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**BODY PERCEPTIONS, LIFE SATISFACTIONS AND SELF ESTEEM OF
BODY BUILDERS IN TURKISH REPUBLIC OF NORTHERN CYPRUS**

PREPARED BY

IZLEM DOYGUN

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SUPERVISOR

YRD. DOC. DENİZ ERGÜN

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YAKIN DOĞU ÜNİVERSİTESİ
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SOSYAL BİLİMLER ENSTİTÜSÜ
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Izlem Doygun

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MASTER THESIS

**Self-Esteem, Life Satisfaction and Body Perceptions of Bodybuilders in Turkish
Republic of Northern Cyprus**

Prepared by

İzlem DOYGUN

Examining Committee in Charge

Asst. Prof. Dr. İrem ERDEM ATAK

Chairman of the Committee
Near East University

Department of Psychology

Asst. Prof. Dr. Deniz ERGÜN

Near East University

Department of Psychology

(Supervisor)

Asst. Prof. Dr. Ayhan ÇAKICI EŞ

Near East University

Department of Psychology



Approval of the Graduate School of Sciences
Assoc. Prof. Dr. Mustafa SAĞSAN

ABSTRACT

In this study, the aim was to investigate the body perceptions, life satisfaction and self-esteem of body builders in Turkish Republic of Northern Cyprus. 121 men between ages of 18-35, was taken as participants in three groups; body builders, football players and men which do not participate in any type of physical exercise. Survey method was used as a research design. The participants completed a questionnaire consisting of 4 scales; a sociodemographic form which includes questions about participants' exercise habits, Rosenberg Self-Esteem Scale, Satisfaction with Life Scale and Body Image Scale. The questionnaires was filled in as self-report. All participants participated to the study voluntarily. This study was carried out between March and May 2016 in North Cyprus. The data collected was analyzed with Statistical Package for Social Sciences (SPSS). According to the analysis there was no significant difference between the self esteem of the participants in all 3 groups. It was found that bodybuilders scored higher in Body Image Scale, than non-athletes which showed that bodybuilders are happier with their bodies compared to non-athletes. Also the results of Satisfaction with Life Scale showed that bodybuilders have higher life satisfaction than football players.

Keywords: *Bodybuilding, Body Perception, Satisfaction with Life, Self-Esteem*

ÖZ

Bu arařtırmada, Kuzey Kıbrıs Türk Cumhuriyeti'nde vücut geliştirme sporu ile ilgilenen erkek bireylerin, futbol oynayan ve hiçbir spor dalı ile ilgilenmeyen erkek bireylerle kıyaslanması yapılarak vücut algılarının, yaşam doyumlarının ve özgüvenlerinin incelenmesi amaçlanmıştır. Vücut Geliřtirmeci, futbolcu ve spor yapmayan erkek olmak üzere, Kuzey Kıbrıs'ta yaşamakta olan, yaşları 18-35 yaş arası toplam 121 erkek katılımcı bulunmaktadır. Arařtırmada tarama yöntemi kullanmıştır. Katılımcılara spor alışkanlıkları ile ilgili sorular içeren sosyodemografik form, Rosenberg Benlik Saygısı Ölçeęi, Yaşam Doyum Ölçeęi ve Vücut Algısı Ölçeęini içeren anket formu verilmiş ve katılımcılar bu anket formunu özbildiri řeklinde tamamlamıştır. Anketler Türkçe olup anadili Türkçe olan katılımcılar tarafından doldurulmuřtur. Katılım gönüllülük esasına dayanarak gerçekleřmiştir. Bu arařtırma Mart-Mayıs 2016 ayları arasında, Kuzey Kıbrıs Türk Cumhuriyeti'nde yürütölmüřtür. Toplanan veriler Statistical Package for Social Sciences (SPSS) adlı bilgisayar programı aracılıęı ile analiz edilmiştir. Analiz sonucunda 3 grup arasında özgüven anlamında anlamlı bir fark çıkmazken, vücut geliřtirmeci erkeklerin Vücut Algısı Ölçeęi puanlarının spor yapmayan erkeklere oranla daha yüksek olduęu gözlemlenmiştir. Buna göre vücut geliştirme yapan erkekler hiç spor yapmayanlara kıyasla vücutlarından daha çok memnun oldukları ortaya çıkmıştır. Ayrıca Yaşam Doyum Ölçeęi puanlarına bakıldığında vücut geliřtirmecilerin yaşam doyumlarının futbolculara oranla daha yüksek olduęu görölmektedir.

Anahtar Kelimeler: *Vücut Geliřtirme Sporü, Vücut Algısı, Yaşam Doyum, Özgüven*

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TABLE OF CONTENTS

	PAGE
DECLARATION	ii
APPROVAL PAGE.....	iii
ABSTRACT.....	iv
ÖZ.....	v
ACKNOWLEDGEMENT.....	vi
TABLE OF CONTENTS	vii
LIST OF TABLES.....	viii
1. INTRODUCTION.....	1
2. LITERATURE REVIEW.....	5
2.2. Physical Exercise.....	5
2.3. Body Building.....	6
2.4. Self-Esteem.....	7
2.5. Body Image.....	8
2.6. Life Satisfaction.....	9
3. METHOD.....	10
3.2. Aim.....	10
3.3. Hypothesis.....	10
3.4. Procedure.....	10
3.5. Sample.....	10
3.6. Instruments.....	11
3.7. Data Analysis.....	12
4. RESULTS.....	13
5. DISCUSSION.....	23
6. CONCLUSION.....	25
REFERENCES	
APPENDIX	

