

# Self-Esteem Profile among the Female Futsal - Football Players at Jordanian Clubs

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## Abstract

This study aimed at identifying the level of physical and body self-esteem among the female futsal - football players at Jordanian clubs. The sample of the study was composed of (38) female players among the Jordanian clubs' players of futsal - football who were chosen randomly out of the study community, and the self-esteem scale was used, consisting of (29) items measuring the body self and the physical self. The study revealed that the level of self-esteem among the female futsal -football players was medium, and that the level of body and physical self-esteem was medium as well. Also, the level of physical self-esteem was higher than the level of body self-esteem among the female players.

**Keywords:** self-concept, self-esteem, physical self-esteem, body self - esteem, futsal

## 1. Introduction

Football is considered one of the team/group games which have a clear and distinct impact on different levels of society, where it is considered the first popular game in the world that gains attention within the political and sportive levels. It captures the largest part of the public attention and media if compared to another game (Abu Farwah, 2004). But practicing football is no longer a male preserve given that the game has spread among the females in many countries of the world. We see today several world championships especially organized for women's football, and as a result of that spreading the game found its way in some Arab countries like (Jordan, Egypt and others) where many Arab clubs adopted the game for females as part of the games they sponsor, leading to the configuration of national teams and leagues specially for some Arab countries (Deeb, Al-orjan & Al-kilani, 2009).

Self-esteem is considered one of the major dimensions of a broader and more comprehensive concept which is self-concept, where self-esteem composes an important aspect and is closely related to. Self-concept refers to the image formed by the individual himself/herself, and his/her assessment of that self (Abdul Haq, 2000).

Thus, self-concept is the foundation stone for building up the personality because of its specific importance for understanding the individual's dynamics and his psychological compatibility. It also makes individuals different from each other and makes them rare in their perception of the world around them (James, 2006).

Self-concept which is acquired through social bringing-up and maturing is an individual self attribute that distinguishes one person from the other. Expression of the self-concept term is conducted through the social outcomes and the social power (Onur, 2000). According to Sayyar (2003), the term of self-concept is affected by values and lifestyles of society and family, whereas self-esteem is a tendency by the individual to improve self-concept, and it can develop through interaction and self-esteem, self-respect and confidence, and self-assessment. According to Silverston and salsali (2003), the most important part of mental health is self-esteem because low self-esteem causes psychological disorders.

High self-esteem is considered a positive attribute since it usually describes people who feel self-satisfied and use effective techniques. On the other hand, low self-esteem is usually considered a negative attribute because it describes people who don't feel self-satisfied and use ineffective techniques (Yigiter, 2013; Betul, 2014).

So far, it is clear that the individual's behavior, personality and psychological structure are directly connected to his growth stages and what comes after (Andrew, 1998). Thus, the individual's interest in his body and capacity starts at an early age, in relation to gender. Hence, males start being interested in revealing their strength and muscles, whereas females show interest in their attraction and femininity. Therefore, many studies have moved like the study of (Al-Ansari, 2002; Sophia and Duncan, 2009). towards the society orientations of these concerns. It has been revealed that girls prefer the perfect "thin" body, but they can't have self-esteem in regard to body and physical aspects. Consequently, they would be unable to identify the type of activity or sport they could practice so as to reach the stages of creativity. Scientific research has chosen recently to link self-concept to the body, physical and skill aspects given that the body has an evident impact on the whole term of self-concept. The study of (Kikhany, Khamas & Ebeed, 2006) revealed that there is a correlation between self-concept, skills and psychological fluency. Also, the study of (Hassan, 2005) revealed the existence of correlation between the body-self and the skill-self manifested in the serving, strike and block skills, whereas the findings of

the study conducted by (Al-Daher & Abd Al-Kareem, 2001) indicated the existence of a positive relationship between body self-esteem and physical self-esteem among the female players of handball, whereas there was no positive relationship between body self-esteem and physical self-esteem among the female players of volleyball. On the other hand, the results of Schneider, Dunton and Cooper study (2008) showed that the physical activity is considered a promotion means for improving self-concept, while DeBate, Pettee, Zwald, Huberty and Zhang (2009) pointed out that the physical activity may produce changes helpful for self-esteem, satisfaction with the body shape, commitment to body activities and repeating them among the adolescent girls participating in the youth sportive programs. However Leanne and Anne (2009) indicated that the elite and competition groups demonstrated physical competence and self-concept higher than the non-sportive groups. Also, the results of James study (2006) indicated that the body and psychological self-concept and academic achievement self-concept among women with high academic-achievement level were higher than that of women with low academic-achievement level.

