

Evaluating the Self-confidence Levels of Teams and Individual Athletes at the Age of 14-16 According to Several Variables

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KEYWORDS Basketball. Children. Exercise. Football. Swimming. Tennis

ABSTRACT This study has been conducted in order to evaluate the self-confidence levels of children at the age of 14-16, who do exercises in different branches or not, in accordance with several variables. The sample group of the study comprises the children who are doing exercises actively in the branches of swimming, football, basketball and tennis, while the control group consists of the children in the same age group. In order to determine the self-confidence levels of the children, Self-Concept Scale has been used in the study. As a result of this study, it can be said that sports increases the self-confidence in the children at the age group of 14-16, the people who do exercise have higher levels of self-confidence than the people who do not do exercises, the athletes included in team sports have higher self-confidence than the individual athletes, and the highest self-confidence levels belong to basketball players, who are followed by athletes in football and swimming branches.