

The Effect of Sport Activities on Self-Confidence Levels of 13-14 Year-Olds

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Received: November 5, 2021 Accepted: December 2, 2021

Published: December 31, 2021

doi:10.5296/jei.v7i3.19216

URL: <https://doi.org/10.5296/jei.v7i3.19216>

Abstract

This study is conducted to determine the effect of the sport activities on the self-confidence levels of 13-14 year-olds. Self-confidence formation starts especially at ages of 13-14 and affects the success of the individuals. Therefore, whether sport activities have any effects on self-confidence and whether the demographic characteristics affect self-confidence are analyzed in our study. Total of 272 individuals, 159 individuals participating in sport activities and 113 individuals not participating in sport activities at Ilkadım, Carsamba and Bafra Youth Centers providing services under the scope of the sport activities by the Samsun Youth and Sports Provincial Directorate in the season of 2018-2019 have participated voluntarily in this study. In this research, survey method among the methods used in applied research is preferred. As the data collection tool, a survey form consisting of two sections is used. In the first section the 'Personal Information Form' prepared by the researcher is used. In the personal information form, demographic information as father's employment status, mother's employment status, mother and father's marital status, number of siblings and familial income status are included. In the second section, the 'Self-confidence scale' developed by Akın (2007) is used. Acquired data is tested at 95% confidence level with the

aid of SPSS program and the significance level is determined as 0.05. In the light of the date in the study, before the statistical analysis was begun, normality assumption and homogeneity tests are applied, as the result of the Kolmogorov-Smirnov and Levene tests conducted it is determined that the data has normal distribution ($p > 0.05$). As the data shows normal distribution, it is decided to conduct parametric analysis. In comparison of the groups, independent sample t-test and one way ANOVA analyses are used. According to the acquired data and the analyses conducted, as the result of comparison of the Internal and External Self-confidence scores of the individuals participating in the sport activities according to the father's employment status, mother's employment status, mother and father's marital status, number of siblings and familial income status, it is concluded that there is no significant differences. Whereas in the gender variable, while there is no significant difference in the Internal Self-confidence sub dimension, in the External Self-confidence sub dimension it is found out that the males have significantly higher scores compared to the females. Also it is seen that the self-confidence levels of individuals participating in sport activities are statistically higher than the ones who do not participate in the sport activities ($p < 0.05$).

Keywords: Sports, Activity, Self-confidence, Age.

1. Introduction

Sports provides for the person to resist against the negativities and dangers from outside via knowing and understanding oneself, and to create an environment away from depression and stress present in one's life. Through the dynamism it grants to the person, it ensures that one may enjoy the life in health and look at life in a positive way. It supports the character development in psychological and spiritual aspects (Gökhan & Olgun, 1979).

Burton and Platts (2010) define confidence as to act properly and effectively in any situation. There are many definitions for self-confidence in the literature. It is the feelings and thoughts of the individual regarding that one is in peace with one's self and identifies with one's self via trusting one's skills, decisions and strength, and it is the ability of one in being successful or the purest state of the skills present in the person (Mahoney & Chapman, 2004). In other words, self-confidence can be stated as the individuals thinking and believing that they might realize the behavior expected and requested from them (Weinberg & Gould, 2003). When individuals do not feel themselves valuable regarding self-confidence, they become unable to meet their basic needs and live in distress. Individuals shape and add value to the identities they acquired. The self-confidence concept is known to be a process progressing from childhood to present. It is known to be process progressing from childhood and if support is provided for it improvement, individuals may self-express themselves in almost all matters throughout their lives. While they grow as individuals with high communication skills against their environment, who are social and confident, they shall be in positive thoughts during this process (Basoğlu, 2007). Individuals with low self-confidence think that they cannot solve the daily life problems, continuously experience the stress of despair and the anxiety of the conditions they are in. They are affected quickly and live a life dependent on their environment (Kurtuldu, 2007).

