THE RELATIONSHIP BETWEEN SPORTS SCIENCES STUDENTS' SELF-ESTEEM AND CORONA VIRUS AWARENESS: THE CASE OF SÜLEYMAN DEMİREL UNIVERSITY

A RELAÇÃO ENTRE A AUTOESTİMA DE ESTUDANTES DE CIÊNCIAS DO ESPORTE E A CONSCİENTİZAÇÃO SOBRE O CORONAVÍRUS: O CASO DA UNİVERSİDADE SÜLEYMAN DEMİREL·

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Abstract: The aim of this study is to examine the relationship between self-esteem and the corona virus awareness levels of students studying at the faculty of sports sciences. The universe of the research consisted of 665 students studying at the Faculty of Sports Sciences at Süleyman Demirel University during the pandemic process. The sample consisted of 290 students determined by simple random sampling method from this student group. Google Forms platform was used to collect data. This method has been preferred in order to maintain social distance during the pandemic process. During the data collection process, information about the study and questionnaires were conveyed to the participants via social networks. The students participating in the study were asked to fill in the personal information form, self-esteem and coronavirus awareness scales. The obtained data were analyzed in the computer environment, the variables were expressed using mean ± standard deviation, percentage and frequency values, Pearson product moment correlation (r) analysis and regression analysis were applied to reveal the relationship between the scores obtained from the scales. The value p<0,05 was accepted for the significance level of the tests. As a result, it has been determined that the average score obtained by the students of sports sciences in self-esteem, awareness of the coronavirus and its sub-dimensions is moderate. In addition, while a low negative correlation was found between self-esteem and total coronavirus awareness, contagion prevention and awareness of following current developments, no relationship was found between the sub-dimension of hygiene precautionary awareness.

Keywords: Sports Sciences. Coronavirus. Awareness. Student.

Resumo: O objetivo deste estudo é examinar a relação entre a autoestima e os níveis de conscientização do vírus corona em estudantes da faculdade de ciências do esporte. O universo da pesquisa foi composto por 665 alunos que estudam na Faculdade de Ciências do Esporte da Universidade Süleyman Demirel durante o processo de pandemia. A amostra foi composta por 290 alunos determinados pelo método de amostragem aleatória simples desse grupo de alunos. A plataforma Google Forms foi usada para coletar os dados. Este método tem sido preferido para manter o distanciamento social durante o processo de pandemia. Durante o processo de coleta de dados, informações sobre o estudo e questionários foram repassados aos participantes por meio das

redes sociais. Os alunos participantes do estudo foram convidados a preencher o formulário de informações pessoais, auto-estima e escalas de conscientização sobre o coronavírus. Os dados obtidos foram analisados em ambiente computacional, as variáveis foram expressas por meio de média ± desvio padrão, valores percentuais e de frequência, análise de correlação produto momento (r) de Pearson e análise de regressão foram aplicadas para revelar a relação entre os escores obtidos nas escalas. O valor p<0,05 foi aceito para o nível de significância dos testes. Como resultado, foi determinado que a pontuação média obtida pelos alunos de ciências do esporte em autoestima, conscientização sobre o coronavírus e suas subdimensões é moderada. Além disso, embora tenha sido encontrada uma correlação negativa baixa entre autoestima e conscientização total sobre o coronavírus, prevenção de contágio e conscientização de acompanhar os desenvolvimentos atuais, não foi encontrada relação entre a subdimensão de conscientização de precaução de higiene.

Palavras-chave: Ciências do Esporte. Coronavírus. Conscientização. Estudante.

INTRODUCTION

A healthy personality development is necessary for individuals to lead a regular, happy and meaningful life in the socialization process. Self-esteem, which is an important part of personality, influences and directs the behavior of the individual in every area and period of his life and affects the level of socialization of the individual (Deniz, 2004). According to Yörükoğlu (2000), self-esteem is an important state of mind that provides self-evaluation and self-acceptance.

It is related to a person's being able to live in accordance with social rules, to be good in terms of relations with his environment, to be honest, intelligent, and to be physically and mentally healthy (Akıncı, 2019). Today's understanding of health predicts a health-centered care approach that protects, maintains and improves the health of the individual, family and society. This understanding is based on enabling the individual to acquire behaviors that will protect, maintain and improve their well-being and to make the right decisions about their own health (Zorba, 2000). It is known that one of the situations that negatively affect human health in recent years is the coronavirus epidemic.