Andrew (1998) sees that self-concept is considered one of the major factors for explaining human behavior, where self effectiveness affects thinking patterns, behaviors and emotional excitement. The higher the level of self effectiveness, the higher the level of achievement, and then the previous failures will be limited as well as the self-regulation of reflective responses.

Patrick, Mike and Lynda (2008) pointed out that self-concept is significantly related to the sportive domain, including the body, physical and skill self. Based on the above emerges the importance of body and physical self-concept as important dimensions for the positive-affecting self on human behavior, which offers the individual self-confidence, the ability to face hard and emergency conditions, as well as defending its cognitive regulations like sportive competitions. The need to have a sense of self-value is considered one of the most important needs that provoke motives towards practicing sports.

Self-identity elements are derived from our interior unique strengths and from the different patterns we follow so as to be able to cope with the obstacles we face. Hence, the possibility of practicing football by a sample from the female community could help them acquire the sense of self-value and be more effective, particularly within a society in which the majority may not accept females practicing such a sport.

Therefore, this study is important to be applied on a sample of Jordanian football clubs' female players in an attempt to study the relevant psychological aspects within the sportive domain that are related to the body and physical aspects, which could contribute to the positive advance of self-concept among females practicing that game.

### *1.1 The statement of problem:*

The perception of positive self-concept offers the individual self-confidence when dealing with others, and it also plays a significant role in accomplishing sportive achievements. In contrast, the problem emerges when the female's body shape doesn't fit what is relevant in our western societies. As we know, football sometimes requires somehow rough bodies when compared to other sports practiced by girls on one hand, and the western society acceptance of such a sport on the other. Consequently, that reflects negatively upon practicing that game which causes lack in self-confidence and the ability to overcome the psychological struggle that weakens the individual's mental compatibility, and then the difficulty in overcoming the problems that affect the individual's behavior and performance level. Hence, the problem of the study emerges so as to ensure the existence of this case, as well as through the researcher follow-up of the championships' scores in which these clubs and the national team took part, especially the recent Asian championship. It was noticed that the levels were generally weak, and that could be ascribed to the fact that practicing football on the level of Jordanian clubs is very recent and it still gets less attention. That motivated the researcher to conduct such a study and identify this problem which lies in the lack of reinforcing and promoting the concept of self-esteem, and that consequently reflects negatively on their performance and achievement, with the necessity of finding suitable solutions for promoting the game level. That could be achieved through the ongoing assessment of the strengths and weaknesses of the psychological preparation programs.

### *1.2 The study objectives:*

This study aimed at achieving the following objectives:

- Identifying the level of body self-esteem among the female players of futsal-football in Jordanian clubs.
- Identifying the level of physical self-esteem among the female players of futsal-football in Jordanian clubs.

## **2. Methodology:**

### *2.1 Study design:*

The descriptive approach was used in its survey-method because it suits the nature and goals of this study.

### 2.2 The sample:

The sample of the study was composed of (38) females who play futsal-football for Jordanian clubs, and who were chosen randomly out of the study community that includes all Jordanian female football clubs registered in the Jordanian Football Federation during the year 2013/2014.

### 2.3 The instrument:

Allawi's 2 scales were used for body self-esteem patterns and for physical self-concept where items were modified to suit the nature of the research. The first scale was intended for measuring the individual's sportive distinctive style regarding his self-esteem, and the second one was used to measure the individual's concept and his distinct way in realizing his body. These scales were reviewed by a group of experts to examine their suitability for the study sample.

The scale of body self-esteem contained (20) items, whereas the scale of physical self-esteem had only (9) items, with a response that ranged through 5 levels (Strongly Agree, Agree, Agree Moderately, Little Agree, Strongly Disagree). The scores of both scales range from (1-5), and the ultimate score for each scale is the total score of all phrases. The following criteria were adopted to determine the levels of body and physical self-esteem, as follows:

- Each item reaches a mean of 4.5 or higher is considered very high.
- Each item reaches a mean of 4.49-3.5 is considered high.
- Each item reaches a mean of 3.49- 2.5 is considered medium.
- Each item reaches a mean of 2.49- 1.5 is considered low.
- Each item reaches a mean less than 1.5 is considered very low.

#### 2.3.1 Validity:

The validity of the Instrument was confirmed through the content, because the initial version of the questionnaire was reviewed by 10 expert referees in order to judge its suitability, the clarity of its items and their linguistic formulations, in addition to identifying the validity of each statement for the aspect it belongs to. In light of the referees' observations and suggestions, appropriate adjustments were done so as the questionnaire has its final form, consisting of (29) items.

