

# Analysis of the perceptions of national rowing athletes' hopelessness and self-esteem levels

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## ABSTRACT

The aim of this study is to analyze whether the national athletes' perceptions of hopelessness and their self-esteem levels differ in terms of different variables (age, marital status, and income status, place of residence, educational status, and active national career). The study group of the research consists of 200 active male national rowing athletes. "Beck Hopelessness Scale (BHS)" was used to determine the hopelessness perceptions of the rowers participating in the research, "Rosenberg Self-Esteem Scale (RSE) and the personal information form created by the researcher were used to determine the self-esteem levels. Statistical Package for Social Sciences (SPSS) 22.0 package program was used to analyze the data. Independent Samples T Test was used in binary groups and One-Way ANOVA tests were used in groups of three and above. LSD test was used to determine which groups favor significant differences as a result of One-Way ANOVA. Significance level is accepted as  $p < 0.05$ . According to the results of the research, the level of hopelessness ( $x = 12.32$ ) of the national rowing athletes was found to be moderate and the self-esteem levels ( $x = 29.63$ ) are high. Considering different variables, there is no statistically significant difference in self-esteem levels in terms of hopelessness levels according to age, income status, place of residence, educational status. Moreover, according to marital status variable, there is no significant difference in levels of hopelessness and self-esteem. While there is no significant difference in self-esteem levels according to active national career, statistically significant difference was found in perceptions of hopelessness ( $p < 0.05$ ).

**Keywords:** Hopelessness, self-esteem, national rowing athletes.

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## INTRODUCTION

Sports are performed as part of natural processes involving energy, mind skills, perception processes, rapid decision making, and social qualities as well as the physical. The co-existence of such variables highlights the physical, spiritual and social aspects of sports. The phenomenon of sports has various effects in individuals and communities. They can be spiritual, physical or social. These effects include such personality traits as being loved, loving, and defending the rights of one and others. In addition, it includes the sense of sharing and fighting and competition spirit along with following rules, welcoming wins and losses, adopting primitive impulses in ways adopted by society, being a part of new social situations, making new friends. Pleasure is experienced

by both those who practice sports and watch it (Doğan, 2005).

The definition of the concept of sportsmanship as a legal and professional athlete can be made as; competitive athletes have knowledge and skills in the fields determined by their sports institutions (employers), depending on their pre-determined working hours and under the management and supervision of the employer, that they conduct branch-specific training and competitions, in return, they receive a pre-determined fee and have employment contracts with their clubs (Kaya, 2014).

When it comes to rowing, it is a kind of sport that requires a high degree of muscle strength, endurance,

physiological and psychological competence. During a competition, an athlete must push the limits to the end (Doğhan, 2007). Rowing is one of the few sports in which all major muscle groups are actively used. It is recommended by fitness experts and doctors as an excellent sport in developing prolonged physical condition. When done applying appropriate techniques, even for recreational purposes, it has many health benefits, including increased strength and endurance. Rowing is performed both as a performance and hobby sport in the world. The aim of rowing as a hobby is to play sports in natural environment, learn to move together with others, maintain the shape of the body, share an enjoyable social environment with members gathered for the same purpose (William and Steven, 2008).

As far as personal development is concerned from the point of view of sports, we can say that one's own personal development is not separate from social development. Since sports activities include cultural elements, individuals tend to create their own personality while learning certain social rules, professions and cultures through sports. Since sports is a rule-related activity, it enables individuals to be disciplined (Şahan, 2007).

Such individuals develop a perception called self-esteem which means that the individuals knows themselves, knows what things they can do, and have a realistic view of self, and expresses their feelings for themselves (Çuhadaroğlu, 1986). Self-esteem expresses the personal and holistic feelings of self-confidence or self-acceptance (Leory 1996). According to Decay and Kenny, "self-esteem is the power of motivational resource" This means that the individuals do not see themselves better than they actually are, know what they can do with their own talents and enable others to accept themselves (Adams and Gullotta, 1989). Individuals who do not trust themselves have no sense of self. These individuals have little self-confidence, their creativity is low, they do not research, they are shy (Wells and Marwell, 1976). According to Scheier and Carver (1988), "if events develop due to reasons beyond someone's control, they do not affect self-esteem".

