

## COMPARISON OF SELF-ESTEEM BETWEEN HEARING IMPAIRED PEOPLE WHO PARTICIPATED SPORTS OR DO NOT

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<https://doi.org/10.52846/jskm/41.2023.1.1>

**Introduction:** Hearing impairment is a worldwide problem, and the World Health Organization estimated that 360 million people worldwide have disabling hearing loss. Hearing impaired; inability to verbal function in daily life due to partial or total hearing loss. Speech and language delays in the hearing-impaired individuals and the problems in communication could affect the individual's life negatively. Self-esteem is important for mental health. Self-esteem is the value that the individual gives himself when he evaluates himself as a human being.

**Purpose:** The purpose of this study is to compare the level of self-esteem between hearing-impaired individuals who do sports and do not sport.

**Materials and Method:** In totally 91 hearing-impaired individuals aged between 15 to 25 years who do sport (n=44, 48.4%) and do not play sport (n=47, 51.6%) participated in the study. The Turkish version of Rosenberg Self-Esteem Scale was used to assess participants' self-esteem. The scale consists of 10 items measuring general self-esteem. Responses to the scale are evaluated with 0-6 points. It is accepted that 0 -1 points are "high", 2-4 points are "middle", and 5-6 points are "low" self-esteem.

**Results:** The average age of hearing-impaired individuals who do or do not play sports is 19,16 ± 3,18 and 20,34 ± 2,92 years, respectively. The average duration of participating in sports is 5.93 ± 3.39 years in the individual with hearing impaired who do play sport. The Rosenberg Self-Esteem Scale average scores were 0,84±0,59 for who play sport hearing impaired group and 1,53±0,77 for who do not play sport hearing impaired group. The difference between the groups was statistically significant (p <0.05).

**Discussion and Conclusion:** The results of our study suggest that participation in sports activity improved self-esteem in individual with hearing impairment. Self-esteem affects the quality of life of the individuals. Previous studies showed that people with disabilities are much more likely of living sedentary than are those without a disability. It is advised that to supported for active lifestyle by participating in sportive activities in order to improve the self-esteem in the individuals with hearing impairment.

**Key words:** Self-Esteem, hearing impaired, sport

### Introduction

The sense of self which is the most important factor affecting personality consists of the opinions and viewpoints that the individual has about his personality. The sense of self can be expressed as a power that observes, judges, evaluates, and directs the behaviour of the individual within himself (Vidinlioğlu, 2010). The sense of self is a mental and bodily concept, the individual is conscious of his identity (Aşçı, 1997). In this context, it is also possible to define the self as the private side of the personality.

Sense of self can also be expressed as the individual's way of perceiving his/her thoughts and feelings about himself (Yavuzer, 1994). In order to realize the concept of self, the individual himself/herself, asks questions such as "What am I?", "What are my goals?", "What is right and wrong", "What can I do or how can I act? What are my values?" and he must respond to all these questions with logic, not getting carried away with his/her emotions. The development of the human self can occur with the conscious or unconscious answers to these questions. An individual, to keep his mental state at

normal values, should create a balance between his designed self and his actual self (Güney, 2012).

Self-esteem, in addition to respecting oneself, is self-confidence, value, self-admiration and contentment in every aspect. In short, it is possible to express self-esteem as a continuous evaluation of one's self. This type of evaluation is related to issues such as the individual's skills, respectability in society, adopting his physical characteristics, in short, accepting himself as he is, and is an indicator of his judgements about himself (Yörükoğlu, 1985). An individual with effective self-esteem can successfully produce solutions to the problems he encounters and can also impose his feelings and thoughts on the people around him (Yavuzer, 1994). The opposite is true for those with low self-esteem. They are individuals who do not value themselves enough, do not trust themselves, easily feel hopeless, have difficulty in gaining a place in society, and are prone to develop some psychological behaviours against such negativities (İkizler & Karagözoğlu, 1997).

