

EXAMINATION OF THE IMPACT OF SPORTS-ORIENTED ATTITUDES OF CHILDREN UNDER PROTECTION AND CARE ON SELF-CONFIDENCE AND SOCIAL COHESION LEVELS ⁽¹⁾

KORUMA VE BAKIM ALTINDA BULUNAN ÇOCUKLARIN SPORA YÖNELİK TUTUMLARININ ÖZGÜVEN VE SOSYAL UYUM DÜZEYLERİNE ETKİSİNİN İNCELENMESİ

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Öz: Amaç: Bu araştırmanın amacı, koruma ve bakım altında bulunan çocukların spora yönelik tutumlarının özgüven ve sosyal uyum düzeylerine etkisinin incelenmesidir. **Yöntem:** Çalışma grubuna Ankara, Yozgat, Kayseri, Kırşehir ve Çorum illerinde, Çocuk Evleri Sitesi Müdürlüklerinde koruma ve bakım altında bulunan yaş ortalamaları 16,27 olan 15-18 yaş arası kız ve erkek toplam 270 çocuk katılmıştır. Veri toplama araçları olarak sosyo-demografik bilgi formu, spora yönelik tutum ölçeği, özgüven ölçeği ve sosyal uyum ölçeği kullanılmıştır. Ölçeklerden elde edilen verilere ilişkisel analizlerin yapılması için; Pearson Momentler Çarpımı Korelasyon katsayısı, bağımsız gruplar t-testi, tek yönlü varyans analizi (ANOVA ve Tukey HSD testi uygulanmıştır. **Bulgular:** Spora yönelik tutum genel toplam boyutu ile iç özgüven ($r=.870$ $p=.000$), dış özgüven ($r=.851$ $p=.000$) ve özgüven toplam ($r=.872$ $p=.000$) boyutları arasında anlamlı ve pozitif yönde bir ilişki bulunmuştur. Sosyal uyum envanteri skorları incelendiğinde ise sosyal uyum toplam skorunun $76,96\pm 15,61$ olduğu tespit edilmiştir. **Sonuç:** Sonuç olarak, koruma ve bakım altında bulunan çocukların, spora yönelik tutumlarının, özgüven, spor yapma durumu, cinsiyet değişkenlerini olumlu yönde etkilediği sonucuna varılmıştır.

Anahtar Kelimeler: Koruma, Bakım, Öğrenci, Spora Yönelik Tutum, Özgüven, Sosyal Uyum

Abstract: Aim: The aim of this study is to examine the impact of sports-oriented attitudes of children under protection and care on their level of self-confidence and social cohesion. **Method:** a total of 270 boys and girls between the ages of 15-18, with an average age of 16.27, were included in the Study Group in Ankara, Yozgat, Kayseri, Kırşehir and Çorum. The socio-demographic data form, the sports-oriented attitude scale, the self-confidence scale and the social cohesion scale were used as data collection tools. Pearson moments product correlation coefficient, independent groups t-test, one-way variance analysis (Anova and Tukey HSD test were applied to perform relational analyses on the data obtained from the scales. **Results:** attitudes towards sport overall size and internal self-confidence ($r=.870$ $p=.000$), external self-confidence ($r=.851$ $p=.000$) and self-confidence total ($r=.872$ $p=.000$) a significant and positive relationship was found between its dimensions. When the social harmony inventory scores were analyzed, the total social harmony score was 76.96 ± 15.61 . **Conclusion:** as a result, it was concluded that the attitudes of children under protection and care towards sports positively affect their self-confidence, their state of playing sports, and gender variables.

Key Words: Protection, Care, Student, Attitude Towards Sport, Self-confidence, Social Cohesion

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INTRODUCTION

Nowadays, sport has become an important part of human life. It is not possible in today's reputation to say that sport only contributes physically to individuals. It is necessary to evaluate the benefits of sports to individuals from a spiritual, physical, social and economic point of view. (Yarımkaya, 2014). When one looks at the most obvious features affected by Sport, the concepts of self-confidence and adaptation to the social environment come to the fore. Self-confidence is a sense of self-satisfaction. When there's no self-confidence, the individual can't be sure of what he's doing. If the individual has the self-confidence that he or she needs to be, he or she will produce acceptable results and be confident. (Şaş and Güngör, 2011: 7). Harmony should not be explained only by the individual's effective relationships with his or her environment. The ability of the individual to relate well to himself is also very important at the point of harmony. Continuity of established relationships and lifelong development gives information about the level of harmony (Koca, 2010).

The most effective period for achieving social harmony is adolescence. This is because during this period, childhood is removed and adult roles gradually begin to be installed on the adolescent. Social cohesion is largely realized if these needs are met (Yavuzer, 1995). Children under protection and care are chil-

dren who have experienced major problems and have faced trauma. Children who encounter these kinds of problems during childhood and adolescence are capable of experiencing self problems. Sport is seen as an important factor in rehabilitating the traumas experienced by children and bringing them into society and social life.