Another important concept related to this study is hopelessness. According to the Turkish Language Institution, the concept of hope is defined as a sense of having positive expectations for the future (<http://www.tdk.gov.tr>). Hopelessness, on the other hand, is expressed as a negative assessment of one's future-related expectations and wishes (Beck et al., 1974:861). People make decisions by acting consciously to be consistent with their environment and themselves, and to be happy. Healthy individuals are aware of these conscious behaviors and develop behaviors to achieve the goals of happiness. Hope includes the belief that plans to achieve a goal will be fulfilled, while hopelessness includes a negative perspective towards the future. Hope and hopelessness are opposite words.

Positive expectations about the future characterize the concept of hope, and negative expectations describe the concept of hopelessness (Dilbaz and Seber, 1993:134). Accordingly, rowing athletes who practice a sport that involves teamwork as well as individual effort tend to develop a higher level of self-esteem. Thus, they also tend to have a more optimistic view of the future.

To sum up, in addition to their physical capacities, their mental and spiritual development is important in the success of national rowing athletes. As for the literature on rowing athletes, this study is valuable in that there is almost no psycho-social field in sports and contribution to sports science in this sense.

## **MATERIALS AND METHODS**

### **Purpose of the study**

This study was carried out to analyze national rowing athletes' self-esteem and hopelessness perceptions according to different variables.

Is there a difference between national rowing athletes' self-esteem and their hopelessness perceptions according to different variables?

### **Model of the study**

Quantitative study method and descriptive research model were used in the study by examining the self-esteem and hopelessness perceptions of national rowing athletes in terms of different variables.

Descriptive research attempts to describe and explain events, objects, assets, institutions, groups and various aspects involved. It aims to explain the interaction between situations taking into account the relationship of existing events with previous events and conditions. What is the situation with research based on this method? Where are we? What do we want to do? Where and in which direction should we go? How do we get there? It is desired to answer such questions based on the data considered to be within the current time section (Kaptan, 1998: 59).

### **Study group**

Study group of the research consists of 200 male national rowers participating in the study voluntarily.

### **Importance of the study**

In addition to both personal and team success, the mental and spiritual development of athletes is also

essential as for achieving success in national and international platforms. National rowing athletes who do intense trainings and have a positive view about themselves and others in addition to potentially being a trainer in future are role models for young athletes in this branch, which adds value to the current study.

In the literature, there are almost no social studies on rowing athletes and this increases the importance of the study with a view to contributing to the psycho-social field in sports sciences.

### Data collection tools

The data is in line with the purpose of the study, and the "Personal Information Form" was applied to obtain various data about national rowing athletes as well as face to face data collection tools of the Rosenberg Self-Esteem Scale (RSE) and Beck Hopelessness Scale (BHS).

### Beck hopelessness scale (BHS)

The scale, developed by Beck et al. (1974) and adapted to Turkish by Seber (1991), consists of 20 expressions and three sub-dimensions (feelings about the future, loss of motivation, expectations about the future). In this study, it was evaluated based on the total hopelessness score. The scale is scored between 0-1. Individuals are asked to mark "no" for expressions that are not suitable for them, and "yes" for those that are. "Yes" to 11 expressions (2, 4, 7, 9, 11, 12, 14, 16, 17, 18, 20) in the scale; "no" to 9 expressions (1, 3, 5, 6, 8, 10, 13, 15, 19) are given 1 point. The scale is minimum 0 and maximum 20 points. The high score shows that hopelessness is high (Savaşır and Şahin, 1997; Tetik and Yurtsever 2018). The recommended score ranges in the interpretation of the scores from this scale are as follows (Tanaka et al., 1998; Ceyhan, 2004):