LIST OF TABLES

Table 1 The Kruskal Wallis-H Test Results of Ages of the Sample.....	13
Table 2 Demographic Characteristics of the Sample.....	13
Table 3 Physical Activity Characteristics of the Sample.....	14
Table 4 Demographic Characteristics of the Bodybuilders.....	15
Table 5 Comparison of Occupation of three groups.....	16
Table 6 Comparison of Marital Status of three groups.....	16
Table 7 Comparison of Education Level of three groups.....	17
Table 8 Comparison of Economic Status of three groups.....	17
Table 9 Comparison of Where The Participant Lives of three groups.....	18
Table 10 Comparison of Frequency of Exercise of Bodybuilders and Football Players.....	18
Table 11 Comparison of Duration of Exercises of Bodybuilders and Football Players...	19
Table 12 The Kruskal Wallis-H Test Results of the Comparison of Rosenberg Self-Esteem Scale Scores Between three groups.....	19
Table 13 The Kruskal Wallis-H Test Results of the Comparison of Satisfaction with Life Scale Scores Between three groups.....	20
Table 14 The Kruskal Wallis-H Test Results of the Comparison of Body Image Scale Scores Between three groups.....	20
Table 15 Mann Whitney-U Test Results of the Comparison of Rosenberg Self-Esteem Scale Scores Between Bodybuilders and Non-athletes.....	21
Table 16 Mann Whitney-U Test Results of the Comparison of Rosenberg Self-Esteem Scale Scores Between Bodybuilders and Football Players.....	21
Table 17 Mann-Whitney U Test Results of the Comparison of Satisfaction with Life Scale Scores Between Bodybuilders and Football Players.....	22
Table 18 Mann-Whitney U Test Results of the Comparison of Body Image Scale Scores Between Bodybuilders and Non-athletes.....	22

1. INTRODUCTION

Body building is a sport which is getting more popular every day. It is defined as a sport which the athletes lift weights to build a muscular and symmetrical body (Faganel & Tusak, 2005). Although it first became popular in the 1970s as a male sport in America (Wiegers, 2005), females are also interested in body building nowadays. Body building is strict sport that needs quality dieting and serious amount of training. Men try to obtain a hypermasculine, mesomorphic, strong male body with wide chest, narrow waist and wide shoulders with maximum strength, fitness and high-class body mass (Faganel&Tusak, 2005, p.55).

Origins of bodybuilding goes back to nineteenth century. Desired muscular body with a thin waist, wide chest and shoulders could be seen in the ancient Grecian men figures. A man called Eugen Sandow is the Pioneer of this culture in Western Europe, U.S.A., South Africa and Australia (Ballard, 1998). Sandow was a Prussian who lived years between 1867-1925 and started showing up his masculine body as an artwork and after spread out bodybuilding culture (Mosley, 2008). In 1994 Chapman mentioned that according to Sandow, anyone –male or female- could maintain a muscular and symmetrical body throughout physical exercise (Ballard, 1998).

After social figures came out in the media like Sylvester Stallone and Arnold Schwarzenegger, desire for bodies that symbolize masculinity and strength increased. In the last decade new fenomenons like Vin Diesel, Dwayne Johnson and Terry Crews became popular.

Feldmen in 1991 discussed that “hard man” era came out with the industrial revolution when strong men were needed for hard jobs (Smith & Stewart, 2012). Although bodybuilding is mostly a male activity, female bodybuilders also exist (Mosley, 2008). Both male and female bodybuilding competitions are being organized throughout the World. Strict dieting and heavy exercises are mostly seen in bodybuilding culture. Bodybuilders’ goal is to maintain a muscular body with a wide chest and wide shoulders, narrow waist and high-class body mass. Besides the mass

media, male action toys are getting more muscular in the last few decades (Cafri & Thompson, 2004) effect male children and young men.

Physical activity is defined as the movement of the body by muscles that result in spending energy rather than resting(Carek et. al., 2011, p.16).Again Carek et. al. defined exercise as a subcategory of physical activity that has a purpose, it is planned, structured and repetitive.

In many countries throughout the World, inactiveness is a problem(Oral & Aktop, 2014, p.289). Not being active enough may cause many health problems in the future like obesity, heart disease and other psychological symptoms. Besides the physical benefits to the body, physical exercise has benefits to mind aswell. Exercise has positive effects on mood, anger and anxiety and these are supported in the literature (Hassmén et. al., 2000, p.17). In addition to benefits to health, exercising releases the endorphine hormone which makes the individual to feel good (Ford, 2013, p.5).

Self-esteem can be shortly defined as the feeling of confidence that an individual has towards his self (Türk Dil Kurumu, 2006). Self-esteem was defined by Morris Rosenberg as a stable sense of personal worth and worthiness (Ford, 2013, p.5). A brief definition of self esteem was made by Turk Dil Kurumu as the feeling of confidence that an individual has towards ones self. Omarssons defined self-esteem as the sense of self-value and how much others value onesself (2013).

There are ofcourse many reasons which effect an individuals self-esteem. This research is focused on the relationship between self-esteem, life satisfaction, body perception and physical exercise. Maltby & Day mentioned that physical exercise done for health and pleasure increases self-esteem (Strelan & Hargreaves, 2005, p.495).

Satisfaction with life is defined by Yetim (2001) as all the cognitive evaluations of a person about his own life and wellbeing (Ozgen, 2012, p.6). People with high self-esteem have high satisfaction with their life and are happier individuals (Myers&Diener, 1995).

Life satisfaction term was first suggested by Neugarten in 1961 (Ozgen, 2012, p.1). Shin & Johnson (1978) defined life satisfaction as “a global assessment of a person’s quality of life dependent on the values and criteria deemed important by the individual” (Pettay, 2008, p.1). According to Valois et. al. (2004) satisfaction with life is related to physical activity (Pettay, 2008, p.3).

Many researchers stated that physical activity has a positive influence on both psychological and physical well-being and life satisfaction in every age group (Brown & Frankel, 1993, p.3).