It is possible to divide self-confidence into two as internal and external. Internal

Self-confidence consists of the self-reflection, self-relations of the individuals, in a more general sense, it is formed as the result of the communication of the individuals with themselves within their internal world. Whereas, External Self-confidence determined the tendencies of the individuals in their external world, their communication with their environment, their qualities of self-expression against others and of self-control over their emotions (Humphreys, 2002). Internal confidence and external confidence together is for the individuals to think positively against life, to acquire the self that may deal with the problems in life in line with the goals they establish for themselves, and as the result of this achievement, to have the chance to know themselves better and to love theirself and character (Basoğlu, 2007). There are many factors affecting the formation of self-confidence. These factors can be listed as family, parental approach, academic success, self-evaluation of the individual, divorce, environmental effects, responsibility, intelligence, discipline methods and other factors. In sports, whereas, self-confidence can generally be associated as interconnected with success. Researchers have stated that the self-confident athletes feel that they shall be much more successful in their efforts, think that they have the physical, emotional, mental etc. abilities to realize their potentials and what they have that is required for success, and feel this existing ability (Yıldırım, 2013; Ceylan et al., 2020). It is established with research that sports positively affect both the physical and spiritual health. It is know that there are various changes in the body and hormones occurring with sports. One of these changes, as known, is happiness. It is know that through individual happiness the feeling of high self-confidence and of success emerge. Highly self-confident athletes are more hardworking, productive, successful in overcoming hardships and achieving set goals, and have higher motivation compared to the athletes with low self-confidence. In addition, self-confidence has effects on being acumen and highly concentrated (Vealey, 2009).

2. Method

2.1 The Study Group

The population of the research is the individuals at the ages of 13-14 that participate in sport activities and individuals at the same ages that never participated in the sport activities at Youth Centers providing service under the organization of the Samsun Youth and Sports Provincial Directorate. When determining sample size in the study, the sample volume is calculated using Strength Analysis, as the result of the formula, the sample number determined for 99% confidence level and 5% error margin is achieved as 159 individuals participating in sport activities and 113 individuals never participated in these sport activities at the Youth Centers connected to the Youth and Sports Provincial Directorates.

2.2 Data Collection Tools

In the study, the data collection tool is composed of two sections. In the first section the ‘Personal Information Form’ prepared by the researcher is used. In the personal information form, demographic information as father’s employment status, mother’s employment status, mother and father’s marital status, number of siblings and familial income status are included. In the second section, the ‘Self-confidence scale’ developed by Akın (2007) is used. The total number of items in the self-confidence scale is 33. Therefore, the highest score to be taken

from this scale that is prepared in Likert type with 5 degrees is 165 and the lowest score is 33. Higher points taken from the scale that contains no negative items shows higher level of self-confidence.

2.3 Ethical Aspect of the Research

In order for the assessment of the research regarding its ethical conformity, the Hitit University Non-Invasive Clinical Research Ethical Board is applied to and the board has ethically cleared the research to be conducted. The permissions are acquired from Samsun Youth Services Provincial Directorate in order to apply survey forms to the individuals included in the research. The participants of the study are asked for signed Guardian/Parent Consent Form; the necessary explanations are given to the individuals performing sport activities and to the one that have never participated to these activities and it is ensured that they are participating willingly.

2.4 Data Analysis

In the light of the date in the study, before the statistical analysis was begun, normality assumption and homogeneity tests are applied, as the result of the Kolmogorov-Smirnov and Levene tests conducted it is determined that the data has normal distribution ($p > 0.05$). As the data shows normal distribution, it is decided to conduct parametric analysis. In comparison of the groups, independent sample t-test and one way ANOVA analyses are used. The findings achieved are stated in means and standard deviations.