- 0-3 score range; normal
- 4-8 score range; mildly hopeless
- 9-14 score range; moderately hopeless
- 15-20 score range; highly hopeless

### Rosenberg self-esteem scale (RSE)

This scale is a self-evaluation scale developed by Rosenberg (1965). The validity and reliability the scale was done by Çuhadaroğlu (1986). The scale consists of 63 items and 12 subscales. The Rosenberg Scale is made up of multiple-choice questions under the categories of a sense of self-worth, continuity of the concept of self, trust in people, sensitivity to criticism, depressive affect, dreams, psychosomatic

symptoms, and feelings of threats in interpersonal relationships, degree of participation in discussions, parental interest, and relationship with father, and psychic isolation (Çuhadaroğlu, 1986:72). In this study, the self-esteem subscale covering the first 10 items of the inventory was used.

Items belonging to other subtests other than self-esteem subtest are evaluated according to the answer key and a "1" score is given to the correct answer. In the self-esteem subtest, 10-item questions are graded according to the "strongly agree" level and the "strongly disagree" level. To evaluate the test: 1.2.4.6.7. items: Strongly agree = 4, Agree = 3, Disagree = 2, Strongly disagree = 1; and in the items of 3.5.8.9.10. ; Strongly agree = 1, Agree = 2, Disagree = 3, Strongly Disagree = 4, and the scores that can be obtained from the scale vary between 10 and 40 (Oğurlu, 2006: 68).

### Data analysis

Statistical Package for Social Sciences (SPSS) 22.0 package program was used for the analysis of the data obtained. Independent Samples T-Test was used in binary groups and One-Way ANOVA tests were used in groups of three and above. LSD test was applied to determine the possible groups having significant differences depending on the One-Way ANOVA results. Significance level was accepted as  $p < 0.05$ .

## RESULTS

According to the data given in Table 1, 26.5% (n = 53) of the sample is under the age of 18, 42.5% (n = 85) of the age of 18-22 and 31% (n = 62) consists of athletes aged 23 and above.

6.5% of participants (n = 13) is married and 93.5% (n = 187) is single. The levels of income are as follows: 48.5% of athletes (n = 97) 1450 TL or less and 28% (n = 56) 1451-2350 TL, 16.5% (n = 33) 2351 to 3000, 7% (n = 14) 3001 TL and more.

21% (n = 42) village-towns, 29.5% (n = 59) county, 21% (n = 42) city and 28.5% (n = 57) live in metropolitan cities. 8.5% of athletes (n = 17) primary, 26% (n = 52) high school, 61.5% (n = 123) under-graduate and 4% (n = 8) is seen to be a graduate when it comes to education level variable. When we look at the active national career period of the athletes participating in the research, 73% (n = 146) stated that they are actively national rowing athletes for 1-3 years, 27% (n = 54) for 4 years or more.

In general, level of hopelessness of the national rowing athletes (BHS) ( $x = 12.32$ ) is moderate and the level of self-esteem is (RSE) ( $x = 29.63$ ).

When Table 2 is examined, there is no significant difference between the national rowing athletes'

**Table 1.** Demographic features of participants.

		N	%	BHS X	RSE X
Age	Under 18	53	26.5		
	Between 18-22	85	42.5		
	23 and above	62	31.0		
Marital status	Married	13	6.5		
	Single	187	93.5		
Level of income	1450 TL and less	97	48.5		
	1451-2350 TL	56	28.0		
	2351 -3000 TL	33	16.5		
	3001 and more	14	7.0		
Place of residence	Village-Town	42	21.0	12.32 (Moderate)	29.63 (High)
	County	59	29.5		
	City	42	21.0		
	Metropolitan	57	28.5		
Education level	Primary	17	8.5		
	High School	52	26.0		
	Under-graduate	123	61.5		
	Graduate	8	4.0		
Active national career	1-3 years	146	73.0		
	4 or more	54	27.0		