It was mentioned that besides physical activity, good family relations, going on holidays, fine living conditions, being satisfied with the place you live, being close to health-care services, having good neighborhood and having what you expected in life are factors that really effect satisfaction with life (Yirmibesoglu, 2014, p.152). Besides, it was seen that life satisfaction was not associated with age (Brown & Frankel, 1993, p.8).

Body image is a person's perception of physical appearance or sexual attractiveness of their own body. High self-esteem and positive body image lead individuals to have high satisfaction with their lives (Karademir et. al., 2013, 286).

Body-image is defined by Muth & Cash in 1997 as a construct which represent how an individual thinks, feels and behaves about his/hers physical features (Gupta, 2011, p.5).

Body perception is the way a person percieves his/hers physical appearance. Body-esteem is closely related to self-esteem, and in the literature it is also referred to be body image.

There are many similarities between self-esteem and body-esteem, the main difference according to Carter et. al. is that body-esteem referres to how a person feels about and cares for his or her body (Ford, 2013, p.5). According to Lightstone (2001) body image is not static, it is changeable in relation with experience, mood and envirenment (Wagner, 2008, p.5).

Stout and Frame (2004) described the Ideal Male Body Image as strong, muscular and lean with perfect features (Wagner, 2008, p.5). In the literature, many studies have been carried out on women and girls about body perception. Researchers were mainly focusing on females on this topic. Recently, many researchers conducted studies on males (Pickett, 2005, p.217) getting to understand male body perceptions of themselves.

Opposite to women which intend to have a thin body, men try to achieve a muscular body and enlarged body size (Faganel & Tusak, 2005, p.55). Pope et. al. have discussed that muscular male bodies in media in the western cultures have been a reason of interest in evaluation of male body perception (Cafri & Thompson, 2004, p.18). It is a fact that people who participate physical activity are more satisfied with their bodies than physically inactive people (Carraro et. al., 2010, p.173).

Many researches were carried out on body building culture and body builders across the World in the last decades. As it is getting popular throughout the World, body building is getting popular in North Cyprus as well.

According to my observations throughout the media, more and more young men is getting interested in building their bodies. They are registering the fitness clubs, doing heavy exercise, having strict diets and spending money on supplements. In the last few years, it became "fashionable" to have a muscular body. Even though in the literature there are many studies carried out in Turkey and other countries, there is not any psychological researches about body builders living in Turkish Republic of Northern Cyprus. This study will help to understand if body building raises self esteem in men, compared to other men they are more satisfied with their lives or not and if they have a more positive perception of their bodies.

2. LITERATURE REVIEW

2.2. Physical Exercise

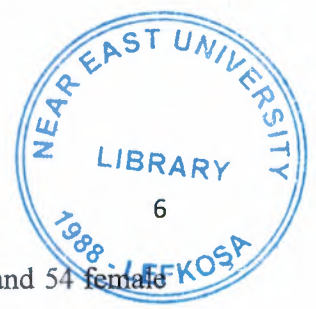
Khazaei et. al. investigated the effects of physical exercise program on happiness among elderly people in 2011 in Iran. 120 people, both male and female ages between 65 to 89 years participated the study. Participants were randomly and equally separated into two groups; control group and experimental group. The experimental group was followed for a 8-week-exercise program and the control group did not participate any kind of physical exercise in this time period. At the end of 8 weeks, the happiness scores showed that the happiness levels significantly increased in the experimental group. This study supports that physical activity has a positive effects on older people aswell.

A similar research was done in the United States with data collected from more than 1.9 million Americans. The results showed that both men and women gain happiness from participating physical activity and men effect more in a positive way (Huang & Humphreys, 2010).

A study conducted by Hassmén et. al. in 2000, showed that physically active people scored lower depression, less suppressed anger, lower stress, higher coherence, felt more socially adapted and perceived themselves as more healthy and fit compared to inactive participants of the study.

Another study which was carried out in the United States, showed that there is a relationship between physical activity and emotional self efficacy in adolescents; low physical activity resulted with low emotional self efficacy (Valois et. al., 2008, p.325).

A research was carried out with the HIV-positive patients in Brazil about the effects of physical exercise in the perception of life satisfaction and immunological function. The results showed that the exercise program did not cause any physical harm to the subjects, besides, physical exercise caused a significant improve in their perception of life satisfaction (Gomes et. al., 2010).



A study was conducted in Turkey by Karademir et. al. 106 male and 54 female weightlifters participated the study, the aim was to investigate their self-esteem, life satisfaction and body perception. Results show that there is a positive correlation between these three variables. Additionally it was noted that life satisfaction and body perception has a meaningful effect on self-esteem (Karademir et. al., 2013, p.291).

Another research carried out with Turkish elderly women in Turkey reported that physical activities are strongly correlated with life satisfaction (Yirmibesoglu, 2014, p. 152). Effect of recreational physical exercise on depression and assertiveness levels of university students was investigated by Tekin et. al. in Turkey. A total of 30 students were in the control group and 30 students completed an 8 week exercise program as the experimental group. Test retest results of the participants who completed the 8 week exercise program proofs that attending physical exercise has a positive effect on depression and assertiveness (Tekin et. al., 2009, p.155).

In a study the results showed that most frequent types of exercise in males are lifting weights, using fitness machines at the gym, walking, jogging and playing sports and in females are walking, jogging and playing sports. Both males and females responded the reason for exercise question as health and fitness (Strelan & Hergreaves, 2005, p.498).

2.3. Bodybuilding

In a research that body builders, other athletes and non-athletes were compared, it was found that Slovene body builders had significantly high positive body image and that they were satisfied with themselves (Faganel&Tusak, 2005, p.57). Another study which was carried out in Azerbaijan showed similar results (Yavari, 2013, 7).

