SELF-ESTEEM, PERCEIVED PHYSICAL FITNESS AND PERCEIVED PHYSICAL APPEARANCE IN EARLY ADOLESCENT BASKETBALL PLAYERS

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Abstract
A positive Self-esteem during early adolescence can influence not only mental and emotional, but also physical health. The purpose of this study was to investigate gender differences and relationship between Self-esteem, Perceived Physical Fitness and Perceived Physical Appearance in early adolescent basketball players. The study involved 82 students, 43 boys and 39 girls, 14 and 15 years old of Bulgarian National Team. For the purpose of our study we modified and adapted the self-assessment scale for perceived physical competence in children created by Lintunen (1987). Global self-esteem was investigated by Rosenberg Self-Esteem Scale (Rosenberg, 1965). The results of our study shows that was no differences between boys and girls in any of three indicators - Self-esteem, Perceived Physical Fitness and Perceived Physical Appearance. Moderate correlation was found between Global Self-esteem and Perceived Physical Fitness and between Perceived Physical Fitness and Perceived Physical Appearance. The positive Self-esteem is the basis for successful personal, social and academic development. The Physical Self-esteem plays a significant role in Global Self-esteem during adolescence and youth.

Keywords: boys, girls, Global Self-esteem, Physical Self-esteem, t-test for independent samples, correlation analysis

INTRODUCTION
A number of factors including biological, cognitive, social, and environmental contribute to the influence of the adolescent’s personal development and Self-esteem (Kearney-Cooke, 1999).

Two distinct concepts related to Self-esteem with reference to gender differences are important. “Global self-esteem” which is „overall positivity of the person’s self-evaluation” (Baumeister, 1998) and multidimensional aspect i.e. “Domain-specific self-esteem”, which describes self-satisfaction in specific areas (e.g., appearance, academics, social, etc).

The multidimensional and hierarchically organized model proposed by Shavelson, Hubner, & Stanton (1976) is recommended by some leading researchers in that area (Harter, 1988; Marsh, 1987).

The influence of gender on Self-esteem was observed by Rosenberg (1965) which was followed by many other research (Chubb, Fertman, & Ross, 1997; Epstein, 1979; Harter, 1999; Mullis A. K., Mullis, R. L., & Noormandin, 1992; Quatman & Watson, 2001; Verkuyten, 1986).

Larger gender differences can be expected in domain-specific Self-esteem than in Global Self-esteem (Sondhaus, Kurtz, & Strube, 2001; Tiggemann & Rothblum, 1997).

In previous investigations some contradictions are observed concerning the gender differences of the Self-esteem in adolescents. Some authors maintain that females have lower Self-esteem in adolescence (Cairns, McWhirter, Duffy, & Barry, 1990; Chubb et. al., 1997; Quatman & Watson, 2001), while others say that males have lower Global Self-esteem than females (Abedalhafiz, Ziad. Altahyneh, Al-Haliq, 2012). Some other researchers speak about no difference between the genders (Erol & Orth, 2011; Mullis et. al., 1992).

In the available literature no studies that examined the relationship between Self-esteem, Perceived Physical Fitness and Perceived Physical Appearance in early adolescents basketball players.

The purpose of the present study was to investigate the gender differences and the relationship between the Global Self-esteem, Perceived Physical Fitness and
RESULTS

A positive Self-esteem during early adolescence can influence not only mental and emotional, but also physical health.

In our study, we did not find any statistically significant differences between boys and girls in Self-esteem (table 1). In age-gender aspect we did not find significant differences between any four groups in the same index (table 3).

We did not find any statistically significant differences between boys and girls in Perceived Physical Appearance (table 1). In age-gender aspect we did not find significant differences between any four groups in the same index (table 3).

Statistically significant positive and moderate correlation between Self-esteem and Perceived Physical Fitness (r = 0.28) and between Perceived Physical Appearance and Perceived Physical Fitness (r = 0.32) were found (table 2).