**Table 2.** Comparison of self-esteem and hopelessness perceptions by age variable one-way ANOVA test results.

		N	M	S.D	Min	Max	F	P	Difference
Hopelessness	Under 18	53	12.3019	3.72406	4.00	20.00	.661	.517	
	Between 18-22	85	12.6471	3.62763	3.00	20.00			
	23 and above	62	11.9032	4.31053	2.00	20.00			
	Total	200							
Self-esteem	18	53	27.4340	6.10646	18.00	59.00	6.724	.001	* Above 23 - under 18 * Under 18, 22-18
	Between 18-22	85	30.7176	4.75498	21.00	40.00			
	23 and above	62	30.0323	5.00153	19.00	40.00			
	Total	200							

perceptions of hopelessness by age variable ( $P = .517$ ). There is a statistically significant difference in self-esteem levels ( $P = .001$ ) between the ages of 18-22 and under 18, in favor of 18-22, and between 23 and over and under 18, in favor of the above 23 ( $p < 0.05$ ).

As shown in Table 3, when the self-esteem ( $P = .384$ ) and hopelessness perceptions ( $P = .780$ ) of rowing athletes are compared according to their marital status, there is no statistically significant difference between the groups.

When Table 4 is examined, there is no significant difference in the perception of hopelessness according to the income status variable of national rowing athletes ( $P = .226$ ). There is a statistically significant difference in self-esteem levels ( $P = .028$ ) between 1450 TL and 2351-3000 TL in favor of 1450 TL ( $p < 0.05$ ).

When Table 5 is examined, there is no significant difference in the perception of hopelessness according to the place variable where the national rowing athletes live ( $P = .870$ ). There is a statistically significant difference in

**Table 3.** Comparison of self-esteem and hopelessness perceptions according to marital status variable independent samples T-test results.

		<b>N</b>	<b>M</b>	<b>S.D</b>	<b>p</b>
Self-esteem	Married	13	29.231	5.3565	.384
	Single	187	29.503	5.3800	
Hopelessness	Married	13	13.230	3.7003	.780
	Single	187	12.262	3.8828	
	Total	200			

**Table 4.** Income status by variable self-esteem and hopelessness perceptions comparison one-Way ANOVA results.

		<b>N</b>	<b>M</b>	<b>S.D</b>	<b>Min</b>	<b>Max</b>	<b>F</b>	<b>P</b>	<b>Difference</b>
Hopelessness	1450 TL and less	97	12.0619	3.58764	3.00	20.00	1.462	.226	
	1451-2350 TL	56	13.1964	3.81108	7.00	20.00			
	2351-3000 TL	33	12.0303	4.44751	2.00	20.00			
	3001 TL +	14	11.3571	4.36079	2.00	19.00			
	Total	200							
Self-esteem	1450 TL and less	97	30.2371	4.92606	19.00	40.00	3.095	.028	*less than 1450 TL- 2351-3000 TL
	1451-2350 TL	56	30.2857	6.22229	18.00	59.00			
	2351-3000 TL	33	27.3333	4.29146	21.00	36.00			
	3001 TL +	14	28.2857	5.70329	19.00	38.00			
	Total	200							

**Table 5.** One-way ANOVA test results of self-esteem and hopelessness perceptions according to where they live.

		<b>N</b>	<b>M</b>	<b>S.D</b>	<b>Min</b>	<b>Max</b>	<b>F</b>	<b>P</b>	<b>Difference</b>
Hopelessness	Village-Town	42	12.0476	3.98749	6.00	20.00	.237	.870	
	County	59	12.3051	3.81130	2.00	20.00			
	City	42	12.7381	3.55486	7.00	19.00			
	Metropolitan	57	12.2456	4.13297	2.00	20.00			
	Total	200							
Self-esteem	Village-Town	42	27.6667	5.23435	18.00	40.00	3.323	.027	* Metropolitan Village-Town
	County	59	29.9153	4.48864	19.00	40.00			
	City	42	29.4762	7.13712	21.00	59.00			
	Metropolitan	57	30.9123	4.40892	19.00	40.00			
	Total	200							

self-esteem levels ( $P = .027$ ) between Metropolitan and Village-Town in favor of those living in the Metropolitan ( $p < 0.05$ ).

