

## THE EFFECTS OF BASKETBALL TRAINING ON CHILDREN'S SELF-ESTEEM

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### ABSTRACT

*Purpose: The purpose of the study is to investigate the effects of basketball training on children's self-esteem. Subjects: A study group of 80 children was formed. The mean age of the children was 10.17 years. Method: The data has been gathered by the Coopersmith Self-Esteem Inventories (SEI) were adapted to Turkish by Pişkin (1996). The model of pre-test and post-test was used. During 12 weeks, children participated in a basic basketball exercise program twice a week. The Self-Esteem Inventory was administered to each child before and after 12 weeks. The paired samples t-test has used for the data analysis. Results: The results of the paired samples t-test indicate that the post-test total scores of the children increased compare with the pre-test total scores ( $p=0.001$ ). Conclusion: The results of our study suggest that benefits of basketball exercise increase children's self-esteem level. This result is supported with similar studies.*

**Keywords:** Basketball Training, Self-Esteem, Children.

### INTRODUCTION

Individuals with higher self-esteem are the ones who can overcome difficulties, take risks, see oneself as a whole with strong and weak points, love and trust oneself, and believe that they have right to be perceived so (Korkmaz, 2007). Human beings have the ability to understand who they are and they decide later whether they like the way they are. Likewise, self-esteem is the result of evaluation of the individuals' tendency towards learning, cognitive programming and beliefs (Mc Kay and Fanning, 1992). In other words, self-esteem is the scale that shows how much people like themselves, how successful they accept and respect themselves (Harter, 1990).

Developing self-esteem may help overcoming psychological and behavioral disorders common among the kids and the young adults (Ekeland et al., 2005). It is proven that workouts are good for psychology as they are for physical health. The studies on the subject show that workouts have a positive effect on kids and young adults' self-esteem perception in a short time (Blair et al., 1992; Biddle, 1993; Calfas and Taylor, 1994; Pate et al., 1995; Sonuga et al., 1997; Erikssen et al., 1998; Mutrie and Parfitt, 1998). According to the results workouts may be used as a way to develop kids and young adults' self-esteem.

This study looks for an answer to the question whether basketball has an effect on children's self-esteem.

### METHOD

*Sample:* Sample group of the study includes the children (n=80) who start playing basketball in Golcuk Belediyespor Basketball Schools in Kocaeli twice a week. They are 9-12 years old, 32 of them girls and 48 of them are boys, and the average age in the group is 10.17.

*Gathering Data:* We have used the Coppersmith Self-esteem Inventory in order to put children's self-esteem on a scale. There are 58 items on the inventory. Besides having a total point concerning the self-esteem, the scale makes possible to have data regarding five sub categories; like *overall self-esteem (26 items)*, *social self-esteem (8 items)*, *home-parents self-esteem (8 items)*, *school-academic self-esteem (8 items)* and *false items (8 items)*. Expected answers are 1, and the others are 0 point. False items do not measure self-esteem; rather they try to determine how defensive the person is. Therefore, false items are not added to points gathered from self-esteem parts. A maximum point of the scale is 50. The higher

points show higher self-esteem, as the vice versa (Coopersmith, 1991; Piskin, 1996).

The Inventory was given to the children on the day they started playing basketball and after 12 weeks when they ended the training, as pre and posttest.

*Analysis of the Data:* The data gathered from the scale was analyzed via SPSS 14.0 Program Pack. Paired as pre and posttests, T-test was used. The difference between the groups was found between 0.05 and 0.001.

## FINDINGS

**Table: The results of t-test indicate that the pre-test and post-test of self-esteem inventory**

		N	X ± Std.D.		p
Overall Self-esteem	Pre Test	80	21.12 ± 3.35	-2.87	.005*
	Post Test	80	22.23 ± 2.81		
Social Self-esteem	Pre Test	80	5.61 ± 1.87	-2.16	.032*
	Post Test	80	5.96 ± 1.61		
Home-Parents Self - esteem	Pre Test	80	6.38 ± 1.21	-0.28	.775
	Post Test	80	6.43 ± 1.63		
School – Academic Self - esteem	Pre Test	80	6.60 ± 1.44	-1.54	.125
	Post Test	80	6.83 ± 1.38		
False Items	Pre Test	80	3.55 ± 1.07	-0.865	.389
	Post Test	80	3.65 ± 0.80		
Total	Pre Test	80	39.72 ± 5.58	-3.34	.001*
	Post Test	80	41.46 ± 4.44		

\* P<0.05

According to the results found at the end of the self-esteem inventory: there is a meaningful difference between the points that children got before and after the training (p=0.001). There is another meaningful difference in the *overall and social self-esteem* which are sub categories of the inventory (p=0.005, p=0.032). However, *home-parents and school-academic self-esteem* points do not present a meaningful difference (p=0.775, p=0.125).

## CONCLUSION

According to the results of the study; basketball has a positive effect on children's self-esteem. 12 weeks of basketball training has helped children to have higher level of self-esteem. Besides, basketball is proven to have another positive effect on the overall and social self-esteem. However, no relations have been encountered between basketball and home-parents and academic self-esteem.

There are similar studies stating that workouts have a positive effect on children's and young adults' self-esteem perception. Alper et al. (1990) reported that eight weeks of aerobics program has also beneficial for children's self-esteem.

Basile et al. (1995) divided the children into three groups and named these as jogging, basketball and non-exercise control groups for their four weeks training. At the end of the study, it is seen that the jogging and basketball groups have higher self-esteem. Tuckman ve Hinkle (1986) did a similar research trying a 12 weeks of basketball, volleyball and running workouts to find out the same result. Korkmaz (2007) reported that increasing the habit of doing sports helps children to have higher self-esteem. In increasing the self-esteem, it is found out that sport is perceived as a leisure rather than competition especially when it comes to adolescents (Karakaya et al., 2006).

In conclusion, it is seen that basketball training in the early years of childhood helps children to develop self-esteem. Studies show that increasing self-esteem has positive effect on other psycho-social features. Future studies can focus on the relations between the sport training and other psycho-social features. Another lacking point of this study is observation which can be a topic for another study.

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