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# The Relation of Self-Efficacy, Self-Esteem and Assertiveness Levels in Terms of Gender and Duration of Experience in Handball Players

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## **Abstract**

The aim of this study is to compare the relations of self-efficacy, self-esteem and assertiveness level in handball players in terms of gender and duration of experience.

311 handball players participated to this study voluntarily and to select them simple random sampling technique was used. The sample comprised 150 female and 161 male handball players. The average age of the participants is  $16,09 \pm 2,17$ .

The Self-Efficacy Scale, the Stanley Coopersmith Self-Esteem Inventory (SEI) and the Rathus Assertiveness Inventory (RAE) were used in collecting the data. In the analysis of data, the effect of independent variables on the levels of self-esteem and assertiveness in pairs T test was used, in more than two groups one way ANOVA and when the analysis of variance was significant at 0.05 level LSD (Least Significant Difference) analyses were used as post-hoc test in analyzing the data.

According to the research data, there was a significant difference at a level of mean scores of self-esteem and self-efficacy ( $p < 0.05$ ). However, no significant difference was found in mean scores level of assertiveness ( $p > 0.05$ ).

As a result, the levels of self-efficacy, self-esteem and assertiveness in handball players are important in terms of gender and years of experience.

**Keywords:** Handball player, Self-Efficacy, Assertiveness, Self-Esteem, Gender, Years of Experience