

ASSESSING THE SELF-ESTEEM OF SEDENTARY AND PHYSICALLY ACTIVE STUDENTS

PhD Student Assistant Andreea – Gabriela Lazăr¹

¹Ștefan cel Mare University of Suceava

Keywords: self-esteem, evaluation, survey method, female students, physical exercises, inactivity

Abstract

The present research aimed to evaluate the self-esteem of physically active female students and sedentary female students. By doing this, I aim to establish to what extent physical exercise contributes to improving self-esteem and the degree of satisfaction with one's own person. This research is part of a wider experiment from where I chose 80 students. They are aged between 18-23 years and are students at the Faculty of Economics and Public Administration. 40 of them engage in intense or moderate physical activity more than 3 times a week, and 40 never engage in physical activity or engage less than 1-3 times a month (the data resulted from the application of a Eurobarometer that investigated the level of engagement in physical activity). I started from the hypothesis that physical exercise influences positively perception of one's own person, namely self-esteem of young women who exercise is an increased one. At the same time, sedentary people have a feeling of dissatisfaction, and the degree of self-esteem is low. The survey method was carried out by applying the Rosenberg questionnaire which assessed self-esteem, the global sense of personal value and self-acceptance.

Introduction

The movement, in its various forms, health, psychological well-being, self-esteem, social well-being are fundamental aspects of our lives with a close connection between them, the sphere and their field of action being the human being considered a biological, emotional and spiritual.

There are many studies that have demonstrated the relationship between well-being and self-esteem, self-esteem and body image, body image and health (Pop, C., Ciomag, V, 2014a, pp. 130-135, 2014b , pp. 737-740, 2015, pp.14-16; Rey, L., Extremera, N, Pena, M., 2011, pp. 227-234, Yamawaki, N., Peterson Nelson, J., A. , Omori, M, 2011, pp.1-8, Kong, F., Zhao, J., You, X., 2012 etc.).

Self-esteem is a component (an indicator) of the quality of life. The quality of life, according to many authors (Şerban, O. et al., 2012, p. 95, Bădincu, G., 2015, pp. 16-17 etc.) includes several dimensions, namely: physical well-being, psychological well-being, functional well-being, social well-being, economic well-being and spritual well-being. Self-esteem is an indicator of psychological well-being and can determine quality of life as long as it is increased

According to Ciomag, R., V., and Ilie, I., C. (2015, p.103), self esteem is "a fundamental dimension for any human being, regardless of culture, personality, interests, social status or abilities. Positive self-esteem develops the ability to make responsible decisions and the ability to cope with the pressure of socioprofessional life."

Another indicator of quality of life or well-being is health. The state of health is determined by the level of practice of exercise. A good health is an essential element of human well-being (Alber, J. and Kohler, U., 2004, p. 34), representing a value in itself.

Today we define health not only as a physical and mental well-being of a man and the community, but also "a capacity of physical effort, yield, a capacity to recover after effort, a certain resistance, gained by training towards unfavorable environmental factors, diseases, etc." (Dragan, I., Deemeter, A., 1990). Also, WHO defines health not only as an absence of illness and infirmity but as a total "well": physically, mentally and socially.

So, health covers a wider sphere, not just the physical one. According to Bădincu, G., (2015, pp. 18-19), physical health refers to the state of the organism and its responses to injuries and disease, and mental health or well-being is represented by the ability to control stress, the ability to control emotions, the ability to enjoy life, self-confidence and self-esteem.

Analyzing what many authors of the field have dealt with the issue of quality of life, well-being, satisfaction, self-esteem, health with the three components (physical, social and emotional), we note that they are all closely related to the level of practice of exercise. Exercise is the remedy for all categories of physical, emotional or social affections.

Material and method

Hypotheses of the research: I started from the hypothesis that physical exercise influences positively perception of one's own person,

namely self-esteem of young women who exercise is an increased one. At the same time, I think that the sedentary people have a feeling of dissatisfaction, and the degree of self-esteem is low.

The purpose of the research: This research, which was done using the questionnaire survey method aimed to evaluate the self-esteem of physically active female students and sedentary female students. By doing this, I aim to establish to what extent physical exercise contributes to improving self-esteem of the female students and the degree of satisfaction with one's own person.

Subjects of research: This research is part of a wider experiment from where I chose 80 students. They are aged between 18-23 years and are students at the Faculty of Economics and Public Administration at the „Ștefan cel Mare” University of Suceava. 40 of them engage in intense or moderate physical activity more than 3 times a week, and 40 never engage in physical activity or engage less than 1-3 times a month (the data resulted from the application of a Eurobarometer that investigated the level of engagement in physical activity).