A research done with 120 men in the United states in three groups; competitive body builders, non-competitive weight gainers and athletically active men showed that both competitive body builders and weight gainers were more satisfied with their physical appearance than athletically active men, espeically with their upper part of their bodies and muscle strength (Pickett et. al., 2005, p.220).

2.4. Self-Esteem

There are many studies carried out in the literature about self-esteem and body perception, as many researchers agree on that body perception is one of the strongest factors that effect self-esteem. In 9 countries across the World, the correlation between self-esteem and perceived appearance among both male and female children and adolescents was found as 0.65 and 0.62 (Gupta, 2011, p.12). Adolescent which have low self-esteem value themselves less and tend to think themselves as noone (Gupta, 2011, p.14).

It is found that there is a correlation between high self-esteem and positive life outcomes, low self-esteem and negative life outcomes (Omarssons, 2013).

According to a study carried out by Maltby and Day in 2001, physical exercise increases self-esteem. In a research carried out with Turkish weightlifters, it was found that satisfaction with life and positive body image perception has statistically meanful effect on their self-esteem (Karademir et. al., 2013, 291).

A study was conducted in Canada with the participation of a total of 127 male and female, elementary, high school and university students about the relationship of self-esteem and body satisfaction to exercise activity. Results showed that high exercisers had higher self-esteem than the low exercisers (Frost & McKelvie, 2005).

Furnham et. al. carried out a research in England with 12-13 year old both male and female students about gender differences in eating attitudes, self-esteem and reasons for exercise. The results agreed with previous studies in the literature; body satisfaction is highly correlated with self-esteem (Furnham et. al., 2002).

2.5. Body Image

Dorak, in his study carried out in Turkey about the effect of a physical exercise program in adults on satisfaction with life, self-esteem, healthy lifestyle behaviours and perceived social support found that, there was a significant increase in self-esteem of the experimental group which participated a 12 week exercise program when there was not a significant change in the self esteem levels of the control group which did not participate in any physical exercise program (Dorak, 2015, p. 475). There are many more researches which support the idea that there is a strong correlation between self-esteem and body perception

In Australia, a study was conducted with participation of 153 people both male and female aged between 18 and 35 years old. The aim was to investigate the reasons for exercise and body esteem. All the participants voluntarily filled in a five-part questionnaire consisting of exercise habits questions, Reasons for Exercise Inventory, Self-Objectification Questionnaire, Body Esteem Scale for Adolescents and Adults and Self-Esteem Scale. It was found that men scored higher body-esteem than women but there was no significant difference between the self-esteem scores between men and women (Strelan & Hergreaves, 2005, p. 499).

Effects of a single session of physical exercise on body state image was investigated in Italy. Participants were both male and females between the age 14 and 78 which participated the study voluntarily and Body Image States Scale was used as a measure besides the demographic data. The Body Image State Scale was filled by the participants for 3 times; 1 hour before a physical activity, just before the start and at the end of the activity. The results showed a significant increase at the third measures in the whole sample, proving that a single session of physical exercise has a positive effect on body image (Carraro et. al., 2010).

2.6. Life Satisfaction

In 2004, Abe carried out a cross-cultural research which he found out that self esteem is the most significant variable that effects life satisfaction (Karademir et. al., 2013, p.286).

In 2009, a study was conducted in Taiwan with 211 both male and female participants aged 40 years and above, contestants from Taiwan Evergreen Table Tennis Championship and other citizens. The aim was to investigate the effect of participation in table tennis on physical self-concept and life satisfaction of middle aged individuals. In the analysis of results, it was clearly seen that individuals who participated in table tennis had higher life satisfactions ($p < 0.001$) compared to non-exercisers (Chang-Yong et. al., 2011).

A research was carried out to investigate leisure physical activity and life satisfaction in Canada. It was seen that there was a positive and significant correlation between leisure physical activity and life satisfaction in the whole sample, but more significant in females.

There are studies which were conducted in Turkey about life satisfaction and physical exercise as well. One of these studies is conducted with 141 male and female physical education and sport students, aimed to explore the relationship between emotional intelligence, social physique anxiety and life satisfaction. Findings showed that female students scored higher life satisfaction and optimism than male students (Ungur & Karagozoglu, 2013, p117).

Again a study was carried out in Turkey with 187 physical education and sports students which participated into many sports activities in Canakkale On Sekiz Mart University. The sample was chosen from 468 students by stratified random sampling. Even though there was not a significant difference between male and female students, it was found that again, female students scored higher life satisfaction (22.5) than male students (20.6) (Ozgen, 2012, p.30).

3. METHOD

3.2. Aim

The aim of the study was to investigate the body perceptions, life satisfaction and self-esteem of body builders in Turkish Republic of Northern Cyprus.

3.3. Hypotheses

- Self esteem has a positive effect on life satisfaction.
- Compared to men who does not participate in any kind of physical activity, men which participate in physical activity have more positive body perception.
- Men with higher body satisfaction have higher self esteem.
- Body builders have more positive body image than men which do not participate to any kind of physical activity.
- Body builders have higher self esteem than other men which participated the study.

3.4. Procedure

The study was conducted in Turkish Republic of Northern Cyprus, between March-May 2016. Survey method has been used as a research design. The questionnaires were filled in by the participants as self-report. All the participants were informed about the aim and the procedure of the study and their consent were taken.

3.5. Sample

A total of 121 men; 39 body builders, 41 football players and 41 non-athletes participated the study. The age range of the sample was between 18 and 35. The questionnaire form has been given out in Turkish, all men which participated the study read, write and speak Turkish as their mother language. Opportunity sampling has been used a sampling method and volunteered men have been chosen as participants.