Covid-19, which is called a type of coronavirus disease by the World Health Organization, has spread to the world from the city of Wuhan in China towards the end of 2019. This virus, which primarily affected China, quickly spread to all continents and our country. On January 30, 2020, the World Health Organization named the disease a "global emergency" and declared a "pandemic" on March 11, 2020 (Alıcılar et al, 2020). The states around the world, the world health organization and the ministries of health of the countries have started to take many precautions and measures to get rid of the effect of the virus, and have warned people and societies against the virus and started various researches

and studies. Covid-19 awareness is called effort, especially when the individual is informed about the coronavirus and informed about the rules that must be followed and to comply with protective measures (Wadood et al., 2020). It is known that individuals who are aware of the coronavirus (Covid-19) are careful to comply with the rules such as social distance, social isolation, cleaning, hygiene rules, using gloves and using masks, and they are afraid to enter social environments and human communities in order to prevent the spread of the virus, and are willing to reach information about the disease (Chen et al, 2020; Karatas, 2020). It is known that educational institutions and universities are among the institutions most affected by the COVID-19 epidemic and the pandemic. The change in the transmission rates of mutations of all Covid -19 viruses in the spread process will lead to an increase in this awareness. For this reason, it becomes necessary for students to think about their own hygiene and health in order to increase awareness in educational institutions and not to disrupt education. In the literature review conducted by the researcher, studies examining the topics such as self-esteem (Türkay, 2020; Dalbudak and Yigit, 2019; Koç and Gözler, 2019) and coronavirus awareness (Bilgin, 2020; Alıcılar et al, 2020; İnel et al, 2021) in different sample groups were found. However, no study has been found that examines the relationship between the self-esteem of sports science students and their awareness of the coronavirus. In the study, it was aimed to examine the relationship between the self-esteem of sports science students and their awareness of the corona virus (Covid-19).

METHODOLOGY

Model of the Research

In the research, a method for descriptive survey and correlational survey aiming to reveal the current situation was used. Descriptive survey models are research approaches that aim to describe a pas tor present situation as it is. Correlational survey models are research models that aim to determine the existence and/or degree of co-varience between two or more variables (Karasar, 2004).

Forming Volunteer Groups

The universe of the research consisted of 665 students studying at the Faculty of Sports Sciences at Süleyman Demirel University during the pandemic process. The sample consisted of 290 students determined by simple random sampling method from this student group.

Data Collection Tools

Google Forms platform was used to collect data. This method has been preferred in order to maintain social distance during the pandemic process. During the data collection process, information about the study and questionnaires were conveyed to the participants via social networks. The students participating in the research were asked to fill in the personal information form, self-esteem and coronavirus awareness scales.

Personal Information Form

Four questions including gender, age, place of residence and general academic grade point average of the students participating in the study were applied.

Table 1. Descriptive Statistics of Participants

Variables	Groups	n	%
Gender	Male	181	62.4
	Female	109	37.6
	Total	**290**	**100**
Age	18-20	143	49.3
	21-23	129	44.5
	24+	18	6.2
	Total	**290**	**100**
Place of residence	Dormitory	90	31.0
	Homestay	65	22.4
	Apart and Other	135	46.6
	Total	**290**	**100**

	0.00-1.99	1 7	5.9
Overall Academic Grade Point Average	2.00-2.99	1 61	55.5
	3.00-4.00	1 12	38.6
	Total	**2 90**	**100**

When Table 1 is examined, it was determined that according to the gender variable of the students participating in the study, 62.4% were male, 37.6% were female; according to the age variable, 49.3% of them are 18-20, 44.5% are 21-23, 6.2% are over 24 years old, according to the 'Place of Residence' variable, 31.0% live in dormitory, 22.4% live in homestay, 46.6% live in apart and other places; according to the General Academic Grade Point Average variable, 5.9% were at the level of 0.00-1.99%, 55.5% were at the level of 2.00-2.99% and 38.6% were at the level of 3.00-4.00.

Self-Esteem Scale

This scale, which was developed by Rosenberg (1965: 52) to measure the self-esteem levels of individuals, consists of 10 items and a 4-point Likert type (1=Very False and 4=Very True). 5 items (3, 5, 8, 9 and 10) with negative expressions in the scale are reverse scored and their total score ranges from 10 to 40. As a result of the scale, the decrease in the positive dimension scores showed an increase in self-esteem, the decrease in the negative dimension scores showed a decrease in self-esteem, and the Cronbach Alpha coefficient was found to be α=0,84.

The validity and reliability study of the scale was conducted as a result of the psychiatric interviews conducted to test the validity of the category related to self-esteem by Çuhadaroğlu (1986: 45) by adapting it to Turkish. As a result of the evaluation made according to these interviews, the internal consistency coefficient of the scale was obtained as α=0,71. It was emphasized that the test-retest reliability coefficient of the scale was 0,75.