#### 2.3.2 Reliability:

The reliability of the Instrument was confirmed through interior consistency, where Pearson correlation coefficient was calculated between each of the questionnaire items' scores and the entire score of the aspect they belong to, as well as the entire score of the aspect with the final total. The correlation coefficient values ranged from (.75 - .92), and they were all statistically significant at the significance level of ( $p \leq 0.05$ ). This indicates that the questionnaire used has a high degree of interior consistency, as shown in table (1).

Table 1. Reliability coefficients for the study tool aspects

Aspect	Reliability coefficient
Physical-self	.82
Body-self	.75
Total	.92

#### 2.4 Data analysis:

SPSS was used for processing data, where means, standard deviations, percentages and correlation coefficients were calculated in order to achieve the study objectives.

### 3. Results and Discussion:

To achieve the first goal, which refers to "Identifying the level of body self-esteem among the female players of futsal -football in Jordanian clubs", means, standard deviations and percentages were calculated as indicated in table (2).

Table 2. Means, standard deviation and percentages for the items of the body self-esteem scale and the aspects as a whole

No.	Item	Mean	SD	Percentage %	rank
3	I feel confident whenever my body fitness is high.	4.53	0.65	90.53%	1st
18	I feel able to acquire the game skills fast.	4.18	0.73	83.68%	2nd
14	I feel proud of the game-related body capacities I acquire.	4.11	0.83	82.11%	3rd
12	I feel myself one of the distinguished players in my performance.	4.11	0.92	82.11%	3rd
24	Generally, I feel satisfied with my body status.	4.08	1.02	81.58%	5th
8	I feel I exert high body efforts to acquire the football skills.	4.08	1.17	81.58	5th
5	I feel positive towards my body aspect.	4.03	1.13	80.53%	7th
4	I feel myself one of the distinguished players in football.	4.00	0.90	80.00%	8th
13	I feel confident in my muscular capacities related to performance.	3.97	0.89	79.47%	9th
7	I feel myself stronger than those of my own age.	3.82	1.23	76.32%	10th
17	I feel confident in competition when exposed to regular body-fitness programs related to the game.	3.79	1.12	75.79%	11th
21	I feel unable to use power in technical situations that require that.	3.79	0.91	75.79%	11th
27	I feel my body-fitness is high compared to my colleagues.	3.76	1.10	75.26%	13th
28	I feel sometimes my self-confidence is low when entering competitions.	3.74	1.13	74.74%	14th
9	I feel unsatisfied sometimes about my body capacities.	2.76	1.42	55.26%	15th
16	I feel body strength when compared to my colleagues.	2.71	1.58	54.21%	16th
26	I feel I score high scores when conducting strength tests.	2.66	1.28	53.16%	17th
22	I feel the desire to feel tired when practicing football exercises.	2.26	1.22	45.26%	18th
29	I feel unconfident in my body fitness level.	2.26	1.13	45.26%	18th
10	I feel incompetent for practicing football game.	1.97	1.15	39.47%	20th
Total		3.53	0.37	70.6%	

It is clear in the table, in regard to the scale of body self-esteem, that item (3), "I feel confident whenever my body fitness is high", got the first place within the aspect of body self-esteem, gaining the highest mean (4.53), with a percentage of (90.53%), followed by item (18), "I feel able to acquire the game skills fast", in the second place, with a mean (4.18) and a percentage of (83.68%). However, item (14), which is "I feel proud of the game-related body capacities I acquire", came in the third place gaining a mean of (4.11) and a percentage of (82.11%).

Item (10), "I feel incompetent for practicing football game", got the last place within the items of body self-esteem aspect, and it gained the least mean (1.97) with a percentage that reached (39.47%). Two items (29, 22), "I feel unconfident in my body fitness level" and "I feel the desire to feel tired when practicing football exercises" came before the last with a mean (2.26) and a percentage of (45.26%) for both, while the items of body self-esteem aspect got a total mean that reached (3.53) and a percentage of (70.6%). According to grades that assess means, the entire mean for the items of this aspect refers to high degree. That could be ascribed to the evident role of body activity in improving the concept of body self-esteem among female players, especially that most of these items are related to the game skills and abilities. That is consistent with what Leanne and Anne (2009) referred to in that practitioners of sportive games have a higher degree of body self-esteem, and it is also consistent with (Hu'lyu, 2001) who pointed out that the level of body self-esteem has improved among female adolescents within the experimental group more than the control group, and that the adolescents who practice body activities reveal less worry compared to those who don't practice. Schneider et.al (2008) indicated that the body activity is considered a promotional way for improving self-concept, while DeBate et.al (2009) said that the body activity may cause beneficial changes for self-esteem, satisfaction with the body size, commitment to body activity, and repetition of body exercises. On the other hand, Ann-Marie, Ailsa, Samantha and Joan (2009).found that the level of sportive games (elite, competitive, non-sport) has a positive relationship with body competence and self-concept of appearance, as well as general and entire body self-esteem. The statistical analysis among the non-sportive persons and each of the competitive group and elite group revealed the existence of differences in favor of the 2 groups of sportive persons.

