales are considered as invalid, therefore totally 177 students have attended the tournament.

Data Collection Tools

Personal Information form

The survey, which is improved by the researcher to collect data about independent variables, consists of these five (independent variable) questions; age, gender, university, place he/she lives and regulation the welfare level.

Self-Esteem Inventory

The reliability study which was done by Tufan and Turan in 1987 used Coopersmith Self-esteem Inventory (SEI). The Coopersmith Self-Esteem Inventory, prepared by Stanley Coopersmith, is a scale that can be applied to different gender groups especially to adults. The alpha coefficient of the scale which is prepared by Tufan has been found as $r=0.62$. The retest studies that Turan and Tufan again have done every other year are detected as $(r=0.65, r=0.76)$

Rathus Assertiveness Scale

It is an easy scale, which is improved by Rathus in 1977 and adopted to Turkish by Acar V. (1980), consists of 30 points and it can be answered simply by an individual's own self. There is an explanation beginning of the form. RAE, there is a 6 grade scale applied to participants, consists of 30 points and sorted from -3 to +3. Earned marks changes between -90 and +90. The most shameful shows -90, and the most assertiveness shows +90.

Analysis of the Data

Table 1. Distrubiton of the participants according to their Gender, Age and University

Variable		N	%
Gender	Male	86	48,6
	Female	91	51,4
Age	18-20	80	45,2
	21-23	75	42,4
	24-26	22	12,4
University	Aksaray	24	13,6
	Erciyes	29	16,4
	Gaziantep	18	10,2
	Karamanoğlu	17	9,6
	Mersin	36	20,3
	Mustafa Kemal Niğde	17	9,6
		36	20,3

In descriptive analyzing of the reliable and valid data frequency (N), percent, (%), arithmetic average and standard deviation were used. Analyzing the relationship between self-esteem and Assertiveness features Spearman correlation test was applied and for the prediction feature of Self-esteem Assertiveness multiple regression analysis was used. Statistical meaningfulness level is regarded as Alpha (α), mistaken level is regarded as $p < 0.05$. Results that acquired from distributions were tabulated and findings were interpreted then required solution offers brought to agenda.

Findings

Table2. Statistic of the Marks which Participants Acquired from Scales

	N	Min	Max	X± SS
Assertiveness	177	84	168	109,47±14,86
Self-Esteem	177	5	22	14,73±4,15

When Table2 is examined it is seen that marks acquired from scales are much more than scale average marks.

Table 3. Relationship between Self-esteem and Assertiveness Characteristic

		1	2
Self-Esteem		1	
	r	,220**	
Assertiveness			1
	p	,003	

$p < 0,01$ **

When Table3 is examined it is seen that there is a meaningful medium-level relationship between self-esteem and assertiveness characteristic.

Discussion and Results

Today, sport is seen more than a competition and as a helper for the development of the personality. It is shown in the studies that people who deal with sports have more facilities than the ones who do not deal. It is suggested that sport has an important contribution for the development of the self-esteem based on personality trait (Aşçı 1999, Gün 2006). It has also a direct relation between exercise and self-esteem notion. Exercise programs lead to a meaningful increasing in the self-esteem level (Weinberg & Gould 1995). It also reveals that different studies which have been done in the body of literature (Suveren, 1991; Kapıkıran, 1993) individuals' attending to the sport activities has a big role to improve the body, spirit and personality structure, strengthening the will power, making easy the group working, and respect to the others. In this sense, it can be thought that sportive activities are useful for individuals' assertiveness level (Büyükyazı, 2003).

There are positive increases in the self-esteem and other personality traits. In this study, it is aimed to provide information for the body of literature, examination of sub-elite futsal players' self-esteem, and relationship between assertive self-esteem traits. Conducted studies are understood that futsal players' self-esteem level and their assertive personality trait are higher than the marks that are acquired from average scale marks (Table2). It is detected that there is an average and positive relationship between self-esteem and assertive personality trait. When the body of literature is examined; Mollaoğulları, and Alptuğ (2013) are reported that students who do and do not do sports, and the students', who study nursing, Dinçer, (2008), Batmaz, M. et al. (1999), Kahriman, İ. (2005) and Kutlu, Y. (1997) have a meaningful and positive relationship between their self-esteem and assertive traits. The studies that have been done support this presented study. These studies under the body of literature, shows that there is a positive relationship between self-esteem and assertive personality trait. It shows that the established regression model is generally meaningful. $F(3,99)= 14,701$ $p<.001$. When the t-test results are examined relation to regression coefficients' meaningfulness the self-esteem is the meaningful predictor of the assertive trait, and observed variable %7,7 is detected that it is expressed by predictor variable. ($R=.285, R^2=.077; p<.01$). It is thought that this established model's meaningfulness derives from self-esteem.

As a result, it is thought that athletes' self-esteem's highness is based on that they can transmit their feelings to the others and therefore this happens to increase their assertive levels. We think that the self-esteem which is seen in the athletes that will affect their performances in a positive way. Thus, we can say that there must be required studies among trainer and sportsmen's main missions about gaining of the assertive behaviors for the athletes.

Suggestions

1. It is thought by the families and instructors that there must be studies done from the beginning of a person's childhood for the raising of self-esteem.
2. To have wide information about this subject in the light of body of literature it is thought that there must be much more studies parallel to this study.

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