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## SELF ESTEEM OF INDIVIDUALS' IN DANCE COURSES AS LEISURE ACTIVITY

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### Abstract\*

**Aim.** The purpose of this study was to investigate the self-esteem levels of individuals, who attended to dance courses as a leisure activity, in relationship with self-esteem levels and some demographic features of participants.

**Methods.** The universe of this research consists of participants who attend to dance courses as leisure activity, the sample group of the research consists of participations who attended the research voluntarily. 251 females and 223 males in total 474 persons were chosen randomly in Ankara, Çankaya from 15 dance courses. The data were obtained by the "Self-Esteem Scale" (Rosenberg, M., 1965), which was adapted to Turkish and examined for reliability and validity by Çuhadaroğlu (Çuhadaroğlu, F., 1986). In analysis of the study Mann-Whitney U is used to determinate the differences of gender, education level, marital status and having a child variables' effect on self-esteem levels, meanwhile Kruskal Wallis test is used to determinate differences of age group, and income variables' effect on self-esteem level because data was found non-parametric. In addition, the Cronbach alpha reliability coefficient was found .73 for the sample group of this research.

**Results.** The results of this study indicated that; there were the 288 participants (60,8 % of the sample) with high self-esteem level and there were the 164 participants (34,6 % of the sample) with middle self-esteem level, while the 22 participants (4,6 % of the sample) with low self-esteem level. According to analyses, there are no significant differences between gender, age group, marital status, having a child variables and self-esteem level but there are significant correlations between education level, income level and self-esteem level.

**Conclusion.** In conclusion; when educational level increases, self-esteem levels increase accordingly. Furthermore; the self-esteem level were unexpectedly found higher when participants' income level is lowest.

**Keywords:** Leisure, self-esteem, dance

### Introduction

The concept of self is the collective perception of how someone perceives himself, thinks about himself, values himself, defends himself and how he is perceived by the others.

Self-esteem is the state of fondness which develops as a result of the approval after the self-assessment process. One may find flaws in or criticise himself, or one may find himself to be positive entirely and like it. One doesn't need extraordinary qualities for one to like or respect his self. Because self esteem is the state of liking oneself regardless of seeing oneself superior or inferior. It is finding oneself worthy, positive and worthy of being liked and loved. It is a state of soul which enables man to accept oneself and trust one's roots. (Yörüköğlu, 2000).

It could be said that the concept of self esteem is the fondness and respect to oneself which stems from one's knowing oneself and assessing oneself realistically, as a result of (Çuhadaroğlu, 1986). According to Arkonaç, people who are compliant with the society are aware of their feeling and motives. None of us understand our feeling and actions entirely. In self esteem, people who are

compliant are fond of oneself, value oneself, feel that their circles accept them, they have comfortable relations with other people. (Arkonaç, 1998).

In the phase of self integrity, according to Erikson, flaws and negativities left over from former phases, could be repaired when conditions improve. For example, a kid who grew up without a mother's compassion will turn out to be fine if he is subjected to that love and trust later.

The second feature which separates Erikson from Freud is his opinion that post-phallic phase factors which play a role in personal development. According to Erikson, culture has an important effect on character development. (Ankay, 1997).

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Cantekin describes dancing, this tool we see which enables man to express his state of soul as expressing one's internal world, expressing oneself through movement. Aktaş (1999) described dance as a means of meaningful movement which enables man to express his feelings and thoughts, which is a result of creativity and a fruit of physical and mental activity. To derive from there, it would be safe to say that this state of soul is an expression of high self esteem. Researches show that people who are involved in sports or physical activities have high self esteem. The purpose of this research is the inspection of people who pursue dancing at courses as a free time activity.

