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Relationship Between Self-Esteem and Athletic Participation

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The Relationship Between Athletics and Self-Esteem

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INTRODUCTION

- Men often put more emphasis to do well in athletics than women, therefore, men who participate in sports have a higher self-esteem (Rubeli et al., 2020).
- Exercise and athletics help the overall well-being of college students which helps an athlete's self-esteem (Dodwell et al., 2021).
- **The hypothesis of this research was that there would be a positive relationship between self-esteem and athletic participation.**

METHODS

- Recruited a sample of students using convenience sampling
- Participants were asked to complete a survey by clicking on a QR code
- Demographic questions (age, gender, collegiate year), Rosenberg Self-Esteem Scale, athletic participation questions (e.g., 'How many sports have you participated in')

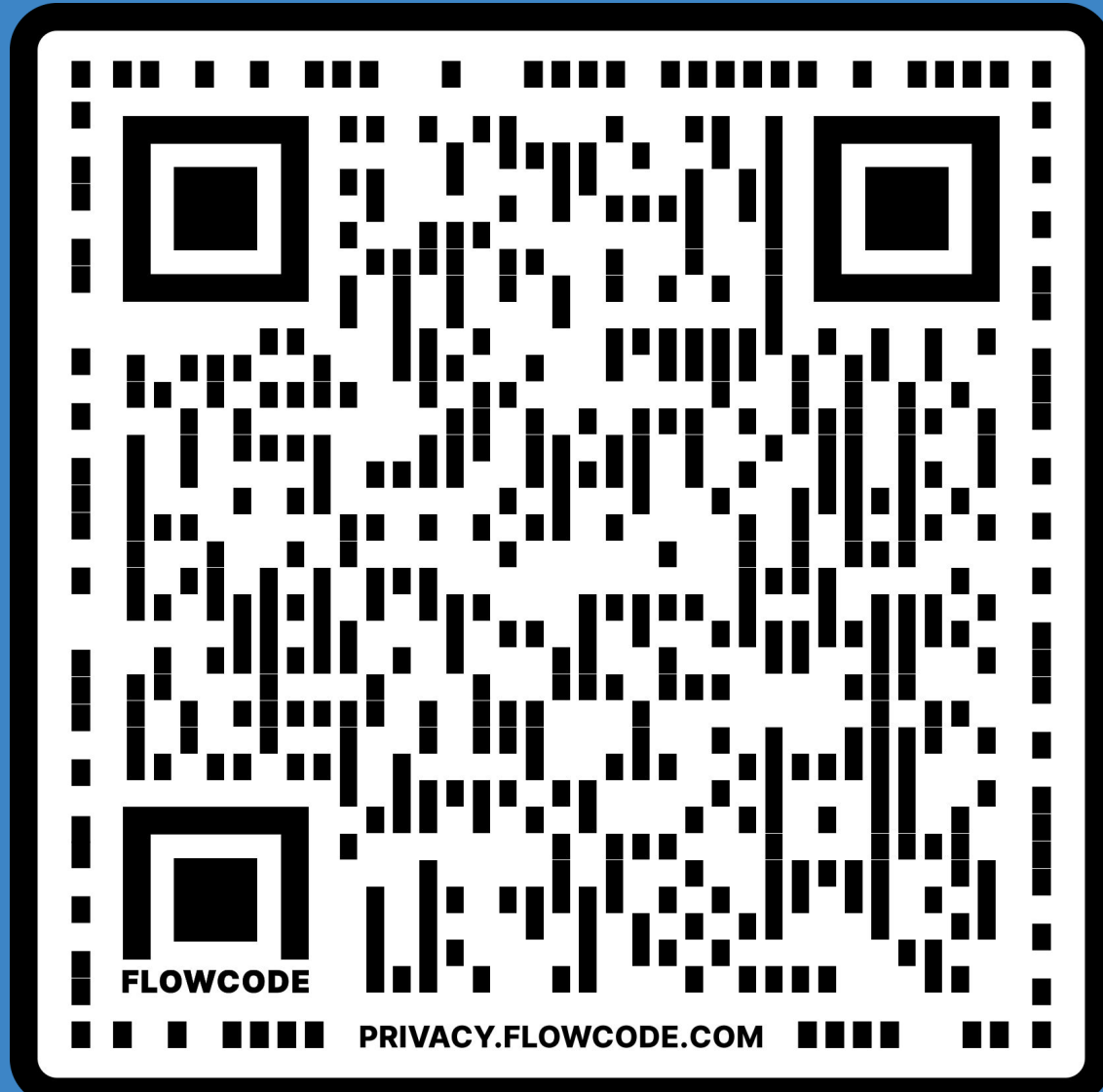
RESULTS

- Participants who participated in more sports tended to have a higher self-esteem.
- The findings show a significant, moderate positive relation between one's participation in competitive sports and one's self-esteem, $r(96) = .330, p < .001$.

DISCUSSION

- Athletic participation and exercise lead to a boost in self-esteem amongst college students.
- A limitation of the study was that convenience sampling was used; random stratified sampling would be ideal.
- An area for future research is conducting this survey in a specific sport or a specific position within a given sport.

College students who participated in athletics had a higher self-esteem than non-athletes.



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Correlation between Self-Esteem and Athletic Participation			
	M(SD)	Self-Esteem	Athletic Participation
Self-Esteem	36.82 (5.93)		** .330
Athletic Participation	1.96 (0.90)		

**Correlation is significant at the 0.01 level (2-tailed).