The research methods: method of study of specialized literature, method of analysis, survey method based on questionnaire, graphical method, tabel method, statistical - mathematical method. The survey method it was carried out by applying the Rosenberg questionnaire that evaluates the self-esteem of a subject. The scale evaluates the overall feeling of personal value and self-acceptance, and includes 10 items with 4 possible answers between total disagreement (1 point) and total agreement (4 points). Items 2,5, 6, 8, 9 are reversed, and scores may range from 10 to 40 points. The results are interpreted by the following values, taken as a standard and which are between:

- 10-16 points: low self-esteem
- 17-33 points: medium self-esteem
- 34-40 points: high self-esteem

Table 1 - The Rosenberg Scale of Self-Esteem Assessment

Questions	Strongly Agree	Agree	Disagree	Strongly Disagree
1) On the whole, I am satisfied with myself.				
2) At times I think I am no good at all.				
3) I feel that I have a number of good qualities.				
4) I am able to do things as well as most other people.				
5) I feel I do not have much to be proud of.				
6) I certainly feel useless at times.				

7) I feel that I'm a person of worth, at least on an equal plane with others				
8) I wish I could have more respect for myself				
9) All in all, I am inclined to feel that I am a failure				
10) I take a positive attitude toward myself.				

Results and discussion

After applying the Rosenberg questionnaire with the 10 items of the 80 students from the economic specializations at the University of Suceava, the results were as follows in the table and graphs below:

Table 2 - Analysis of student responses

Self-esteem	Sedentary students		Physically active students	
	<i>Number of students</i>	<i>Percent %</i>	<i>Number of students</i>	<i>Percent %</i>
<i>Low</i>	23	57%	1	3%
<i>Medium</i>	11	28%	8	20%
<i>High</i>	6	15%	31	77%

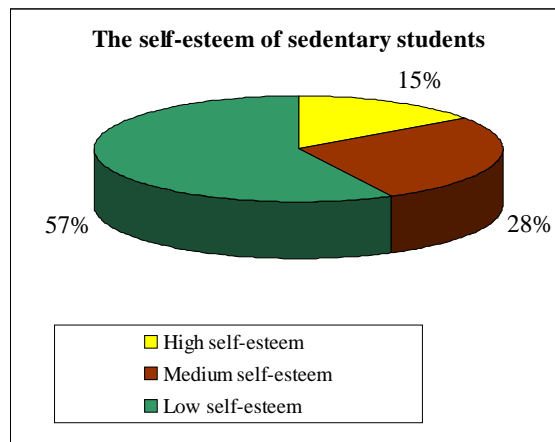


Figure 1 - The self-esteem of sedentary students

As we can see in Figure 1, 57% of physically inactive students have a low self-esteem and only 15% are satisfied with their own self and have an increased self-esteem. According to Figure 2, only 4% of physically active students have low self-esteem, and a very large

percentage of them (77%) have increased self-esteem due to their involvement in various physical activities.

