



AN EXAMINATION OF SELF- ESTEEM IN WOMEN IN TERMS OF DOING SPORTS

Assoc. Prof. Dr. Elif Karagün
Kocaeli University, Faculty of Sport Sciences
Umuttepe, Kocaeli- Turkey
elif.karagun@gmail.com

Alev Yıldız
Kocaeli University, Institute of Health Sciences
Umuttepe, Kocaeli- Turkey
alev_yldz_@hotmail.com

Z. Dilay Ekiz
Kocaeli University, Institute of Health Sciences
Umuttepe, Kocaeli- Turkey
ekizdilay@gmail.com

Abstract

The aim of this study is to determine the self esteem of the women according to status of sports. For this purpose, a self-esteem scale developed by Çuhadaroğlu (1986) was applied to a total of 118 voluntary women in the age range of 20-45 years who did sports and volunteered to participate in sports with women in sports clubs in different sports clubs. When the data are analyzed in SPSS 21.00 package program; there were no significant results the scores of self-esteem according to the sporting status of women. while there were no significant results in terms of education level and marital status, in terms of age, working status and level of income it was determined there were significant results. Although there are studies in the literature that shows that physical activities have positive effects on self-esteem, in this study there was no contribution to the self-esteem of doing sports.

Keywords: women, sports, self esteem.