3. Results

Table 1. Demographic characteristics of individuals participating in sport activities and not participating in sport activities

	Group	SFK		SFKM		Total	
		n	(%)	n	(%)	n	(%)
Sports Status		159	58.2	113	41.8	272	100
Gender	Male	84	52.8	75	66.4	159	100
	Female	76	47.2	38	33.6	113	100
	Total	159	100	113	100	272	100
Father's Employment Status	Working	134	81.8	97	85	231	100
	Not working	25	18.2	17	15	42	100
	Total	159	100	113	100	272	100
Mother's Employment Status	Working	39	24.5	37	68.1	76	100
	Not working	120	75.5	77	31.9	197	100
	Total	159	100	113	100	272	100
Parents marital status	Married	137	87.4	100	88.5	237	100
	Divorced	22	12.6	13	11.5	36	100
	Total	159	100	113	100	272	100
Number of Siblings	1-2 siblings	76	47.8	60	53.1	136	100
	3 and more	83	52.2	53	46.9	137	100
	Total	159	100	113	100	272	100
Familial Income Status	2000 TL and less	66	41.5	20	17.7	86	100
	2001-3000 TL	44	27.7	21	18.6	65	100
	3001-4000 TL	24	15.1	27	23.9	51	100
	40001 TL and more	25	15.7	45	39.8	71	100
	Total	159	100	113	100	272	100

The participant group is composed of 58.2% individuals participating in sport activities and 41.8% individuals not participating in sport activities. When compared according to the gender 52.8% of the individuals participating in sport activities are male and 47.2% of the

same is female. Whereas, 66.4% of non-participating ones is male and 33.6% of the same is female. When father employment status is examined, 81.8% of the fathers of individuals participating in sport activities are in working status and 18.2% of them are not working. Whereas for the individuals not participating in sport activities, the percentage of the working fathers is determined as 85% and the same of not working fathers as 15%. Again according to the responds given by the participants, the working mother percentage for the individuals participating in sport activities 24.5% and not working ones are 75.5%. For the mothers of the individuals not participating in sport activities, not working status is found as 31.9% and working status as 68.1%.

Based on the marital status, when looked at the individuals participating in sport activities, the ratio of the ones living in families where parents are married is 87.4% and ratio for the divorced parents is 12.6%. Whereas, for the individuals not participating in sport activities, the divorced parents ratio is 11.5% and married parents ratio is 88.5%. When the responds of the participants on the number of siblings, 47.8% of the participants active in sports have 1-2 siblings and 52.2% of the same have 3 and more siblings; whereas for the individuals not participating in sport activities 53.1% of them have 1-2 siblings and 46.9% have 3 and more siblings. When the familial income levels of the participants is examined, for the individuals participating in sport activities 41.5% has 2000 TL and less, 27.7% has 2001-3000 TL, 15,1% has 3001-4000 TL, and 15.7% has 4001 TL and more income. For the individuals not participating in sport activities, 17.7% has 2000 TL and less, 18.6% has 2001-3000 TL, 23.9% has 3001-4000 TL, and 39.8% has 4001 TL and more income (Table 1).

Table 2. For individuals participating in sport activities, according to the demographic information, comparison of Internal Self-confidence and External Self-confidence scores

