

THE EFFECTS OF SWIMMING TRAINING PROGRAM ON SELF-ESTEEM LEVELS OF UNIVERSTIY STUDENTS

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Abstract

The purpose of this study is to investigate the effects of swimming training program on the self-esteem levels of the university students attending School of Physical Education and Sport at Duzce University. For that purpose, students joined to a swimming training program with 8-weeks. Self-esteem Scale developed by Rosemberg (1965) was used in the study. All data of the study were analyzed with SPSS 17.0 Package Program. Pairedsimple t test was used to analyze the data, and for all data, level of significance was determined to be 0.05. It was determined that swimming training program with 8-weeks did not effect the self-esteem level of the students in positive direction. This result showed that swimming training program with 8-weeks was not enough to develop self-esteem level of the university students.

Keywords: Swimming Training, Self-esteem, University Students.