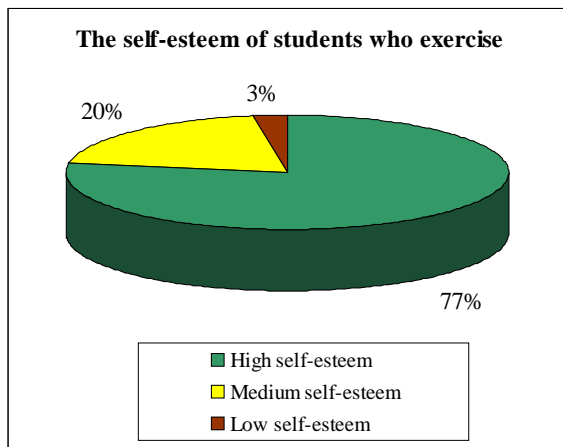


Figure 2 - The self-esteem of students who exercise

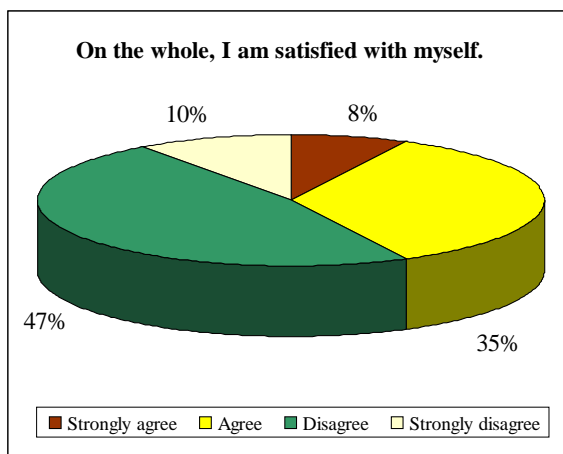


Figure 3 - Percentage of sedentary female students

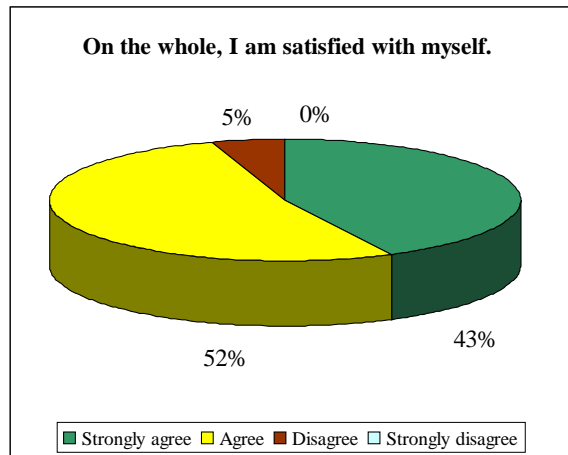


Figure 4 - Percentage of female students who exercise

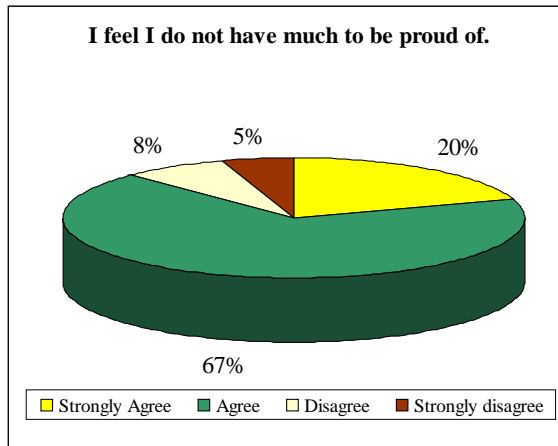


Figure 5 - Percentage of sedentary female students

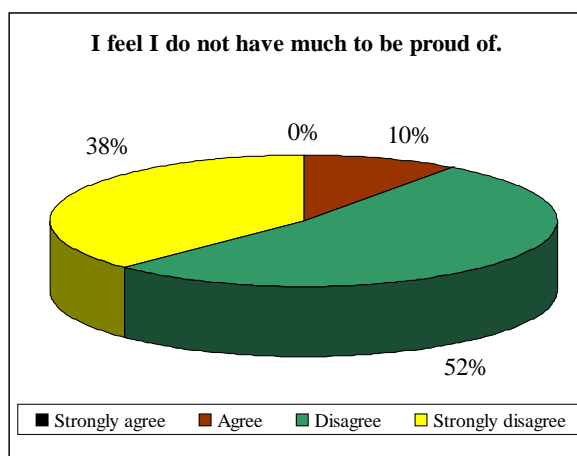


Figure 6 - Percentage of female students who exercise

Conclusions

It is so familiar to people that sedentary and agitated lives are the main risk factors for the physical and psychological distortion of the human being. Lengrand, P.,(1973, pp.31-32) said that in the past the great civilizations were in a natural harmony with all the dimensions that characterize a human being. Throughout the centuries, harmony has been broken, and between the body and spirit a gap has been created. After applying the Rosenberg the main conclusions were that self-esteem is greatly influenced by the level of involvement in physical activities. An active lifestyle increases the level of confidence and self-esteem.

Physical exercise affects the psychological well-being of practitioners, which can lead to increased self-esteem. A sedentary lifestyle can affect the psychological and emotional well-being of young women. This is due to the lack of activation of the hormones responsible for the well-being, the activity of which can be stimulated by physical exercise, but also because of the physical aspect, which is often not proportional and harmonious. The resulting data can be a new proof that the role of physical exercise should not be limited to physical, the other spheres (psychological, emotional, social) being directly influenced.