3.6. Instruments

The questionnaire forms consisted of four different scales, a total of 56 questions. All the scales were in Turkish.

The first part of the questionnaire was the sociodemographic form. Basic information and exercise habits of the participants have been taken with 11 questions. Participants which do not attend in any type of sports activities did not answer the questions 8, 9, 10 and 11.

The second part was the Rosenberg Self-Esteem Scale. This scale was developed by Morris Rosenberg in 1965 and was adapted to Turkish population in 1986 by Füsün Çuhadaroglu. The scale originally has 12 subscales and only the first subscale of self-esteem which consists of 10 questions will be used in this study. Correlations range from .82 to .88. Cronbach's alpha range from .77 to .88 Çuhadaroglu's Turkish version of scales Cronbach Alpha was found as 0.87, internal reliability as 0.71 and test-retest reliability as 0.75. Every question has the same 4 options; Strongly agree, Agree, Disagree, Strongly disagree. In the Turkish version of the scale higher score shows lower self-esteem.

The third section of the questionnaire was the Satisfaction with Life Scale which has 5 questions and 7 levels of satisfaction from 1 (most negative) to 7 (most positive). Scale was founded by Diener et. al. in 1985 to measure individuals' satisfaction about their lives. The internal consistency reliability of the test was 0.90. The test-retest reliability was 0.78. Cronbach Alpha of the scale was found .87 The mean score was 24.2 points (7.7). Higher score shows higher satisfaction with life. The scale was translated and the reliability & validity in Turkey was done by Ünsal Yetim in 1993. Yetim found the Turkish version of the scale's Cronbach Alpha as .86 and the test-retest reliability was found as .73.

Fourth and the last part was the Body Image Scale which was adapted to Turkey by Selim Hovardaoğlu in 1993. The scale was originally developed by Secord and Jourard in 1953 to measure how satisfied an individual is with 40 different parts and features of their body. Cronbach alpha value was found as 0.89. There is no cut-off value for the scale. The participant chooses the most suitable answer according to them,

from the scale that has 5 options from the most negative to the most positive. The lowest score is 40 and the highest is 200. Higher score shows higher body satisfaction.

3.7. Data Analysis

Before the data was collected, Ethics Board approval of Near East University of North Cyprus was taken. Also, consents from the authors of the scales' Turkish versions were taken to be used. All the participants were given written information about the study and their written consent was taken also. The collected data was analyzed by Statistical package of Social Sciences (SPSS). Before the analysis was done, a normality test was conducted to see whether the collected data was parametric or not. For the data analysis, which was non-parametric, Mann-Whitney-U Test and Kruskal Wallis-H Test was used (Beyazıt & Ayhan, 2015, p.3).

4. RESULTS

Table 1.

The Kruskal Wallis-H Test Results of Ages of the Sample.

Participated Sport	N	MR	χ^2	Sd	P
Bodybuilding	39	58.31	9.165	2	0.010*
Football	41	50.80			
Non-athletes	41	73.76			

p<0.05

The comparison of mean age and three groups were analyzed by The Kruskal Wallis-H Test. A significant difference (p=0.010) was found between the mean age of the athletes (58.31 and 50.80) and non-athletes (73.76). The minimum age of the participants were 18 and the maximum age were 35.

Table 2.

Demographic Characteristics of the Sample.

		n(%)
Occupation	Private Sector	68 (56.7)
	Public Sector	12 (10.0)
	Student	40 (33.3)
Marital Status	Married	23 (19.0)
	Single	98 (81.0)
Education Level	Primary School	5 (4.2)
	Secondary School	13 (11.0)
	High School	37 (31.4)
	University or Higher	63 (53.4)
Income Level	Low	8 (6.7)
	Medium	104 (86.7)
	High	8 (6.7)
Where He Lives	Village	33 (27.3)
	Town	12 (9.9)
	City	76 (62.8)

Table 2 shows the distribution of demographic data of the sample. Frequency technique was used to analyze the basic information of the participants. Most of the participants are single, their income level is moderate and live in the city. More than half of the sample work in private sector and their education level is university or higher.

Table 3.

Physical Activity Characteristics of the Sample.

		n (%)
Participation in Sports	Yes	80 (66.1)
	No	41 (33.9)
Which Sport	Bodybuilding	39 (32.2)
	Football	41 (33.9)
	Inactive	41 (33.8)
Frequency of Exercise	Once a week	3 (3.8)
	3-4 times a week	46 (57.5)
	Everyday	31 (38.8)
Duration of Exercise	1 hour or less	22 (27.5)
	2-3 hours	58 (72.5)

Table 3 shows the exercise habits of the sample. As shown in Table 3, 41 non-athlete men reported that they do not participate any kind of sports (%33.9) and 80 (%66.1) reported that they do either bodybuilding or football. Only a minority of 3 participants reported that they exercise once a week when more than half of the athletes reported that they take exercises 3-4 times a week (%57.5). Most of the athletes exercises 2-3 hours everytime (%72.5).

Table 4.*Demographic Characteristics of the Bodybuilders.*

		n(%)
Occupation	Private Sector	19 (50.0)
	Public Sector	3 (7.9)
	Student	16 (42.1)
Marital Status	Married	5 (12.8)
	Single	34 (87.2)
Education Level	Primary School	3 (7.7)
	Secondary School	2 (5.1)
	High School	10 (25.6)
	University or Higher	24 (61.5)
Income Level	Low	1 (2.6)
	Medium	34 (87.2)
	High	4 (10.3)
Where He Lives	Village	6 (15.4)
	Town	2 (5.1)
	City	31 (79.5)

Table 4 shows the demographic characteristics of 39 bodybuilders. Half of the bodybuilders work in private sector (%50.0) and most of the rest are students (%42.1). Only 5 participants are married. More than half of the bodybuilders education level is university or higher (%61.5). Generally bodybuilder participants' income level is moderate (%87.2) and live in the city (%79.5).