When Table 6 is examined, there is no significant difference in the perception of hopelessness ( $p = .982$ ) according to the educational status of national rowing athletes. There is a statistically significant difference in self-esteem levels ( $p = .000$ ) between under-graduates and high school and primary school graduates in favor of under-graduates ( $p < 0.05$ ).

When Table 7 is examined, there is no significant

difference in the self-esteem levels of the national rowing athletes according to the active nationality variable ( $P = .923$ ). There is a statistically significant difference in the perception of hopelessness ( $p = .030$ ) in favor of those with 1-3 years of national athletes and those with 4-5 years of national athletes ( $p < 0.05$ ).

## DISCUSSION AND CONCLUSION

People tend to act consciously and make decisions to be

**Table 6.** Self-esteem and hopelessness perceptions according to the educational status variable one-way ANOVA test results.

		<b>N</b>	<b>M</b>	<b>S.D</b>	<b>Min</b>	<b>Max</b>	<b>F</b>	<b>P</b>	<b>Difference</b>
Hopelessness	Primary	17	12.4118	2.69395	7.00	18.00	.056	.982	
	High School	52	12.1346	4.07300	4.00	20.00			
	Under-graduate	123	12.3902	3.95805	2.00	20.00			
	Graduate	8	12.3750	3.85218	9.00	19.00			
	Total	200							
Self-esteem	Primary	17	25.0000	3.84057	18.00	31.00	11.496	<b>.000</b>	* Under-graduate – Primary, High School
	High School	52	28.0192	5.73428	21.00	59.00			
	Under-graduate	123	31.1545	4.81635	19.00	40.00			
	Graduate	8	26.6250	4.30739	21.00	33.00			
	Total	200							

**Table 7.** Comparison of self-esteem and hopelessness perceptions according to active national career period variable independent samples t-test results.

		<b>N</b>	<b>M</b>	<b>S.D</b>	<b>P</b>
Hopelessness	1-3 years	146	12.6849	3.71531	.030
	4-5 years	54	11.3519	4.13981	
	Total	200			
Self-esteem	1-3 years	146	29.6575	5.31418	.923
	4-5 years	54	29.5741	5.55454	
	Total	200			

in harmony with their surroundings and themselves. Healthy individuals are aware of their conscious behaviors, and they develop behaviors to achieve their goal of happiness. Hope includes the belief that plans to achieve a goal will be met, while hopelessness includes a negative perspective towards the future. Self-esteem is the acceptance of individuals by recognizing their own personalities and accepting their feelings and behaviors. The fact that the young people who are the guarantee of our future, grow up as individuals with low level of hopelessness and higher self-esteem will contribute to the development of the country. In this sense, that national rowing athletes are raised as individuals with high self-esteem who look to the future with hope increases the importance of this study. In our study, it is thought that determining the levels of hopelessness and self-esteem of national rowing athletes in terms of different variables will contribute to the field of sports sciences.

Considering the findings obtained from the study, it can be said that generally, in this study it was found that rowing athletes have a moderate hopelessness towards the future whereas they have a high level of self-esteem. 26.5% (n = 53) of the study group consists of athletes under the age of 18, 42.5% (n = 85) of the athletes between the ages of 18-22 and 31% (n = 62) of 23 and