Table 1. Descriptive data and gender differences of the measured indices

<table>
<thead>
<tr>
<th>Indices</th>
<th>Boys (n=43)</th>
<th>Girls (n=39)</th>
<th>Gender diff (P)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>X</td>
<td>SD</td>
<td>X</td>
</tr>
<tr>
<td>Global Self-esteem</td>
<td>3.03</td>
<td>0.37</td>
<td>2.96</td>
</tr>
<tr>
<td>Perceived Physical Fitness</td>
<td>3.81</td>
<td>0.39</td>
<td>3.74</td>
</tr>
<tr>
<td>Perceived Physical Appearance</td>
<td>3.71</td>
<td>0.62</td>
<td>3.76</td>
</tr>
</tbody>
</table>

Table 2. Correlation between Global Self-esteem, Perceived Physical Fitness and Perceived Physical Appearance

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>GSE</th>
<th>PPF</th>
</tr>
</thead>
<tbody>
<tr>
<td>Perceived Physical Fitness</td>
<td>0.278*</td>
<td>0.318**</td>
</tr>
<tr>
<td>Perceived Physical Appearance</td>
<td>0.149</td>
<td></td>
</tr>
</tbody>
</table>

** significant level 0.01, * significant level 0.05

Table 3. Means of the Global Self-Esteem (GSE), Perceived Physical Fitness (PPF) and Perceived Physical Appearance (PPA) by age-gender aspects.

<table>
<thead>
<tr>
<th>Indices</th>
<th>14 age Male</th>
<th>15 age Male</th>
<th>14 age Female</th>
<th>15 age Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>GSE</td>
<td>2.98</td>
<td>3.08</td>
<td>2.92</td>
<td>3.00</td>
</tr>
<tr>
<td>PPF</td>
<td>3.79</td>
<td>3.84</td>
<td>3.59</td>
<td>3.88</td>
</tr>
<tr>
<td>PPA</td>
<td>3.63</td>
<td>3.80</td>
<td>3.76</td>
<td>3.76</td>
</tr>
</tbody>
</table>
DISCUSSION

Our study about Self-esteem confirms the results of several other authors (Erol & Orth, 2011; Mullis et al., 1992), while a study of children (7-9 grade) by Jordan (Abedalhafiz et al., 2012) defines a significantly higher Self-esteem in the girls, but other researches (Chubb et al., 1997; Polce-Lynch Myers, Kliwer, & Kilmartin, 2001; Shavelson, Hubner, & Stanton, 1976) found that the boys have better Self-esteem than girls.

Physical Self-esteem includes Perceived Physical Fitness and Perceived Physical Appearance (Harter, 1990) end is considered as a particularly important factor for the young people both for their Global Self-esteem and psychological well-being (Park, 2003).

In some scientific studies authors determined reliably lower Perceived Physical Fitness of girls (Altintas & Asci, 2008; Kolovelonis et al., 2013), but there are some authors who reveal no significant difference between the genders (Mullis et al., 1992), how we found in our study.

Some studies have found significant differences in the Perception of Physical Appearance between the sexes in favor of the boys (Altintas & Asci, 2008; Chubb et al., 1997), but we did not confirm this results.

Relation between Self-esteem and Perceived Physical Fitness and between Perceived Physical Appearance and Perceived Physical Fitness, which we found, was detected by Lau, Lee, Ransdell, & Sung (2004) also.

CONCLUSIONS

The results of our study shows that are no statistical significant differences between boys and girls in any of three indicators-Self-esteem, Perceived Physical Fitness and Perceived Physical Appearance. Moderate correlation was found between Global Self-esteem and Perceived Physical Fitness and between Perceived Physical Fitness and Perceived Physical Appearance.

The positive Self-esteem is the basis for successful personal, social and academic development. The Physical Self-esteem plays a significant role in Global Self-esteem during adolescence and youth.

REFERENCES


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