

Examination of 12-14 Years Old Volleyball Players' Body Image Levels

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Abstract : The aim of this study is to examine the body image levels of 12-14 years old girls who are playing volleyball. The research group consists of 113 girls who are playing volleyball in Sakarya during the fall season of 2015-2016. Data was collected by means of the 'Body Image Questionnaire' which was originally developed by Secord and Jourard. The consequence of repeated analysis of the reliability of the scale was determined to as '.96'. This study employed statistical calculations as mean, standard deviation and t-test. According to results of this study, it was determined that the mean point of the volleyball players is 158.5 ± 25.1 (minimum=40; maximum=200) and it can be said that the volleyball players' body image levels are high. There is a significant difference between the underweight (167.4 ± 20.7) and normal weight (151.4 ± 26.2) groups according to their Body Mass Index. Body image levels of underweight group were determined higher than normal weight group.

Keywords : volleyball, players, body image, body image levels

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