over. 6.5% (n = 13) of the participants in the study are married and 93.5% (n = 187) are single. 48.5% of the national athletes (n = 97) 1450 TL and below, 28% (n = 56) 1451-2350 TL, 16.5% (n = 33) 2351-3000 TL, 7% (n = 14) have an income of 3001 TL and more. 21% (n = 42) of the national rowers participating in the study are in village-town, 29.5% (n = 59) in county, 21% (n = 42) in city and 28.5% (n = 57) lives in metropolitan cities. 8, 5% (n = 17) primary education, 26% (n = 52) high school, 61.5% (n = 123) under-graduate and 4% (n = 8) graduate students according to the educational status variable. When we look at the active nationality period of the athletes participating in the study, 73% (n = 146) stated that they are actively national rowing athletes for 1-3 years, 27% (n = 54) for 4 years or more. In general, national rowing athletes' sense of hopelessness (BHS) ( $x = 12.32$ ) was found to be moderate and self-esteem levels are (RSE) ( $x = 29.63$ ). According to the average values of the scales, it can be said that the national rowing athletes are moderately hopeless and have a high degree of self-esteem.

In the current study, we found that the national rowing athletes in the study group are moderately hopeless about the future, but have a high degree of self-esteem. It decreases the expectations of the national rowers about their forward-looking branches, which do not satisfy them

in terms of recognition and financial return. These low expectations and thoughts can be said not to increase the levels of hopelessness. Moreover, the high self-esteem levels can be explained by their individual training due to the rowing branch and in this case accepting their own self, loving their self and thinking that they are happy with it.

Additionally, there is no significant difference in the perception of hopelessness according to the age variable of the national rowing athletes ( $P = .517$ ). There was a statistically significant difference in self-esteem levels ( $P = .001$ ) between the ages of 18-22 and under 18 in favor of 18-22 and in the favor of over 23 and below 18 (under <18) ( $p < 0.05$ ). While the ages of the athletes in our study group did not show any difference in their hopelessness levels as they get older, it is seen that they know their selves, love their selves and have high self-esteem.

In a study similar to ours, Aygün (2018) did not find a significant difference in age groups in her study where elite ice hockey athletes were examined regarding their self-esteem levels. It was determined that the self-esteem point averages of the athletes between the ages of 19-21 were higher than the other age groups with no significant difference and this result is higher among the athletes between the ages of 22-24 and 25-27. In another study, Özdemir (2019) examined 537 amateur footballers' self-esteem levels across Turkey and reached the conclusion that the self-esteem levels footballers over 25 are statistically meaningful compared to footballers between the ages of 21-25.

Considering the athletes in both studies mentioned above in that these athletes are in sports of ice hockey and football which involve high physical capacity, it can be said that as the athletes get older, their levels of self-esteem increase and this data supports our study in this sense.

Karademir et al. (2010), in their studies titled Self-Esteem and Emotional Intelligence in Students Attending the Special Ability Exam in the Department of Physical Education and Sports point out that the age variable affects self-esteem levels even though they found that there is a significant difference in the self-esteem levels in favor of the under-18.

When the self-esteem ( $P = .384$ ) and perception of hopelessness ( $P = .780$ ) of the national rowing athletes are compared according to their marital status, there is no statistically significant difference between the groups. It turns out that whether the national rowing athletes in the study group are married or single does not affect the levels of hopelessness and self-esteem. The marital status of athletes can be said to have an insignificant effect on their optimism for the future and self-esteem.

Moreover, in a study conducted by Aydoğan and Bardakçı (2017) in cooperation with FIFA and TFF in Trabzon with Turkey Women's Soccer National Team technical staff and 19 women's teams coaches working in

Turkish Women's Football League, it was concluded that there is no statistically significant difference between the marital status variable and self-esteem variable, which is in line with our results. This study shows that marital status is not a significant point to influence the happiness and self-esteem of woman coaches.