Table 5.*Comparison of Occupation of three groups.*

	Private Sector	Public Sector	Student
Bodybuilders	19 (27.9)	3 (25.0)	16 (40.0)
Football Players	23 (33.8)	3 (25.0)	15 (37.5)
Non-Athletes	26 (38.2)	6 (50.0)	9 (22.5)
Total	68 (100.0)	12 (100.0)	40 (100.0)

 $p > 0.05$ $\chi^2 = 4.575$ $p = 0.334$

Table 5 shows the comparison between the occupations of three groups. Chi-square test method was used to analyze the results and there was not found any significant difference ($p=0.334$).

Table 6.*Comparison of Marital Status of three groups.*

	Married	Single
Bodybuilders	5 (21.7)	34 (34.7)
Football Players	4 (17.4)	37 (37.8)
Non-Athletes	14 (60.9)	27 (27.6)
Total	23 (100.0)	98 (100.0)

 $p < 0.05$ $\chi^2 = 9.353$ $p = 0.009^*$

Table 6 shows the comparison between the marital status of three groups. Chi-square test method was used to analyze the results. Significant difference was found between three groups ($p=0.009$).

Table 7.*Comparison of Education Level of three groups.*

	Primary School	Secondary School	High School	University or Higher
Bodybuilders	3 (60.0)	2 (15.4)	10 (27.0)	24 (38.1)
Football Players	-	6 (46.2)	12 (32.4)	23 (36.5)
Non-Athletes	2 (40.0)	5 (38.5)	15 (40.5)	16 (25.4)
Total	5 (100.0)	13 (100.0)	37 (100.0)	63 (100.0)

 $p > 0.05$ $\chi^2 = 7.512$ $p = 0.276$

Table 7 shows the comparison between the education levels of three groups. Chi-square test method was used to analyze the results. No significant difference was found between three groups ($p = 0.276$).

Table 8.*Comparison of Economic Status of three groups.*

	Low	Medium	High
Bodybuilders	1 (12.5)	34 (32.7)	4 (50.0)
Football Players	5 (62.5)	32 (30.8)	3 (37.5)
Non-Athletes	2 (25.0)	38 (36.5)	1 (12.5)
Total	8 (100.0)	104 (100.0)	8 (100.0)

 $p > 0.05$ $\chi^2 = 5.495$ $p = 0.240$

Table 8 shows the comparison between the economic status of three groups. Chi-square test method was used to analyze the results. No significant difference was found between three groups ($p = 0.240$).

Table 9.

Comparison of Where The Participant Lives of three groups.

	Village	Town	City
Bodybuilders	6 (18.2)	2 (16.7)	31 (40.8)
Football Players	14 (42.4)	5 (41.7)	22 (28.9)
Non-Athletes	13 (39.4)	5 (41.7)	23 (30.3)
Total	33 (100.0)	12 (100.0)	76 (100.0)

$p > 0.05$

$\chi^2 = 6.926$ $p = 0.140$

Table 9 shows the comparison between the places the participants live of three groups. Chi-square test method was used to analyze the results. No significant difference was found between three groups ($p = 0.140$).

Table 10.

Comparison of Frequency of Exercise of Bodybuilders and Football Players.

	Once a week or less	3-4 times a week	Everyday
Bodybuilders	-	20 (43.5)	19 (61.3)
Football Players	3 (100.0)	26 (56.5)	12 (38.7)
Total	3 (100.0)	46 (100.0)	31 (100.0)

$p > 0.05$

$\chi^2 = 5.317$ $p = 0.070$

Table 10 shows the comparison between the frequency of exercise of two athlete group. Chi-square test method was used to analyze the results. No significant difference was found between two groups ($p = 0.070$).

Table 11.

Comparison of Duration of Exercises of Bodybuilders and Football Players.

	One hour or less	2-3 hours
Bodybuilders	15 (68.2)	24 (41.4)
Football Players	7 (31.8)	34 (58.6)
Total	22 (100.0)	58 (100.0)

$p < 0.05$

$\chi^2 = 4.586$

$p = 0.032^*$

Table 11 shows the comparison between the duration of every exercise of two athlete group. Chi-square test method was used to analyze the results. A significant difference was found between durations of exercise ($p = 0.032$).

Table 12.

The Kruskal Wallis-H Test Results of the Comparison of Rosenberg Self-Esteem Scale Scores Between three groups.

Participated Sport	N	MR	χ^2	Sd	P
Bodybuilding	39	58.17	0.455	2	0.797
Football	41	62.33			
Non-athletes	41	62.37			

$p > 0.05$

The comparison of the Rosenberg Self-Esteem Scale Scores of three groups were analyzed by The Kruskal Wallis-H Test, as shown in Table 12. A significant difference ($p = 0.797$) was not found between three groups.

Table 13.

The Kruskal Wallis-H Test Results of the Comparison of Satisfaction with Life Scale Scores Between three groups.

Participated Sport	N	MR	χ^2	Sd	P
Bodybuilding	39	70.87	5.437	2	0.066
Football	41	52.72			
Non-athletes	41	59.89			

p>0.05

The comparison of the Satisfaction With Life Scale Scores of three groups were analyzed by The Kruskal Wallis-H Test, as shown in Table 13. A significant difference (p=0.066) was not found between three groups.

Table 14.

The Kruskal Wallis-H Test Results of the Comparison of Body Image Scale Scores Between three groups.

Participated Sport	N	MR	χ^2	Sd	P
Bodybuilding	39	71.58	6.643	2	0.036*
Football	41	60.56			
Non-athletes	41	51.38			

p<0.05

The comparison of the Body Image Scale Scores of three groups were analyzed by The Kruskal Wallis-H Test, as shown in Table 14. Significant difference (p=0.036) was found between three groups.