			n	Ort.	S.S.	t	p
Gender	Internal Self-confidence	Female	76	66.6	11.11	-1.984	0.049
		Male	84	70.49	11.22		
	External Self-confidence	Female	76	63.5	10.39	-2.612	0.01*
		Male	84	68.2	9.78		
Father's Employment Status	Internal Self-confidence	Working	134	67.36	11.28	-0.882	0.379
		Not Working	25	69.52	11.09		
	External Self-confidence	Working	134	64.57	10.49	-0.716	0.475
		Not Working	25	66.2	10.06		
Mother's Employment Status	Internal Self-confidence	Working	39	67.72	9.85	0.013	0.99
		Not Working	120	67.69	11.7		
	External Self-confidence	Working	39	65.67	8.92	0.576	0.565
		Not Working	120	64.56	10.87		
Parents marital status	Internal Self-confidence	Married	137	68.15	10.69	1.255	0.211
		Divorced	22	64.91	14.24		
	External Self-confidence	Married	137	65.18	10.13	1.043	0.298
		Divorced	22	62.68	12.03		
Number of Siblings	Internal Self-confidence	1-2 siblings	76	68.34	11.97	0.69	0.491
		3 siblings and more	83	67.11	10.58		
	External Self-confidence	1-2 siblings	76	65.46	10.84	0.73	0.467
		3 and more	83	64.25	10.02		
Familial Income Status	Internal Self-confidence	2000 and less	66	66.32	11.35	0.557	0.644
		2001-3000	44	69	10.94		
		3001-4000	24	67.92	11.29		
		4001 and more	25	68.4	11.73		
	External Self-confidence	2000 TL and less	66	64.53	10.06	0.194	0.901
		2001-3000 TL	44	65.77	11.1		
		3001-4000 TL	24	64.83	10.12		
		4001 TL and more	25	63.96	10.85		

Note. * $p < 0.05$.

As the result of comparison of the Internal and External Self-confidence scores according to the father's employment status, mother's employment status, mother and father's marital status, number of siblings and familial income status of the individuals participating in sport activities, it is found out that there are no significant differences. Whereas in gender variable while no significant difference is found in Internal Self-confidence sub dimension, in External Self-confidence sub dimension it is found out that males have significantly higher scores compared to females ($p < 0.05$) (Table 2).

Table 3. Comparison of the Internal Self-confidence and External Self-confidence scores of the individuals participating in sport activities and the individuals not participating in sport activities

		n	Ort.	S.S.	t	p
Internal Self-confidence	SFK	159	67.70	11.25	2.725	0.007
	SFKM	114	64.02	10.66		
External Self-confidence	SFK	159	64.83	10.41	3.091	0.002*
	SFKM	114	60.80	10.93		

Note. * $p < 0.05$.

The mean of the scores obtained by the individuals participating in sport activities at the self-confidence scale Internal Self-confidence sub dimension is 67.70, and mean of the scores obtained by the individuals not participating in sport activities at the self-confidence scale Internal Self-confidence sub dimension is 64.02. At the youth center for the individuals participating in sport activities, the mean of the scores for the self-confidence scale External Self-confidence is 64.83, for the individuals not participating in sport activities, the mean of the scores for the self-confidence scale External Self-confidence is 60.80. When the scores of these groups are compared, at Internal and External Self-confidence values, the scores of the individuals participating in sport activities are found higher than the individuals not participating in sport activities. In addition, it is observed that the individuals participating in sport activities and the individuals not participating in sport activities are differentiating significantly at the External Self-confidence sub dimension ($p < 0.05$) (Table 3).

Table 4. For individuals participating in sport activities, according to the gender variable, comparison of Internal Self-confidence and External Self-confidence scores

Gender			n	Ort.	S.S.	t	p
Female	External Self-confidence	SFK	76	64.83	10.27	7.064	< 0.001*
		SFKM	38	50.50	10.08		
	Internal Self-confidence	SFK	76	67.63	11.24	4.543	< 0.001*
		SFKM	38	57.61	10.84		
Male	External Self-confidence	SFK	84	64.85	10.53	6.332	< 0.001*
		SFKM	75	55.07	8.73		
	Internal Self-confidence	SFK	84	67.80	11.28	3.733	< 0.001*
		SFKM	75	61.64	9.27		

Note. * $p < 0.05$.

The mean of the scores obtained by the male students participating in sport activities at the self-confidence scale Internal Self-confidence sub dimension is 67.80, and mean of the scores obtained by the male students not participating in sport activities at the self-confidence scale Internal Self-confidence sub dimension is 61.64. The mean of the scores obtained by the female students participating in sport activities at the self-confidence scale Internal Self-confidence sub dimension is 67.63, and mean of the scores obtained by the female students not participating in sport activities at the self-confidence scale Internal Self-confidence sub dimension is 57.61. When the scores between these groups are compared, it is concluded that Internal and External Self-confidence scores of both men and women participated in the sport activities have differentiated significantly compared to the individuals not participating in the sport activities ($p < 0.05$) (Table 4).