Coronavirus (Covid-19) Awareness Scale

The scale developed by Bilgin (2020) consisted of 17 items and 3 sub-titles. Each item was listed as "strongly disagree-strongly agree"; and was rated on a 5-point likert scale. It was stated that the sub-factors of the scale, which did not contain negative items should be evaluated separately. The highest possible score that can be obtained for the contamination prevention awareness factor consisting of nine items is 45, the highest

possible score for the awareness of following current developments consisting of four items and the hygiene measure awareness factors consisting of four items is 20. The Cronbach Alpha coefficients calculated for the sub-headings of the measure of contamination prevention, following current developments and awareness of hygiene measures were reported respectively .93, .87 and .82.

Data Analysis

The data obtained in the research were analyzed in the computer environment. According to the statistics of the data obtained in the study, skewness and kurtosis distributions are given. The application of the Kolmogorov-Smirnov test is only one of the methods used to examine the normality state. The Kolmogorov-Smirnov test was evaluated after controlling the normality of the variables and the homogeneity of the variances. The skewness and kurtosis distributions according to the statistical operations are given in Table 2.

Table 2. Skewness-Kurtosis and Kolmogorov-Smirnov test significance level results of the scale scores of the participants

	n	Skewness	Kurtosis	
Self-esteem	290	.920	.285	.000
Coronavirus Awareness Total	290	-.162	-.357	082
Contamination Prevention Awareness	290	-.411	405	004
Awareness to Follow Current Developments	290	.063	-.752	000
Hygiene Measure Awareness	290	-.157	-.652	000

Looking at the Kolmogorov-Smirnov Test results in Table 2, from the students' scores from the self-esteem and coronavirus awareness scales; it is observed that the deviations in the total scores of corona virus awareness are not significant, and deviations from normality are at significant levels in the awareness of self-esteem and the sub-dimensions of corona virus awareness about contamination measures, following current developments and hygiene precautions. However, when the curves of these distributions

are examined, it was seen that there were no extreme deviations from normality. George and Mallery (2016) interpreted the fact that these values are in the range of ±1 is as not excessive deviations from normality. In line with this information, parametric statistical analysis tests were used. In order to reveal the relationship between the scores obtained from the scales, Pearson product-moment correlation (r) analysis and regression analysis were applied. The value p<0,05 was accepted for the significance level of the tests.

RESULTS

Table 3. Descriptive statistics of the scores obtained from the participants' self-esteem and coronavirus awareness scales

		in	ax	N	X±SD
Self-esteem				4	22.993
	90	5.00	5.00		±6.612
Coronavirus Awareness Total				8	56.469
	90	1.00	1.00		±11.437
Contamination Prevention Awareness				4	31.941
	90	.00	5.00		±6.656
Awareness to Follow Current Developments				2	13.307
	90	.00	0.00		±4.249
Hygiene Measure Awareness				2	11.221
	90	.00	0.00		±3.707

When Table 3 is examined, it was determined that the average of the total scores that the volunteers participating in the study received from the self-esteem scale was 22.993±6.612. The measure of contamination from the sub-dimensions of the coronavirus awareness scale was 31.941±6.656, following the current developments was 13.307±4.249, hygiene measure awareness was 11.221±3.707, the average of the scores they got from the sum of the coronavirus awareness scale was 56.469±11.437.

Table 4. The relationship between participants' self-esteem and coronavirus awareness levels

		Contamination Prevention Awareness	Awareness to Follow Current Developments	Hygiene Measure Awareness	Corona Virus Awareness Total
Self-esteem		-.127	-.138	-.064	-.146
		.030	.019	.279	.013
		290	290	290	290

When Table 4 was examined, it was found that the total of self-esteem and coronavirus awareness of sports science students (r=-.146, p=.013), contamination prevention (r=-.127, p=.030) and awareness of following current developments (r=-.138, p=.019) sub-dimensions were statistically negatively correlated at a low level. However, no relationship was found between the sub-dimensions of the awareness of hygiene measures (r=-.064, p=.279)

DISCUSSION

Human, who is a biological and social being, has some physiological, psychological and social needs in order to survive. Positive or negative developments in the process of meeting these needs can affect the self-esteem and healthy life of the individual.