Table 15.

Mann Whitney-U Test Results of the Comparison of Rosenberg Self-Esteem Scale Scores Between Bodybuilders and Non-athletes.

Sport	N	MR	SR	U	P
Bodybuilders	39	39.08	1524.00	744.000	0.555
Non-athletes	41	41.85	1716.00		

$p > 0.05$

The comparison of Rosenberg Self-Esteem Scale scores between bodybuilders and non-athletes were analyzed by Mann-Whitney-U Test method. No significant difference was found between the self-esteem of two groups ($p = 0.555$).

Table 16.

Mann Whitney-U Test Results of the Comparison of Rosenberg Self-Esteem Scale Scores Between Bodybuilders and Football Players.

Sport	N	MR	SR	U	P
Bodybuilders	39	39.09	1524.50	744.500	0.559
Football Players	41	41.84	1715.50		

$p > 0.05$

The comparison of Rosenberg Self-Esteem Scale scores between bodybuilders and football players were analyzed by Mann-Whitney-U Test method. No significant difference was found between the self-esteem of two groups ($p = 0.559$).

Table 17.

Mann-Whitney U Test Results of the Comparison of Satisfaction with Life Scale Scores Between Bodybuilders and Football Players.

Sport	N	MR	SR	U	P
Bodybuilders	39	46.59	1817.00	562.000	0.022*
Football Players	41	34.71	1423.00		

$p < 0.05$

The comparison of Satisfaction With Life Scale scores between bodybuilders and football players were analyzed by Mann Whitney-U Test method. A significant difference was found between the life satisfaction of two groups ($p=0.022$). The life satisfaction mean rank of bodybuilders were higher than football players.

Table 18.

Mann-Whitney U Test Results of the Comparison of Body Image Scale Scores Between Bodybuilders and Non-athletes.

Sport	N	MR	SR	U	P
Bodybuilders	39	47.14	1838.50	540.500	0.013*
Non-athletes	41	34.18	1401.50		

$p < 0.05$

The comparison of Body Image Scale scores between bodybuilders and non-athletes were analyzed by Mann Whitney-U Test method. A significant difference was found between the body perception of two groups ($p=0.013$). Results show that bodybuilders have more positive perception of their bodies compared to non-athletes.

5. DISCUSSION

The present study investigate the body perception, life satisfaction and self-esteem of body builders with comparison to football players and non-athletes. There was a significant difference between three groups in the means of age and marital status. The group of non-athletes was older and there were more married participants in this group compared to athletes. This was probably because of that older people are generally married. In a research carried out in Saudi Arabia, it was concluded that age, weight, Body Mass Index and marital status are predictors of body satisfaction (AL-Otaibi et. al., 2013, p.622). Other demographic characteristics of the three groups like occupation, education level, economic status and the places they live showed similarities.

When the exercise habits of bodybuilders and football players were considered, a significant number of both bodybuilders and football players exercised 3-4 times a week and it was seen that every exercise lasted for 2-3 hours. Also Cella et. al. found that 74.8% of the bodybuilders who participated the study exercised more than 6 hours per week (Cella et. al., 2012, p.14). There was a significant group difference in the findings of Hale et. al.; bodybuilders exercised more times per week compared to power lifters and fitness lifters (Hale et. al., 2010, p.236).

Demographic characteristics of the bodybuilders showed that half of the bodybuilder participants were working in private sector, were highly educated and generally had a moderate income level. Body builders were mostly single and lived in the city. In a study which was conducted in South Australia with bodybuilders, it was seen that participants were highly well educated and single similarly to this studies bodybuilder participants (Emini & Bond, 2014, p.184). Also, in a research carried out with bodybuilders in Azarbaijan it was seen that most of the bodybuilder participants were single and high educated (Yavari, 2013, p.5). Opposely to our findings, in another study about muscle dysmorphia, bodybuilders who participated were mostly(64.7%) low educated (Cella et. al., 2012, p.14).

Opposite to expected, in the comparison of three groups' scores of Rosenberg Self-Esteem Scale there was not any significant difference found. As people have a tendency

to reflect themselves as “good” to others, the questionnaires being self-report may have affected the results. A research result of Pickett et. al. indicates that bodybuilders reported higher self esteem than physically active control group (Pickett et. al., 2015, p.220). In a study conducted with Slovene bodybuilders, it was found that bodybuilders showed higher self esteem results compared to other athletes (Faganel & Tusak, 2005, p.57).

Satisfaction with Life Scale was analyzed and the results suggested that even though bodybuilders ranked higher scores in Satisfaction with Life Scale, there was not found any significant differences in life satisfactions between three groups. However, there was a meaningful difference found in the comparison of life satisfaction of bodybuilders and football players. This may be because bodybuilding is a more individual and arbitrary sport compared to football. Football players have to be cooperated with team players and be dedicated towards their activity. Football becomes more like a duty rather than a leisure activity after a while.

A meaningful difference was found in the comparison of three groups in Body Image Scale Scores. The bodybuilders had significantly higher positive body perceptions compared to football players and non athletes. Comparison of Body Image Scale Scores showed a significant difference between bodybuilders and non-athletes. Compared to non-athletes, bodybuilders had a higher positive body perception. Bodybuilders spend more time and effort for their fitness and body appearance and spend much time taking physical exercises, this may be the reason for them to have higher body satisfaction. In his study, Yavari found that elite bodybuilders were satisfied with their physical appearance (Yavari, 2013, p.7). Also Pickett found that bodybuilders were more satisfied with their bodies and physical appearance than other physically active men (Pickett et. al., 2015, p.221). It is proved that bodybuilders are more satisfied with their bodies than men which do not participate any kind of sports activities. Findings also support the hypothesis that physical activity has a positive effect on body perception.