Table 5. According to the employment status of the father, comparison of the Internal Self-confidence and External Self-confidence scores of the individuals participating in sport activities and the individuals not participating in sport activities

			n	Ort.	S.S.	t	p
Working	Internal Self-confidence	SFK	134	67.36	11.28	2.507	0.013*
		SFKM	97	63.65	10.83		
	External Self-confidence	SFK	134	64.57	10.49	2.656	0.008*
		SFKM	97	60.74	11.27		
Not Working	Internal Self-confidence	SFK	25	69.52	11.09	1.029	0.31
		SFKM	17	66.12	9.59		
	External Self-confidence	SFK	25	66.2	10.06	1.677	0.101
		SFKM	17	61.12	8.97		

Note. * $p < 0.05$.

Based on the employment status of the fathers, for the ones with fathers in working status, it is found out that the self-confidence scores at Internal Self-confidence and External Self-confidence sub dimensions of the individuals participating in sport activities are higher than of the individuals not participating in sport activities ($p > 0.05$). No significant difference is seen for the ones with fathers in not working status ($p > 0.05$) (Table 5).

Table 6. According to the employment status of the mother, comparison of the Internal Self-confidence and External Self-confidence scores of the individuals participating in sport activities and the individuals not participating in sport activities

			n	Ort.	S.S.	t	p
Working	Internal Self-confidence	SFK	39	67.72	9.85	0.971	0.335
		SFKM	37	65.22	12.52		
	External Self-confidence	SFK	39	65.67	8.92	1.152	0.253
		SFKM	37	62.95	11.57		
Not Working	Internal Self-confidence	SFK	120	67.69	11.7	2.657	0.009*
		SFKM	77	63.44	9.67		
	External Self-confidence	SFK	120	64.56	10.87	3.057	0.003*
		SFKM	77	59.77	10.53		

Note. * $p < 0.05$.

Based on the employment status of the mothers, when the Internal Self-confidence and External Self-confidence scores of the individuals participating in sport activities and of the individuals not participating in sport activities are examined, based on the employment status of the mothers, for the ones with mothers in not working status, it is found out that the self-confidence scores of the individuals participating in sport activities are significantly higher than of the individuals not participating in sport activities ($p > 0.05$). No significant difference is seen for the ones with in working status ($p > 0.05$) (Table 6).

Table 7. According to the marital status of the parents, comparison of the Internal Self-confidence and External Self-confidence scores of the individuals participating in sport activities and the individuals not participating in sport activities

			n	Ort.	S.S.	t	p
Married	Internal Self-confidence	SFK	137	68.15	10.69	3.254	0.001*
		SFKM	100	63.51	11.03		
	External Self-confidence	SFK	137	65.18	10.13	3.611	0.001*
		SFKM	100	60.27	11.26		
Divorced	Internal Self-confidence	SFK	22	64.91	14.24	-0.67	0.507
		SFKM	13	67.64	6.69		
	External Self-confidence	SFK	22	62.68	12.03	-0.527	0.602
		SFKM	13	64.57	7.36		

Note. * $p < 0.05$.

According to the marital status of the parents, for the ones with parents in married status, it is found out that the self-confidence scores at Internal Self-confidence and External Self-confidence sub dimensions of the individuals participating in sport activities are higher than of the individuals not participating in sport activities ($p > 0.05$). For individuals with divorced parents, no significant difference is found based on the status of performing sport activities ($p > 0.05$) (Table 7).