**Method**

The universe of this research consists of participants who attend to dance courses as leisure activity, the sample group of the research consists of participations who attended the research voluntarily. The samples for this research consist of 119 females and 223 males who joined this research voluntarily, whose ages average at 27.61± 7.85. Before the application of the scale the attendees were informed regarding the scale and explained how honesty was important for the scale. The form which was used in the research to gather data consists of two parts. While the first part serves the purpose of gathering the attendees demographic information, the second part includes a "Self Esteem Scale" to measure their self esteem. The scale, which was developed by Rosenberg (1965) and translated to Turkish by Çuhadaroğlu (1986) includes questions with 10 answers ranging from "very true" to "entirely wrong". The scores gained from each clause varies depending on the answer. The collective self-esteem point varies between 0 and 6, and the scores go through self esteem level classification. According to this classification, people who score between "0-1" have a "high", "2-4" have a "medium", "5-6" have a "low" level of

self esteem. The level of self esteem drops as one scores higher on the scale.

In the analysis of data obtained from the study, SPSS 19.0 for Windows software package was used. To determine the reliability of the data, reliability analysis was applied and the coefficient of Cronbach's alpha internal consistency was found as 0.73. This result shows that the scale is reliable. Following the analysis of reliability, before the basic statistical analysis was not done yet, the data had been examined whether they had showed normal distribution and then it was confirmed that the data had not shown normal distribution. For this reason, non-parametric methods for the analysis were used. While a Man-Whitney U test was used for the variables of gender, child ownership and marital status of the people who pursue the dancing course in their free time, to determine their self esteem level, a Kruskal-Wallis-H test was used to see if self esteem varied from age groups and income level groups.

**Results**

The findings gathered from the different variables of the people who attend dance courses in their free time are shown below in the form of tables.

Table 1 details the dispersion of the attendees self esteem levels and percentages. When looked at the attendees average self esteem level, a 60,8% of them seem to have high self esteem levels.

Table 1. Attendees' Self Esteem Levels

Self Esteem Level	N= (474)	
	n	%
High	288	60,8
Medium	164	34,6
Low	22	4,6

Table 2. Comparison of the attendees' self esteem levels according to their gender

Gender	N	Mean Rank	Rank Sum	U	z	p
Female	223	249,12	55553,00	25396,00	1,80	,072
Male	251	227,18	570,22			

Table 2 details the result of the analysis which shows the comparison of attendees' level of self esteem according to their genders. The results of the Mann-Whitney-U test which aimed to test the

attendees' level of self esteem have shown no meaningful correlation between the attendees genders and their self esteem levels. [Z(472)=1,80; p>0.05].

Table 3. Comparison of attendees' self esteem levels according to their age

Age	N	Mean Rank	sd	$\chi^2$	p
16-24	182	229,69	3	6,79	,079
25-34	212	250,33			
35-44	57	205,07			
45-54	23	261,41			

Table 3 details the results of the analysis made on the basis of the attendees' genders to show their self esteem levels. According to the results of the Kruskal-Wallis-H test to determine the levels of the attendees' self esteem levels according to their age groups, there was no meaningful correlation between their age groups and self esteem levels. [ $\chi^2(3)= 6,79$ ;  $p>0.05$ ].

Table 4 details results of the the analysis which compares the attendees' self esteem levels according to their education levels.

Table 4. Comparison of attendees' self esteem levels according to education level

Education	N	Mean Rank	Rank Sum	U	z	p
HS and below	101	279,06	28185,00	14639,00	3,55	,000*
UG and above	373	226,25	84390,00			

\*  $p<0.05$

Table 5 details the results of the analysis which aims to compare the attendees' self esteem levels according to their marital status. According to the results of the Mann-Whitney U test, which aimed to determine the self esteem levels of the

According to the results of the Mann-Whitney-U test which aimed to test the attendees' self esteem levels according to their education level; there was a meaningful difference between undergraduates and above and high school graduates and below. [ $Z(472)= 3,55$ ;  $p<0.05$ ]. The attendees who had an education level of undergraduate or higher had a higher level of self esteem.

attendees according to their marital status; a meaningful correlation between the attendees' marital status and self esteem levels was not encountered. [ $Z(472)=1,77$ ;  $p>0.05$ ].