The aim of this study is to examine the impact of children's attitudes towards sport on their levels of self-confidence and social cohesion while staying at Children's homes sites maintained and maintained by the state and owned by the Ministry of family, labour and Social Services.

The sub-problems of the study were determined as follows.

1. Is there a relationship between the sports-oriented attitudes of children under protection and care and their level of self-confidence?
2. What is the relationship between the attitudes of children in protection and care towards sport and their levels of social cohesion?
3. Do the attitudes of children under protection and care differ significantly according to their gender?



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4. Is there a significant difference between the sports-oriented attitudes of children under protection and care?
5. Is there a significant difference between the attitudes of children under protection and care towards sport and the length of time they are under protection and care?

MATERIAL and METHOD

In this study, the screening method was used to examine the effect of sports-oriented attitudes of 15-18-year-olds under protection and care on their level of self-confidence and social cohesion. Thus, the current situation is described by the analysis of the data obtained from the applied scales. Due to the fact that

due diligence will be carried out in the research, it is descriptive.

The working group of the study consists of 270 children of 15-18 years of age at the children's Homes site serving under the Ministry of family, labour and Social Services in Ankara, Yozgat, Corum, Kayseri and Kırşehir provinces.

Within the framework of the aim of the research, the data collected for the sub-problems for which answers are sought were first processed into the data coding form. All 270 data were included in the study. Statistical analyses were then applied on the data transferred to the SPSS 24.0 package program.



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Subjects

Table 1. Demographic Characteristics of the Subjects

	f	%	
Gender	Man	138	51,1
	Woman	132	48,9
	Total	270	100
Age	15 y.o.	72	26,7
	16 y.o.	92	34,1
	17 y.o.	65	24,1
	18 y.o.	41	15,2
	Total	270	100
Protection period	0-1 years	33	12,2
	2-3 years	126	46,7
	4-5 years	89	33
	5 years +	22	8,1
	Total	270	100
Education	Yes	246	91,1
	No	24	8,9
	Total	270	100
Sports	Yes	139	51,5
	No	131	48,5
	Total	270	100
Drug Abuse	Yes	59	21,9
	No	211	78,1
	Total	270	100

In the table above, the distribution of personal information of the athletes participating in the research is given. 48.9% (n=132) of the children included in the study were girls and 51.1% (n=138) were boys. 26.7%

(n=72) of the children were 15 years of age, 34.1% (N=92) were 16 years of age, 24.1% (N=65) were 17 years of age, and 15.2% (n=41) were 18 years of age. 12.2% of children (n=33) have been under protection and



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care for 0-1 years, 46.7% (n=126) 2-3 years, 33% ü (n=89) 3-4 years, 8.1% i (n=22) 5 years or more. 91.1% of children (n=246) attend school, while 8.1% (N=24) do not attend school. 51.5% of children (n=139) do not play sports, while 48.5% (n=131) do not play sports. While 21.9% (n=59) of the children had previously experienced substance abuse, 78.1% (n=211) had not experienced substance abuse.

Data Collection Tool

The attitudes towards sports scale is a scale consisting of 25 items created by Halil Evren

Şentürk (2012) to determine attitudes towards sports.

The self-confidence scale was developed by Akın (2007) and the items of the scale were written as a 5-option Likert grading scale and validity and reliability analyses were performed on these items.

The social cohesion scale was developed by Bosc, Dubini and Polin (1997). There are 21 items in total on the scale.

FINDINGS

Table 2. Descriptive Statistics of Respondents ‘ Scores of the Participants

	n	Min	Max	X±Ss
Interest in Sports	270	10	45	29,92±8,46
Living with Sports	270	6	30	19,73±5,69
Active sports	270	7	29	18,84±5,57
Attitude to Sport Total	270	32	118	81,92±22,63
In. Self-Confidence	270	25	82	58,07±14,72
Ex. Self-Confidence	270	22	78	54,03±13,94
Total Self-Confidence	270	48	160	112,11±28,29
Social Cohesion Scale	270	37	121	76,96±15,61

In this study, the participants ‘ attitude inventory scores for sports were examined, the size of interest in sports was 29.92±8.46, the size of living with sports was 19.73±5.69, the size of active sports was 18.84±5.57, and the total scores for sports attitudes were 81.92±22.63. When the self-confidence inventory scores

were analyzed, the internal self-confidence dimension was 58.07±14.72, the external self-confidence dimension was 54.03±13.94 and the total self-confidence score was 112.11±28.29. When the social harmony inventory scores were analyzed, the total social harmony score was 76.96±15.61.