To achieve the second objective, which refers to "identify the level of physical self-esteem among the female players of fustal -football in Jordanian clubs", means, standard deviations and percentages were calculated as indicated in table (3).

Table 3 .Means, standard deviation and percentages for the items of the physical self-esteem scale and the aspects as a whole

No.	Item	Mean	SD	Percentage %	rank
1	I feel my body external appearance is better than that of many of my colleagues.	3.95	1.06	78.95%	1st
2	I feel my body muscles are bigger than that of those who are the same age.	3.92	0.91	78.42%	2nd
19	I feel other players admire the shape of my body.	3.87	0.94	77.37%	3rd
11	I feel others' admiration of my external appearance.	3.87	1.09	77.37%	3rd
25	I feel the shape of my body is not seen good by others.	3.82	0.93	76.32%	5th
15	I feel shy of my body when wearing little clothes.	3.74	1.22	74.74%	6th
20	I feel highly confident of my body external appearance.	3.74	0.98	74.74%	6th
23	I feel the desire to be an essential player in the team because of my body features.	3.47	1.18	69.47%	8th
6	I find it difficult to preserve my body external appearance.	3.11	1.11	62.11%	9th
Total		3.72	0.52	74.4%	

It is clear in the table, in regard to the scale of physical self-esteem, that item (1), "I feel my body external appearance is better than that of many of my colleagues ", got the first place within the aspect of physical self-esteem, with the highest mean (3.95) and a percentage of (78.95%), followed by item (2), " I feel my body muscles are bigger than that of those who are the same age" in the second place, with a mean (3.92) and a percentage (78.42%), whereas item (19), " I feel other players admire the shape of my body", came third with a mean (3.78) and a percentage (77.37%).

On the other hand, item (6), "I find it difficult to preserve my body external appearance", came last in the order of the physical self-esteem aspect, getting a mean that was (2.11) and a percentage of (62.11). Item (23), which is "I feel the desire to be an essential player in the team because of my body features", came before the last, with a mean (3.47) and a percentage (69.47). Also, item (20), "I feel highly confident of my body external appearance", got the rank before with a mean (3.47) and (74.74%), whereas the items of physical self-esteem aspect gained a total mean that was (3.72) with a percentage of (74.4%).

According to grades that assess means, the entire mean for the items of this aspect refers to a high degree. That could be ascribed to the benefit of body activity represented by sports in improving the individual's general physical aspects, external appearance and the psychological aspect related to this field. This is consistent with what has been pointed out in several previous studies like the study of (Leanne & Anne, 2009), (Hu'lyu, 2003) and (Bih-Ching, Wei-Ming, Shih-Ming & Shin-Yi 2007) which referred to the direct impact of body activity on improving self-concept and physical and psychological self-esteem. Moreover, the clubs' and federations' interest contributed effectively to developing and promoting the concept of body self-esteem and the players' appearance, and that was mentioned by (Betul, 2014) study, in which he said that sportive and recreational activities help girls avoid duality and contradiction as well as increasing self-confidence and self-esteem. Kundu & Rani (2007) said that the good level of sport practicing improves the individual's body perception and achievement, and that the high and positive level of self-esteem is related positively to the individual's life so as to reach achievement.

### 3.1 Conclusions:

- Self-esteem level among football female players was within the medium range.
- Body and physical self-esteem levels were within the medium range although the physical self-esteem level among female players was higher than the body self-esteem level.

### 3.2 Recommendations:

- Benefiting from the study findings and generalizing them among intended clubs and federations to consider them.
- Focusing and reassuring the importance of self-esteem concept, and trying to reach higher levels.
- Exposing female players to courses, workshops and seminars aiming at improving and developing their mental status and the concept of self-esteem.
- Conducting similar studies and considering larger domains of the concept of self-esteem.

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