Table 5. Comparison of attendees' self esteem scores according to their marital status

Marital Status	N	Mean Rank	Rank Sum	U	z	p
Single	345	230,88	79655,00	19970,00	1,77	,075
Married	129	255,19	32920,00			

Table 6 displays the results of the analysis which was made to determine a possible connection between the attendees' parental status and self esteem levels. According to the results Mann-Whitney U test to determine a possible correlation

between the attendees' parental status and self esteem levels; a meaningful correlation between their parental status and self esteem levels was not encountered. [ $Z(472)= 1,78$ ;  $p>0.05$ ].

Table 6. Attendees self esteem level scores according to their parental status

Child	N	Mean Rank	Rank Sum	U	z	p
Have	66	263,95	17421,00	11652,00	1,78	,074
Not	407	232,63	94680,00			

Table7 displays the results of the analysis made between the attendees' self esteem levels and their income group. According to the results of the Kruskal-Wallis H test which aimed to determine a possible connection between the attendees' income groups and self esteem levels, there was a

meaningful correlation between their self esteem levels and income groups. [ $\chi^2(3)= 15,52$ ;  $p<0.05$ ]. According to these findings the lowest self esteem level scores were in the 1001-2000tl group of attendants while the highest was in the 3000tl and above group.

Table7. Comparison of the self esteem level scores according to attendees' income groups

Income	N	Mean Rank	sd	$\chi^2$	p
<1001tl	136	238,23	3	15,52	,001*
1001-2000	117	271,87			
2001-3000	124	230,47			
>3000	96	201,19			

\*  $p<0.05$

According to the result of our research, it was determined that 60,8% of the people who pursue dance courses in their free time have a high level of self esteem while 34,6% of them had medium levels of self esteem. Paralleling the results of our research, Erşan et al. (2009) research results have also shown that their attendees had medium levels of self esteem, that people who partake in team sports show a higher level of self esteem and that as self esteem dips, negative traits in the soul become more commonplace. In yet another research self esteem was determined at a medium level. (Sala Razi et al. 2009).

Results of the study revealed that young boxers were likely to report high levels of self-esteem (Ağbuğa,2014). Paralleling this result, it was seen that handball players had self esteem and it was concluded that sports affected one's self esteem positively. (Gacar and Yanlıç, 2012).

Contrary to this, Tiryaki and Moralı (1992) do not support the opinion that partaking in sports effect self esteem in a positive or a negative manner. In a different research, it has been a finding that there was a meaningful correlation with approaching a problem negatively, self esteem, narcissism and logical thought. (Temel, 2008)

In a research, it has been determined that university students have a lower level of self esteem and are more alone compared to other students. It should be underlined that these students need psychological assistance. These acquired findings show that people with high self esteem are more comfortable with being with other people or communicating with them. As students' level of self esteem gets lower, their loneliness grows. (Karahan ve ark.2004).

According to the results of the Mann-Whitney U test which aimed to test the attendees' self esteem levels according to their gender; a meaningful correlation between the self esteem levels of male and female attendants was not encountered. Paralleling this result, such a correlation was not found either in other researches

(Cengil, 2009; Işıklar, 2012; Uçan and Çağlayan, 2012; Özdemir, 2014). Contrary to these researches, Altıok et al. (2010) found out in their research with 1335 students who were Adnan Menderes University students that female students had higher levels of self esteem compared to their male counterparts. In a similiar manner, Kımter's research in 2012 displayed that female students had higher levels of self esteem than their male counterparts.