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Table 3. Analysis of the Relationship Between Children's Attitudes Towards Sports and Their Level of Self-Confidence

	1	2	3	4	5	6	7	
Interest in Sport	r	1						
	p							
Living with Sport	r	,890**	1					
	p	,000						
Being Active Sport	r	,886**	,874**	1				
	p	,000	,000					
Attitude to Sport	r	,971**	,951**	,950**	1			
	p	,000	,000	,000				
In. Self-Confidence	r	,847**	,840**	,820**	,870**	1		
	p	,000	,000	,000	,000			
Ex.. Self-Confidence	r	,835**	,816**	,797**	,851**	,948**	1	
	p	,000	,000	,000	,000	,000		
Self-Confidence	r	,852**	,839**	,820**	,872**	,988**	,986**	1
	p	,000	,000	,000	,000	,000	,000	

Table 3 shows that, the dimension of interest in sports and internal self-confidence ($r=.847$ $p=.000$), external self-confidence ($r=.835$ $p=.000$), the total of self-confidence ($r=.852$ $p=.000$) a significant and positive relationship was found between its dimensions. Internal self-confidence with the dimension of living with Sports ($r=.840$ $p=.000$), external self-confidence ($r=.816$ $p=.000$), the total of self-confidence ($r=.839$ $p=.000$) a significant and positive relationship was found between its dimensions. Internal self-confidence with

active sports playing dimension ($r=.820$ $p=.000$), external self-confidence ($r=.797$ $p=.000$), the total of self-confidence ($r=.820$ $p=.000$) a significant and positive relationship was found between its dimensions. Attitude towards sport is internal self-confidence with overall total size ($r=.870$ $p=.000$), external self-confidence $r=.851$ $p=.000$) and self-confidence total ($r=.872$ $p=.000$) a significant and positive relationship was found between its dimensions.



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Table 4. Analysis of Children’s Attitudes Towards Sports and Their Levels of Social Cohesion

		1	2	3	4	5
Interest in Sport	r	1				
	p					
Living with Sport	r	,890**	1			
	p	,000				
Being Active Sport	r	,886**	,874**	1		
	p	,000	,000			
Attitude to Sport Total	r	,971**	,951**	,950**	1	
	p	,000	,000	,000		
Social Cohesion	r	-,106	-,056	-,046	-,073	1
	p	,082	,356	,451	,229	

Table 4 shows that, interest in sports by social harmony dimension $r = -.106$ $p = .082$), living with Sport ($r = -.056$ $p = .356$), active sport-

making ($r = -.046$ $p = .451$), a total of attitudes towards sport ($r = -.073$ $p = .229$) found no significant relationship between its dimensions.

Table 5. Gender Analysis of Children’s Attitudes Towards Sport

	Gender	n	X± Ss	t	p
Interest in Sport	Man	138	31,69±7,59	4,161	,000*
	Woman	132	27,7±8,81		
Living with Sport	Man	138	21,25±4,83	4,663	,000*
	Woman	132	18,12±6,07		
Being Active Sport	Man	138	20,29±5,15	4,561	,000*
	Woman	132	17,31±5,59		
Attitude to Sport Total	Man	138	87,81±19,88	4,519	,000*
	Woman	132	75,75±23,73		

Table 5 shows that, it is observed that boys ‘interest in sports score is 31.69±7.59 and girls’ score is 27.7±8.81. The score of the boys was

21.25±4.83 and the girls was 18.12±6.07. The size score for active sports was 20.29±5.15 for boys and 17.31±5.59 for girls, while the



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total score for attitudes towards sports was 87.81±19.88 for boys and 75.75±23.73 for girls. Statistical analysis showed significant differences.

Table 6. Analysis of the Impact of Children's Sports on Their Attitudes Towards Sports

	Doing Sport	n	X± Ss	t	p
Interest in Sport	Yes	139	36,25±4,49	19,687	,000*
	No	131	23,20±6,20		
Living with Sport	Yes	139	23,92±2,97	19,020	,000*
	No	131	15,27±4,32		
Being Active Sport	Yes	139	22,64±3,29	16,153	,000*
	No	131	14,79±4,55		
Attitude to Sport Total	Yes	139	99,10±10,72	20,376	,000*
	No	131	63,68±16,95		

Table 6 shows that, it was observed that the size score of sports participants was 36,25±4.49 and those who did not play sports were 23,20±6.20. It was observed that 23.92±2.97 of those who did sports and 15.27±4.32 of those who did not play sports. It is observed that the size score for active

sports was 22.64±3.29 and 14.79±4.55 for non-sports. In the total size of attitudes towards sports, the score of those who did sports was 99.10±10.72 and the score of those who did not play sports was 63.68±16.95. Statistical analysis showed significant differences.



