



# III. International Exercise and Sport Psychology Congress

**ΨTANBUL**  
23-25 October 2015



**CONGRESS PROCEEDINGS**

**III. INTERNATIONAL EXERCISE and SPORT PSYCHOLOGY CONGRESS**  
**23-25 October 2015, İstanbul**

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# Acknowledgments

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**P40 Self-Efficacy, Self-Esteem and Assertiveness Level Relationship in Terms of Gender and Time of Experience in Amateur Dancers**

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The purpose of this study is to compare self-efficacy, self-esteem and the level of assertiveness in terms of gender and time of experience in amateur dancers. 187 amateur dancers participated in this research. A simple random sampling technique was used for the selection of amateur dancers. 101 women, 86 men participated in the research as voluntary. The average age of participants is  $28,06 \pm 10.56$ .

Datas were derived from dancers by applying Self-Efficacy Scale, Stanley Coopersmith Self-Esteem Inventory (SEI) and Rathus Assertiveness Inventory (RAE). The analysis of data for the effect of independent variables on the self-esteem and assertiveness levels in more than two groups is used one-way ANOVA and paired groups t-test, analysis of variance proved to be significant at 0.05 level ( $p < 0.05$ ) cases, post-hoc LSD test (least significant Difference) is used. According to research data, there is a significant difference in the mean scores of self-esteem levels ( $p < 0.05$ ), there is a significant difference in the mean scores of self-efficacy levels ( $p < 0.05$ ), there is not a significant difference in the mean scores of assertiveness levels ( $p > 0.05$ ).

As a result, self-efficacy, self-esteem and the level of assertiveness in terms of gender and lenght of experience are important in amateur dancers.