According to the Kruskal-Wallis Variance Analysis test which aimed to test the attendees' self esteem levels according to their age; a meaningful correlation was not found. In a research made using university students in the United States and Turkey, age created no difference in the students' self esteem levels (Özdemir, 2014). Differing from these results; Altıok et al.'s (2010) research which tried to assess self esteem levels according to differing variables using 1335 university students showed that growth of age and self esteem was directly proportional. Once again in a research with self esteem levels and age variables it has been shown that as age grew older, self esteem levels increased. (Erşan et al., 2009).

According to the results of a Kruskal-Wallis analysis; there was a meaningful correlation between the attendees' income groups and their self esteem levels. It has been understood that the self esteem levels were higher in the high income group between the attendants. Other researches have found out similiar results. Erşan et al.(2009) have noter in their research that income group and self esteem levels were directly proportionate. In another research, students with no financial problems have shown higher levels of self esteem (Altıok et al., 2010). Again, Kımter's (2012) research on teenagers have shown that self esteem levels grew with their income group. In some other researches, it has been mentioned that income groups have no meaningful influence on self esteem levels. (Cengil, 2012; Gacar ve Yanlıç, 2012).



Aside from these, there have been researches made using different variables. When looked at these, it has been shown that the place lived has no meaningful effect on self esteem levels. (Cengil,2009; Altıok et al., 2010). In a research which detailed life quality subdimensions compared with self esteem levels, it has been understood that there is a meaningful correlation the subdimensions and self esteem levels in a positive manner. In teenagers, self esteem is directly proportionate with the quality of life (Işıklar, 2012).

Findings from another research point out that a psycho-education application using a cognitive behavioral approach has produced positive results upon the attendees' in a sample group, successful with improving self esteem. (Şahan and Birsen, 2012).

Şahin and Gizir's (2014) sample from the research they conducted in that year consists of 859 undergraduate students from the University of Mersin, 450 of which are female and 409 male. It has been understood that the sample group predicts the self esteem levels in males and females accordingly using the university students.

While in a different sample group consisting of people diagnosed with obesity, it has been discovered that there is a negative correlation between impulsivity and self esteem, (Sarısoy et al.2013), it has been shown that smokers who are fasting show lesser self esteem and in contrast student mostly show high or medium self esteem

### Conclusion

251 people whom are taking attending dancing courses, whose average age is  $27.61 \pm 7.85$ , 119 of which are female and 223 male, have taken part in this research. 38.4% of the attendees are within the 16-24age group, 44.7% are in the 25-34age group and 16.9% are within the 35-44age group.

According to the conclusions of the research, 95,4% of the attendees have high or medium level of self esteem. According to the results of the Mann-Whitney U test which aimed to test the attendees' self esteem levels in tandem with their gender [ $Z(472)= 1,80$ ;  $p>0.05$ ], marital status [ $Z(472)= 1,77$ ;  $p>0.05$ ], parental status [ $Z(472)= 1,78$ ;  $p>0.05$ ]; there was no statistically meaningful correlation between male and female or single or married attendants, or those who had children or not. Also, according to the results of the Mann-Whitney U test which aimed to test the attendants' in tandem with their education levels; there was a statistically meaningful difference in self esteem level scores between people whom are high school and below and undergraduates and above [ $Z(472)= 3,55$ ;  $p<0.05$ ]. Attendants with higher levels of education than high school and above have been

detected to have higher levels of self esteem.

According to the results of a Kruskal-Williams Variance Analysis which aimed to determine the attendants' self esteem level scores in tandem with their age groups [ $\chi^2(3)= 6,79$ ;  $p>0.05$ ] and income levels [ $\chi^2(3)= 15,52$ ;  $p<0.05$ ], while there was no statistically meaningful correlation between age and self esteem levels, there has been meaningful difference between the influence made by income levels. According to these findings, while the attendants within the 1001-2000tl income range have shown the lowest self esteem levels, the attendants in the 3000tl and above income range have shown the highest self esteem levels.

In conclusion, attendants with education levels high school and above and income levels 3000tl and above have been found to have higher levels of self esteem.

### Aknowledgements

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