Based on the results of the studies on the subject in the literature; It is possible to talk about a statement that individuals with high self-esteem are generally more open to being active on social relations, while individuals with low self-esteem feel powerless, oppressed and pressured by the society.

Disability, due to any obstacle, can be defined as the failure to perform the actions expected from the individual regarding age, gender and socio-cultural factors (Bilir, 1989). Hearing, language and speech are the basic elements of communication, and they are intertwined with each other in real life. A disorder occurring in one of these elements will not only prevent the natural learning of language and speech but will also cause difficulties in the development of communication skills (Bilir & Bal, 1995). Hearing disability is defined as the individual's hearing loss due to inadequacy

or damage in the hearing organ and being unresponsive to the events around him/her (Tiryaki, 2000). Hearing loss is a condition that arises from the individual's inability to perceive sounds and speech from the environment. It can be stated that this disability slows down or completely inhibits language development, depending on the degree of hearing loss. The level of hearing loss is classified as follows according to the degree of hearing as a result of hearing tests.

- Those who can hear between 20-40 decibels are light,
- Those who can hear between 40-70 decibels are medium,
- Those who can hear between 70-92 decibels are advanced,
- If they are 92 decibels and above, they are severely deaf (Kaya, 2010).

Hearing impairment means inability to understand auditory data. In this case, for example, even if a learner uses a hearing aid, his speech is also quite inadequate (Özer, 2001). Individuals who have hearing problems are generally introverted and insensitive to the environment. As a result of these negative behaviors, important problems occur in the socialization of the hearing-impaired individual. While communicating with others, individuals prefer hearing impaired people like themselves, and as a result, they lead their lives in a narrow framework (Polat, 2009).

Sport is an important activity for individuals to stay healthy and lead a happy life. However, it is more meaningful for people with disabilities. Because people with disabilities face many obstacles at every stage of their lives and must struggle with these obstacles. Therefore, sports can offer them a new lifestyle. Regardless of the type and level of disability of individuals, being engaged in sports activities increases their motivation by making them happy. They can change their perspective on life and

contribute to their socialization (Gürkan, 2013).

Sport performs a very important function in terms of the "integration" aimed to be achieved in special education by enabling disabled individuals to coexist with non-disabled individuals. Flood (2014) explained the psycho-social benefits of sports for the disabled as follows.

- Helps people with disabilities cope with their own disabilities.
- When done regularly, their self-confidence increases.
- Contributes to the development of their selves.
- It enables them to communicate and share easily.
- Helps to increase their motivation.
- It allows them to be tolerant, cooperative and honest.

In many studies, it has been determined that sports activities are a suitable strategic method in terms of positive effects on mental health and improving the psychological functions of the person. Self is an expression of the mental vitality and psychological functions of the individual. The relationship between roles such as the happiness of the individual in his daily life, his success at different stages of his life, his ability to communicate effectively with people, and activities such as sports and exercise has been the subject of many studies (Aşçı, 1997). It has been observed that such activities have the potential to increase the individual's physical ability and self-acceptance (Folkins et al., 1981). In many similar studies, it has been proven that sportive activities have positive effects on the development of self-concept (Willis et al., 1992). As a result, sports could affect the level of self-esteem and that those who do not do sports, being interested in different fields such as music, painting, etc. affect the self-esteem levels of hearing-impaired individuals. Particularly, disabled individuals should be encouraged to participate in both sports and different fields. It should be ensured that he is not excluded from society due to

his disability. Disabled people should integrate into society, and attempts should be made to increase his level of self-esteem. It can be said that new studies with larger sample groups and individuals in different disability groups are needed to reach more detailed and reliable findings on the subject. Therefore, the purpose of this study is to compare the level of self-esteem between hearing-impaired individuals who do sports and do not do sports.

### Materials and Method

In the study, the demographic characteristics of the individuals (gender, age, disability level, disability duration, reason of disability, whether they do sports or not, sports branch) are included. In totally 91 hearing-impaired individuals aged between 15 to 25 years who do sport and do not play sport participated in the study. Participation in the study was based on volunteerism.