Table 8. According to the number of siblings, comparison of the Internal Self-confidence and External Self-confidence scores of the individuals participating in sport activities and the Individuals not participating in sport activities

			N	Ort.	S.S.	t	p
1-2 siblings	Internal Self-confidence	SFK	76	68.34	11.97	2.099	0.038
		SFKM	60	64.2	10.7		
	External Self-confidence	SFK	76	65.46	10.84	2.506	0.013
		SFKM	60	60.75	10.93		
3 ve fazla	Internal Self-confidence	SFK	83	67.11	10.58	1.772	0.079
		SFKM	53	63.81	10.71		
	External Self-confidence	SFK	83	64.25	10.02	1.866	0.064
		SFKM	53	60.85	11.02		

Note. * $p < 0.05$.

For the individuals with 1 or 2 siblings, the Internal Self-confidence score mean for the ones participating in sport activities is 68.34, and for the ones not participating in sport activities the same is 64.20. For the individuals with 1 or 2 siblings, the External Self-confidence score mean for the ones participating in sport activities is 65.46, and for the ones not participating in sport activities the same is 60.75. For the individuals with 3 or more siblings, the Internal Self-confidence score mean for the ones participating in sport activities is 67.11, and for the ones not participating in sport activities the same is 63.81. For the individuals with 3 or more siblings, the External Self-confidence score mean for the ones participating in sport activities is 64.25, and for the ones not participating in sport activities the same is 60.85. For the individuals with 1 or 2 siblings, at Internal Self-confidence and External Self-confidence sub dimensions, it is found out that the self-confidence levels of the individuals participating in sport activities is higher compared to the individuals not participating in sport activities ($p < 0.05$). For the individuals with 3 or more siblings, no significant differences are found based on the sport performance status ($p > 0.05$) (Table 8).

4. Discussion

It is seen that there is no significant difference as the result of comparison of the Internal Self-confidence and External Self-confidence scores of the individuals participating in sport activities based on the Father's Employment Status, Mother's Employment Status, marital status of the parents, number of siblings and the familial income status. Whereas at gender variable, while there is no significant difference at Internal Self-confidence sub dimension, at External Self-confidence sub dimension it is found out that males have significantly higher scores compared to females ($p < 0.05$) (Table 2). The Internal and External Self-confidence

scores of both females and males participating in sport activities are seen to be mutually significantly higher compared to the ones not participating (Table 4). Based on the employment status of the fathers, for the ones with fathers in working status, it is found out that the self-confidence scores at Internal Self-confidence and External Self-confidence sub dimensions of the individuals participating in sport activities are higher than of the individuals not participating in sport activities (Table 5). Whereas, based on the employment status of the mothers, when the Internal Self-confidence and External Self-confidence scores of the individuals participating in sport activities and of the individuals not participating in sport activities are examined, based on the employment status of the mothers, for the ones with mothers in not working status, it is found out that the self-confidence scores of the individuals participating in sport activities are significantly higher than of the individuals not participating in sport activities (Table 6). According to the marital status of the parents, for the ones with parents in married status, it is found out that the self-confidence scores at Internal Self-confidence and External Self-confidence sub dimensions of the individuals participating in sport activities are higher than of the individuals not participating in sport activities (Table 7). For the individuals with 1 or 2 siblings, at Internal Self-confidence and External Self-confidence sub dimensions, it is found out that the self-confidence levels of the individuals participating in sport activities is higher compared to the individuals not participating in sport activities (Table 8). According to the familial income status, the Internal Self-confidence and External Self-confidence scores are compared for the individuals participating in sport activities and the individuals not participating in sport activities. It is seen that for the group with income status as 2001-3000 TL, the individuals participating in sport activities has higher self-confidence scores than the individuals not participating in sport activities (Table 9) ($p < 0.05$). It is known that there are several factors in formation of self-confidence and gender factor is only one of them. In the formation of the concept of self in an individual, gender roles have an important place. In the literature, there are some research, (Gümüş, 1997; Erkan et al., 2002) supporting the findings of this research regarding that the self-confidence levels show no difference between boys and girls. In addition Yıldız et al. (2016) indicated that gender difference has no effect on perception of self-confidence. Therefore, the findings of the study are parallel with the results of our study. When another study parallel to ours is examined, it is stated that gender difference has no significant effect on the self-confidence level (Özen et al., 2014). Soner (2000) states that whether mother working or not creates no significant difference for the academic success of the students. The same condition is also valid for the self-confidence of the students. Yıldırım (2000) had studied the problems faced by the children with divorced parents before and after the divorce, it is determined that each of the variables loneliness, teachers, exam stress and “family” support are all separately affect the success. Furthermore, in the study of Yılmaz (2011), the results are obtained that the self-confidence levels of the children growing in a distressful family environment are lower compared to the children of divorced couples. In addition, it is indicated that children of the divorced couples have lower self-confidence levels compared to the children in harmonic marriages. According to the findings of the study of Altunkaya (2010), when the in-family problems the individuals with divorced parents face in family, school and social environments and the opinions regarding these problems are examined, it is