It was determined that the average of the total scores obtained from the self-esteem scale of volunteers participating in the study was at a moderate level. In the researcher's literature review, Bekircan et al. (2022) reported that the level of self-esteem was moderate in their study with university students. Karahan et al. (2004) found that the self-esteem levels of university students were low in their study. Taşgit, (2017), Baybek and Yavuz (2005) reported in their studies that physical education sports school students have high self-esteem levels. The concept of sefness is known as the individual's self-recognition and evaluation style. Self-esteem, on the other hand, is the individual's self-acceptance, valuation, approval, being respectful and self-evaluation (Yıldız & Çapar, 2010). In the presented study, it is thought that the students have difficulties from time to time with the effect of the sportive activities and lesson intensities they are engaged in, sometimes they tend to give up in the face of difficulties, their self-confidence sometimes decreases, they try to strengthen their weaknesses, their success in both sports and lessons is at a medium level, and their self-esteem is at a medium level and as a result, failures occur at the

interaction and communication level, as well as there are ups and downs in the level of individual satisfaction and anxiety as a result of personal experiences.

It was determined that the average score obtained by the volunteers from the awareness and sub-dimensions of the coronavirus was moderate. In the literature review of the researcher, although there are studies (Modi et al, 2020; Karataş 2020; Zhou et al, 2020; Hatun et al., 2020) related to the awareness of some parts of the society related to the Corona virus (Covid-19), it is thought that these studies are not sufficient.

In the presented study, it is thought that the Covid 19 awareness of the participants is at a minimum level, and this is due to the fact that the students studying at this level think that they can overcome the disease more quickly in case of catching a pandemic, depending on their physical, physiological and psychological characteristics.

While a low negative correlation was found between the self-esteem of sports science students and the sub-dimensions of total corona virus awareness, contamination prevention and awareness of following current developments, no relationship was found between the sub-dimension of hygiene precautionary awareness. In the literature review conducted by the researcher, no study examining the relationship between self-esteem and Covid-19 awareness levels was found.

In the research conducted in the literature, in different sample groups, studies examining the relationship between self-esteem and psychological resilience (Güloğlu & Karaırmak, 2010), emotional intelligence (Tunç, 2020), social intelligence **(**Doğan et al, 2009), body image (Oktan & Şahin, 2010) loneliness (Karahan et al., 2004) self-efficacy conscious awareness (Yildirim & Atilla, 2020) and substance addiction awareness (Bekircan et al, 2022) were found. In addition, studies that analyze Covid-19 awareness, depression and anxiety (Zhou et al. 2020), psychological reflections of the corona virus epidemic (Hatun et al. 2020) were found. Also, there were studies that analyzed social distance and situational awareness through the public during the pandemic period. Furthermore, studies examining the psychological characteristics of different groups during the pandemic process were encountered (Arisoy et al, 2020; Dalbudak and Ozkan, 2021; Yoka et al, 2021, Simsek et al, 2020).

The self consists of the ideas and thoughts of individuals about who they are (James, 2010). In order to reach healthy self-esteem, it is important how the individual perceives his/her self. An individual and Individuals who are responsible for learning from their mistakes, accepting themselves as they are, valuing, feeling, and at peace with themselves and their environment have self-esteem (Oktay & Batıgün, 2014; Torun et al,

2012). In addition, it is known that it is affected by many known dimensions such as self-esteem, any disability that has negative effects on the individual's self-identity, being chronically ill, the social environment of the individual, the economic situation, family and friendship relations, and the illnesses and disorders experienced (Tözün, 2010).

Studies show that public awareness is important in preventing the spread of infectious diseases. It is stated that individual actions such as increased attention to hygiene and avoidance of crowds can significantly reduce the spread of disease (Chen et al., 2020).

Karcıoğlu (2020) stated that the most important measures are the measures that individuals will take on their own by increasing their awareness, although it is necessary to quickly recognize and isolate the cases in order to stop the spread of the contagious disease and to apply quarantine in the settlements when necessary. Thanks to the awareness to be created in individuals about Covid-19, it can be said that both the course of transmission of the pandemic may decrease and the self-esteem of individuals will be positively affected.

As a result, it has been determined that the average score obtained by the students of sports sciences from self-esteem, awareness of coronavirus and its sub-dimensions is moderate. In addition, while a low negative correlation was found between self-esteem and total coronavirus awareness, contagion prevention and awareness of following current developments, no relationship was found between the sub-dimension of hygiene precautionary awareness. It is thought that this situation stems from their trust in the precautions and hygiene measures taken to protect against the pandemic, both in the faculties where they study and in the environments where they perform their sports activities, and their belief that their level of knowledge about the epidemic is at a sufficient level.

SUGGESTIONS

-Students studying at faculties of sports sciences can be trained to increase their awareness of healty living and Covid-19.

 -Studies can be conducted to examine the self-esteem and Covid 19 awareness levels of students in the Department of Physical Education and Sports Teaching, Coaching Education, Sports Management and Recreation Specialization in sports sciences.

-A study could be designed to examine the self-esteem and Covid 19 awareness levels of sports scientists on a larger scale.

-Studies can be conducted to examine the self-esteem and Covid 19 awareness of students studying in different departments.

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