While there is no statistically significant difference in the perception of hopelessness according to the income status variable of the national rowing athletes ( $P = .226$ ), there is a statistically significant difference between 1450 TL and 2351-3000 TL in favor of 1450 TL. In the study of Tiryaki (2020) Amateur Football Players' Self-Esteem Levels, it was found that there is a statistically significant difference between 501-1250 TL and 1251-2000 TL in favor of 501-1250 TL. Mollaoğlu and Altuğ (2013), in their study on Self-Esteem and Assertiveness Levels of University Students Doing Sports and Non-Exercising, found that the amount of income levels of individuals varied significantly in self-esteem and assertiveness levels. As the amount of money spent increased, they found a significant difference in the increase of self-esteem and assertiveness levels. As the participants in this study are students, they seem to be unaffected by whether they have a high or low income in terms of expectation for the future. In contrast, the fact that they do not get affected by their income variations seems to improve their self-esteem levels.

Contrary to the findings of our study, Mollaoğlu and Altuğ (2013) found that income levels of individuals have a significant effect on their self-esteem and assertiveness. It was pointed out that with more money spent, individuals have a higher level of assertiveness.

Aydoğan (2012) in a study on professional footballers' relationships between organizational justice perceptions and self-esteem and job satisfaction found that the differences in income levels of professional football players have an influence on their self-esteem levels. It was determined that footballers with higher income levels had a level of higher self-esteem.

In these studies, self-esteem levels increase as income level increases. As the income levels of the athletes in our study group decreased, the result of self-esteem increased. Hence, it can be said that the results of these studies are in line with the results of our study to a certain extent.

While there is no significant difference in the perception of hopelessness according to the place of residence variable where the national rowing lives ( $P = .870$ ), there is a statistically significant difference in the self-esteem levels ( $P = .027$ ) in favor of those living in the Metropolitan.

In their study of the analysis of the eating attitudes, self-esteem and personality traits of elite and amateur footballers aged 15-17, Sarıbaş et al. (2019) found that according to the place of residence, the scores of the participants who spent most of their lives in the village were found to be significantly higher at self-esteem

levels. According to the variable of the place where the athletes in our study group live, the people living in the metropolitan have higher self-esteem levels than those living in the village-town.

There is no significant difference in the perception of hopelessness ( $p = .982$ ) according to the educational status of national rowing athletes. However, there is a statistically significant difference in self-esteem levels ( $p = .000$ ) between under-graduates and high school and primary school students in favor of under-graduates. Abbasoğlu and Öncü (2013) in their studies examining the self-esteem levels of prospective physical education teachers found that the level of education varies significantly with their self-esteem levels. Tufan (1989) in his study comparing the educational status of university students with their self-esteem determined that there is a positive relationship between educational experiences and self-esteem. In the study that differs with the results of our study, Tiryaki (2020) could not find a significant difference in the self-esteem levels of amateur footballers depending on their educational levels. While there is no significant difference in the self-esteem levels of the national rowing athletes according to the active national career variable ( $p = .923$ ), considering those who are national athletes for 1-3 years and those who are 4-5 years national athletes in their perception of hopelessness ( $p = .030$ ), there is a statistically significant difference in favor of the national athletes for 1-3 years.

Kırkbir (2019), in a study titled "Analysis of Self-Esteem Levels of Athletes Concerning Fitness Sport", determined that self-esteem levels of athletes interested in fitness sport did not differ significantly according to the duration of fitness.

Açak and Kaya (2015) analyzed the self-esteem and aggression levels of hearing impaired and non-impaired football players. Based on the results, it was determined that there is no significant relationship in terms of self-esteem average scores and aggression levels according to the variables of self-esteem of years of doing sports. It can be seen that these studies support our study.

In conclusion, it was found that there is no direct proportional relationship between the hopelessness perceptions and self-esteem levels of rowing national athletes in our study group. Additionally, in terms of different variables (age, marital status, income status, place of residence, educational status, and duration of active national career), there is no significant difference in terms of the duration of active national career, but there is a difference in other variables. While there is no significant difference in self-esteem levels according to the active national time variable, statistically significant difference is found in other variables. There are almost no studies in the psychosocial field in sports related to rowing national athletes in Turkey. It is thought that the research can contribute to the sports science literature, support the spread of Olympic rowing sport to the people and provide benefits to the whole Turkish sport.

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