The Turkish version of Rosenberg Self-Esteem Scale (RSES) was used to assess participants' self-esteem. RSES is a self-evaluation test developed by Rosenberg (1965). The validity and reliability of the scale were tested by Çuhadaroğlu (1986). This scale, consisting of 63 items and 12 subscales, consists of multiple-choice questions and a 4-point Likert scale. According to this, there is a score between (0-6), 0-1 indicates high self-esteem, 2-4 indicates medium, and 5-6 indicates low (Karademir et al., 2010). Before the application of the survey, the aim to be achieved and how important it is were explained to the participants and information about the survey was given.

### Statistical analysis

The data were entered into the statistical package program SPSS (Statistical Package for the Social Sciences). Statistical analyzes of the data were performed using t-test. The statistical significance level was accepted as  $p < 0.05$ .

### Results

A total of 116 hearing-impaired individuals, 44 of whom do sports and 47

who do not sports, participated in the study between the ages of 18-45.

The mean age of the participants who do sports and participated in the study was  $19.16 \pm 3.18$  years, the mean age of the

participants who do not do sports was  $20.34 \pm 2.91$  years, and there was no difference between them ( $p>0.05$ ). There was no difference between the groups in terms of hearing level ( $p>0.05$ ) (Table 1).

**Table 1.** Socio-demographic characteristics of the participants

|                      | <b>Do sports<br/>(n=44)</b> | <b>Not do sports<br/>(n=47)</b> | <b>t</b> | <b>p</b> |
|----------------------|-----------------------------|---------------------------------|----------|----------|
| <b>Age (year)</b>    | 19.16 $\pm$ 3.18            | 20.34 $\pm$ 2.91                | -1.84    | 0.06     |
| <b>Hearing Level</b> | 62.45 $\pm$ 13.81           | 64.98 $\pm$ 13.33               | -0.88    | 0.37     |

  

|               | <b>n(%)</b> | <b>n(%)</b> | <b>Total</b> |
|---------------|-------------|-------------|--------------|
| <b>Gender</b> |             |             |              |
| Female        | 11(25.0)    | 29(61.7)    | 40(44.0)     |
| Male          | 33(75.0)    | 18(38.3)    | 51(56.0)     |

When the sports branches of the hearing impaired individuals participating in our study are examined, 12 (27.3%) individuals basketball, 6 (13.6%) individuals wrestling, 1 (2.3%) individual volleyball, 3 (6.8%) individuals futsal, 6 (13.6%) individuals football, 3 (6.8%) individuals swimming, 3 (6.8%) individuals table tennis, 3 (6.8%) individuals bowling, 3 (6.8%) individuals cycling, 1 (2.3%) individual tennis, 2 (4.5%) individuals handball, 1 (2.3%) individuals were found to do judo (Table 2).

**Table 2.** The sports branches of the hearing-impaired people who do sports

| <b>Spors Branch</b> | <b>Do sports<br/>(n=44)</b> |
|---------------------|-----------------------------|
| Basketball          | 12(27.3)                    |
| Wresling            | 6(13.6)                     |
| Volleyball          | 1(2.3)                      |
| Futsal              | 3(6.8)                      |
| Football            | 6(13.6)                     |
| Swimming            | 3(6.8)                      |
| Table Tennis        | 3(6.8)                      |
| Bowling             | 3(6.8)                      |
| Cycling             | 3(6.8)                      |
| Tennis              | 1(2.3)                      |
| Handball            | 2(4.5)                      |
| Judo                | 1(2.3)                      |

When the reasons for disability of hearing-impaired individuals who do sports are examined, it is observed that 35 (79.5%) individuals have a congenital disability, 3 (6.8%) individuals due to medical error, 1 (2.3%) individual due to traffic accident, 5 (11.4%) individuals due to other reasons (Table 3).

