

The Relationship between Body Esteem and Self-Esteem with Sport-Confidence Students

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Abstract : The main purpose of the present study was to investigate the relationship between body esteem and self-esteem with sport-confidence among university students. This study was conducted by using the descriptive and correlational study design. Meanwhile, the method involved in this study was the online survey method. The population of the sample are mainly Universiti Pendidikan Sultan Idris (UPSI) students only which 120 participants were selected by cluster sampling method from two faculties named Fakulti Pembangunan Manusia (FPM) and Fakulti Sains Sukan dan Kejurulatihan (FSSKJ). The instrument used in this study was The Body-Esteem Scale (BES) by Franzoi and Shields (1984), Rosenberg Self-Esteem Scale (RSES) by Rosenberg (1965) and the Vealey's Trait Sport-Confidence Inventory (TSCI) by (Vealey, 1986). The results of the Pearson product-moment correlation coefficient showed that there was a positive and moderate correlation between students' body-esteem and sport-confidence and a negative and low correlation between students' self-esteem and sport-confidence. Likewise, based on the entry method used all two predictor variables were significant in explaining sport confidence among UPSI students. In conclusion, it can be said that students' sport-confidence affected by students' self-esteem and body-esteem.

Keywords : body esteem, self-esteem, sport-confidence, students

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