determined that there are decreases in the academic levels in courses, attending to school, being interested to the lessons for the students with divorced parents. İnci and Deniz (2015), according to the findings of their study, show that there is a decrease in the self-confidence level as the number of children increases in the family. Ersoy (2013), in his study, concluded that for the students perceiving the behavior of their parents as protective the number of siblings has an importance but for the children perceiving their families as democratic, it does not create a difference. In addition, according to the findings of the study of Bilgin (2011), the lowest self-confidence level score of the study was obtained at individuals with 5 and more siblings. In a family depending on the number of siblings, 5 and more, the individuals forming the family not showing sufficient interest at the children shall cause those individuals not to put themselves forward. In fact, our results are conforming to this opinion. Özyürek and Tezel Şahin (2005), in their study with parents, concluded that as the number of children increases, the fathers start to act farther away from democratic behavior, firmer and harsher against the children. Kasatura (1998) had concluded that the economic problems within the family shall cause the diminishing of the feeling of self-confidence in a student and instead lead to the development of feelings of fear and anxiety.

According to the research findings, as the result of the statistical analysis on comparison of the Internal Self-confidence and External Self-confidence scores of the individuals participated in the sport activities and the individuals not participated in the sport activities, it is concluded that there is a significant difference at the External Self-confidence sub dimension (Table 3). According to Zorba (2012), the regular sport activities has determined to have a contribution to increase in self-respect and self-confidence at individuals. Also, it is emphasized that it creates positive results for the individuals. In the study of Bostancı et al. (2016), the self-confidence levels of the university students at sports schools present similarities with the findings of our study. On the other hand in findings of the study (Can & Kaçay 2016), it is seen that there is an increase in self-confidence in people who had been performed and are performing sport activities. Özbek et al. (2017), in the study, conducted on the comparison of the self-confidence levels of the sportive and sedentary high school students, concluded that the sedentary students have lower Internal and External Self-confidence levels compared to the students active in sports. In addition, according to the findings of the study of Gürer (2017), it is concluded that self-confidence is affective on the performance. Şahin (2015), in his study, related to the self-confidence levels of athletes and sedentary individuals, concluded that there is an average level positive relationship as the result of the self-confidence scores of the individuals active in sports. Also Tiryaki (2000), as the result of his study, concluded that self-confidence is connected with the formation of personality, and by indicating that there is a significant difference between the athletes and non-athletes, concluded that athletes are more lively, hardworking and open to communication. As the result of this study, the goal is the better understanding the self-confidence levels of the individuals at the ages 13-14 participating in sport activities at Youth Centers and the determination of its difference compared to individuals not participating in sport activities; and in turn these processes can be comprehensively analyzed in the country including the regions. As the self-confidence levels of sedentary individuals are lower due to them not participating in sport activities, they should be directed to youth

centers or clubs including sportive activities, they should be encouraged to go there. The contents and at the same time applicability of the established plans of the activities to be applied can be researched and supported in a comprehensive study to be conducted together with the Youth Centers.

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