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Table 7. Analysis of Children's Attitudes Towards Sports While They are Under Protection

	Protection Period	n	X± Ss	F	p	Tukey HSD
Interest in Sport	0-1 Years	33	30,48± 8,70	,721	,540	
	2-3 Years	126	29,79±8,00			
	4-5 Years	89	29,33±8,76			
	5 Years +	22	32,18±9,59			
Living with Sport	0-1 Years	33	19,66±6,31	,838	,474	
	2-3 Years	126	19,85±5,02			
	4-5 Years	89	19,17± 6,10			
	5 Years +	22	21,27± 6,52			
Being Active Sport	0-1 Years	33	19,27±5,80	,547	,651	
	2-3 Years	126	19,04±5,53			
	4-5 Years	89	18,23±5,38			
	5 Years +	22	19,40±6,32			
Attitude to Sport Total	0-1 Years	33	82,66±23,99	,721	,540	
	2-3 Years	126	82,08±21,37			
	4-5 Years	89	80,15±23,00			
	5 Years +	22	86,95±26,58			

Table 7 shows that, the size of the score attracted to the sport individuals under the protection and care 0-1 year 30,48± 8,7 2-3 years under the care and protection of individuals 29,79±8.00, 4-5 years, under the care and protection of individuals 29,33±8,76, under the care and protection of individuals 5 years and over 32,18±9,59 is met.

Individuals under the protection and care of life-size 0-1 year-score sports 19,66±6,31 2-3

years under the care and protection of individuals 19,85±5,02, 4-5 years, under the care and protection of individuals 19,17± 6,10, under the care and protection of individuals 5 years and over 21,27± 6,52 is met.

The size of the score 0-1 year doing active sports individuals under the protection and care 19,27±5,80 2-3 years under the care and protection of individuals 19,04±5,53, 4-5 years, under the care and protection of indi-



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viduals 18,23±5,38 5 years and over under the care and protection of individuals

DISCUSSION and RESULT

It was determined that there was a significant and positive relationship between the attitudes of children to sports and their self-confidence. The fact that children with high attitudes towards sports have high levels of self-confidence shows that attitudes towards sports positively affect self-confidence. The loss of self-confidence experienced by children under protection and care can be regained by positive development of attitudes towards sports. In their study of 987 subjects, Slutzky and Simpkins stated that the subjects who played sports had higher self-esteem and self-confidence compared to the subjects who did not play sports. Slutzky and Simpkins ' research supports this study.

Zorba (2012) emphasized that playing sports on a regular basis would have positive consequences, such as increased self-esteem and self-confidence in individuals. Again Akgül et al. (2012) stated that sports activities affect the individual's personality image and harmony, as there are practices that require regular work, superior technique, aesthetics, and competition in individuals. When we look at the results obtained in the field summer studies, it is seen that the results obtained from this study are supported by the studies used. The

lack of any association between the attitudes of children to sports and their social cohesion levels in the research shows that children are experiencing social cohesion problems. Field type examined;

Eid (2013), in its study of 90 children in detention in correctional facilities, concluded that sport positively affects children's social cohesion and communication skills. Turkel (2010) conducted a survey of 590 students studying at primary school level and concluded that there was a significant difference between the level of participation in sports activities and the level of social cohesion. Throughout the field summer studies, it has been seen that sports have a positive effect on social cohesion. However, in contrast to the field paper, the study concluded that sports do not have a positive effect on social cohesion.

The study found that the attitudes of children under protection and care to sports differ significantly according to gender variable, and that boys 'attitudes towards sports were higher than girls'. The study conducted by Koçak (2014); Turkmen et al, (2016) on the students of the University, Balyan et al., (2012) by elementary 2. In studies conducted on tier students, they found significant differences between male and female students.

In the study, it was determined that there was a significant difference between the attitudes



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of children under protection and care towards sports and their status of playing sports, and that the average of children playing sports was higher than the average of those not playing sports. The attitudes of athletes towards sports are higher than those of non-sports students. The study by Singh and Devi (2013) also found that students who play sports have higher attitudes towards sports than students who do not play sports. Kangalgil et al. The study by (2006) also found that the attitudes of university students with an athlete's license towards sports were higher than those without an athlete's license. In the study conducted by Özdiç (2005) on university students, the obvious rationale for men who do not play sports is that they do not play sports in groups of friends.

The study found that there was no significant difference between the attitudes of children under protection and care towards sports and the length of time they were under protection and care. The reason for the lack of a significant difference between the time spent under protection and the attitude towards sports is due to the lack of adequate mental orientation of children to sports and the low levels of mental readiness of children to sports, although the Ministry of Family, Labour and Social Services regularly organizes sports activities for children under protection and care. When the field is examined, it is seen that this

is the first time that work has been done on the sub-problem addressed, and that the sub-problem addressed may contribute to the field writing.

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