When the reasons for disability of hearing-impaired individuals who do not do sports are examined, it is observed that 31 (66.0%) individuals have congenital disabilities, 7 (14.9%) individuals are due to medical error, 0 (0.0%) individuals are due to traffic accidents, and 9 (19.1%) individuals due to other reasons (Table 3).

**Table 3.** Reasons for hearing impairment of the participants

| Reasons for disability | Do sports (n=44) | Do not sports (n=47) | Total (n=91) |
|------------------------|------------------|----------------------|--------------|
| Congenital             | 35(79.5)         | 31(66.0)             | 66(72.5)     |
| Medical error          | 3(6.8)           | 7(14.9)              | 10(11.0)     |
| Traffic accident       | 1(2.3)           | 0(0.0)               | 1(1.1)       |
| Other reasons          | 5(11.4)          | 9(19.1)              | 14(15.4)     |

Mean score of Rosenberg Self-Esteem Scale in hearing-impaired individuals who do sport were  $0.84 \pm 0.59$ . Mean score of Rosenberg Self-Esteem Scale in hearing-impaired individuals who do not do sports were  $1.53 \pm 0.77$ . There was a difference for self-esteem levels of the hearing-impaired individuals who do sport and do not play sport, and the hearing-impaired people who did sports had higher self-esteem ( $p=0.000$ ) (Table 4).

**Table 4.** Comparison of the participants' self-esteem levels according to the Rosenberg Self-Esteem Scale scores

| Rosenberg Self-Esteem Scale scores | Do Sports (n=44) | Do not sports (n=47) | t     | p     |
|------------------------------------|------------------|----------------------|-------|-------|
|                                    | $0.84 \pm 0.59$  | $1.53 \pm 0.77$      | -4.74 | 0.000 |

### Discussion and Conclusion

In this study, self-esteem levels were investigated among hearing impaired individuals who do and do not do sports and we found that participation in sports activity improved self-esteem in individual with hearing impairment.

Civan (2015) examined the relationship between quality of life and self-esteem in tennis players with and without disabilities. The authors determined that the quality of life of disabled and non-disabled athletes was high, their self-esteem was moderate, there was no statistical difference between them, author reported that doing sports positively affects self-esteem.

Aslan et al. (2017) reported that self-esteem level of physically disabled adults

who participated in sports were higher compared with physically disabled adults who participated do not sports. Cote-Leclerc et al., (2017) showed that doing sports with wheelchair users has a positive effect on self-esteem, self-efficacy, sense of belonging, participation in a meaningful activity, and society's attitude towards the individual who is a wheelchair user. Comparing the self-esteem of disabled individuals who do and do not do sports, Sherill et al., (1990) reported that young individuals with disabilities who do sports have higher self-esteem than those who do not. The positive effect of an active lifestyle on self-esteem is seen not only in physically disabled people but also in other populations without physical disabilities



(Wilson & Clayton, 2010; Altun et al., 2011). Similer findings explored in a study related adolescents who engaged and didn't engage in sports, it was determined that adolescents who engaged in sports had higher levels of self-esteem than those who didn't engage in sports (Gün, 2006).

The findings of a previous study which investigated the self-esteem of hearing-impaired students according to several variables were there was no statistically significant difference in self-esteem score averages of hearing-impaired students in terms of the gender and participation in sports. On the other hand, there was a difference in favour of those who participate in sports and according to the variable of disability status, there was statistically significant differences in favour of students hearing with the device. Authors stated that the increase in sportive and social activities, which were believed to have positive effects on hearing-impaired athletes, was important in terms of facilitating communication and integration with society and increasing self-esteem (Açak & Karademir, 2011).

The results of our study suggest that participation in sports activity improved self-esteem in individual with hearing impairment. Self-esteem affects the quality of life of the individuals. Previous studies showed that people with disabilities are much more likely of living sedentary than are those without a disability. It is advised that to supported for active lifestyle by participating in sportive activities in order to improve the self-esteem in the individuals with hearing impairment.

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