Bibliography

- 1 Alber, J., Köhler, U., 2004, *Health and care in an enlarged Europe, Luxembourg*

- 2 Bădincu, G., 2015, *Contribuții privind ameliorarea calității vieții la persoanele adulte prin implementarea programelor sportive de agrement*, Teză de doctorat, Cluj – Napoca
- 3 Bednar, R. L., Wells, M. Peterson, S., 1989, *Self-esteem: paradoxes and innovations in clinical theory and practice*. Washington, D.C.: American Psychological Association
- 4 Ciomag, R., V., Ilie, I., C., 2015, *Exerciții fizice de tip aerobic și alte sfaturi utile pentru sănătatea ta*, Editura ASE, București
- 5 Cruz- Ferreira, A., Fernandes, J., Gomes, D., Bernardo, L.M., Kirkcaldy, B., Barbosa, T.M., Silva, A., 2011, *Effects of pilates-based exercise on life satisfaction, physical self-concept and health status in adult women*. *Women and health*, 51: 240-255.
- 6 Drăgan, I., Demeter, A., 1990, *Sport și sănătate*, Editura Sport – Turism, București
- 7 Kong, F., Zhao, J., You, X., 2012, *Emotional intelligence and life satisfaction in Chinese university students: The mediating role of self-esteem and social support*, *Personality and Individual Differences*, 53 (4), 1039–1043
- 8 Lengrand, P., 1973, *Introducere în educația permanentă*, Traducere, Editura Didactică și Pedagogică, București
- 9 Pop, C., Ciomag, V., 2014a, *The Influence of Aerobic Gymnastics on the Students' Body Image*, *Procedia - Social and Behavioral Sciences* DOI: <https://doi.org/10.1016/j.sbspro.2014.02.190>
- 10 Pop, C., Ciomag, V., 2014b, *The Relationship between Subjective Parameters of Well-being in a sample of Young Romanian Women*. DOI: <https://doi.org/10.1016/j.sbspro.2014.08.291>
- 11 Pop, C., L., Ciomag, R., V., 2015, *Rolul activității fizice în promovarea stării de bine*, Editura ASE, București
- 12 Rey, L., Extremera, N., Pena, M., 2011, *Perceived Emotional Intelligence, Self-Esteem and Life Satisfaction in Adolescents*
- 13 Șerban, O., Ioan, P., Salomea, P., Delia, B., 2012, *Calitatea vieții persoanelor diagnosticate cu boli rare în România*, *Revista Calitatea Vieții*, XXIII, nr. 2, București
- 14 Vlădescu, C., Bușoi, C., 2011, *Politici de sănătate în Uniunea Europeană*, Editura Polirom, București
- 15 Yamawaki, N., Peterson Nelson, J., A., Omori, M., 2011, *Self-esteem and life satisfaction as mediators between parental bonding and psychological well-being in Japanese young adults*, *International Journal of Psychology and Counselling* Vol. 3(1),

EVALUAREA STIMEI DE SINE A STUDENTELOR SEDENTARE ȘI A CELOR ACTIVE FIZIC

As. univ. drd. Andreea – Gabriela Lazăr¹

¹Universitatea „Ștefan cel Mare” din Suceava

Cuvinte cheie: *stima de sine, evaluare, metoda anchetei, studente, exerciții fizice, sedentarism*

Rezumat

Scop cercetării a fost acela de a evalua stima de sine a tinerelor active din punct de vedere fizic și a tinerelor sedentare. Prin aceasta am urmărit să stabilesc *în ce măsură practicarea exercițiilor fizice contribuie la îmbunătățirea stimei de sine a tinerelor și a gradului de mulțumire cu privire la propria persoană. Cercetare face parte dintr-un experiment mai amplu din care am ales 80 de studente. Tinerele au vârste cuprinse între 18 – 23 de ani și sunt studente la Facultatea de Științe Economice și Administrație Publică. 40 dintre ele se angrenează în activități fizice intense sau moderate mai mult de 3 ori pe săptămână, iar 40 nu s-au implicat niciodată în activități fizice sau se implică mai puțin de 1-3 ori pe lună (datele au rezultat în urma aplicării unui Eurobarometru ce a investigat nivelul de angrenare în activități fizice). Am plecat de la ideea că practicarea exercițiilor fizice influențează pozitiv percepția cu privire la propria persoană, mai exact stima de sine a tinerelor active este una crescută. În același timp, persoanele sedentare au un sentiment de nemulțumire, iar gradul de apreciere a propriei persoane este unul scăzut. Metoda anchetei s-a realizat prin chestionarul Rosenberg ce a evaluat stima de sine, sentimentul global al valorii personale și autoacceptării.*