6. CONCLUSION

In conclusion the results of this study in terms of self-esteem conflicts with other studies in the literature, since there was not any significant difference found between the self-esteem scores of three groups. However, our findings supported the hypothesis that predicted the bodybuilders have higher positive body image than men which do not participate any sports. In this study it was proved that bodybuilders have higher life satisfaction and body satisfaction.

Although there was a significant difference found between athletes and non-athletes in terms of marriage and age, any researches carried out could not be found about this topic on males. Very few studies about female body satisfaction and marital status was found in the literature. In the future, researches must be carried out about marriage, ageing and body image.

Other types of sport practitioners like tennis players, runners, swimmers can be compared to bodybuilders to see the differences in terms of self-esteem, satisfaction with life and body image. Future studies should be focusing on the motivations that lead young people towards bodybuilding culture. In addition it is important to carry out similar researches on females as well as males.

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**YAKIN DOĞU ÜNİVERSİTESİ FEN VE SOSYAL BİLİMLER BİLİMSEL
ARAŞTIRMALAR DEĞERLENDİRME ETİK KURULU (YDÜFSBBADEK)**

ARAŞTIRMA PROJESİ DEĞERLENDİRME RAPORU

Toplantı Tarihi : 03.05.2016

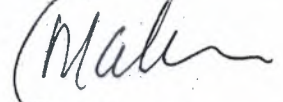
Toplantı No : 2016-11

Proje No : 11

Yakın Doğu Üniversitesi Sosyal Bilimler Fakültesi Psikoloji Bölümü öğretim üyelerinden Yrd. Doç. Deniz Ergün'nün sorumlu araştırmacısı olduğu, YDU* 2016-11 proje numaralı ve *"KKTC'de Vücut Geliştirme Sporu ile İlgilenen Erkeklerde Vücut Algısı, Yaşam Doyumu ve Özgüvenin İncelenmesi"* başlıklı proje önerisi kurulumuzca değerlendirilmiş olup, etik olarak uygun bulunmuştur.

1- Prof. Dr. Mehmet Çakıcı

(BAŞKAN)



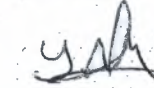
2- Prof. Dr. Mahmut Savaş

(ÜYE)



3- Doç. Dr. Nesil F. Baytın

(ÜYE)



4- Doç. Dr. Direnç Kanol

(ÜYE)



5- Yrd. Doç. Özgür Özerdem

(ÜYE)



AYDINLATILMIŐ ONAM

Bu alıőma, Yakın Doęu niversitesi Sosyal Bilimler Enstits, Uygulamalı (Klinik) Psikoloji Ana Bilim Dalı, Yksek Lisans Programı erevesinde dzenlenen bir alıőmadır.

Bu alıőmada, Kuzey Kıbrıs Trk Cumhuriyeti'nde vcut geliőtirme sporu yapan, profesyonel futbol oynayan ve spor yapmayan erkek bireylerin spor alışkanlıklarının, kendilerini nasıl algıladıklarının ve yaőam memnuniyetlerinin incelenmesi amalanmıőtır.

Anket tamamen bilimsel amalarla dzenlenmiőtir. Anket formunda kimlik bilgileriniz yer almayacaktır. Size ait bilgiler **kesinlikle gizli tutulacaktır**. alıőmadan elde edilen veriler yalnızca istatistik veri olarak kullanılacaktır. Yanıtlarınızı iten, doęru ve **eksiksiz** olarak vermeniz bu anket sonularının toplum iin yararlı bir bilgi olarak kullanılmasını saęlayacaktır.

Telefon numaranız anketrn denetlemesi ve anketin uygulandıęının belirlenmesi amacıyla istenmektedir.

Katkılarınız iin teőekkr ederim.

Psk. İzlem Doygun

Email: i.doygun@gmail.com

Yukardaki bilgileri ayrıntılı biimde tmn okudum ve anketin uygulanmasını onayladım.

İsim:

İmza:

Telefon:

1.BÖLÜM

Bu bölümde sizinle ilgili temel bilgileri almak maksadı ile oluşturulmuş sorular bulunmaktadır. Spor yapmıyorsanız 7. sorudan sonrasını boş bırakın lütfen.

1. Yaşınız: _____
2. Mesleğiniz: _____
3. Medeni Durumunuz:
a.Evli b.Bekar c. Boşanmış d.Nişanlı
4. Eğitim Durumunuz:
a.İlkokul Mezunu b.Ortaokul Mezunu c.Lise Mezunu d.Üniversite Mezunu
e.Yüksek
5. Ekonomik Düzeyiniz:
a.Düşük b.Orta c.Yüksek
6. Yaşamınızın büyük bölümünü nerede geçirdiniz?
a.Köy b. Kasaba c.Büyük Şehir
7. Spor yapıyor musunuz?
a.Evet b.Hayır
8. Hangi spor dalı ile ilgileniyorsunuz?
a.Vücut Geliştirme b.Futbol
9. Yukarıda seçtiğiniz spor dalı ile kaç yıldır ilgileniyorsunuz? _____
10. Ne sıklıkla spor yapıyorsunuz?
a.Haftada 1 veya daha az b.Haftada 3-4 kez c.Her gün
11. Egzersizleriniz ne kadar sürüyor?
a.1 saat veya daha kısa b.2 -3 saat c.3 saatten uzun

2.BÖLÜM

Lütfen aşağıdaki cümleler için, size en uygun cevabı işaretleyiniz.

1. Kendimi en az diğer insanlar kadar değerli buluyorum.
a. Çok Doğru b. Doğru c. Yanlış d. Çok Yanlış
2. Bazı olumlu özelliklerim olduğunu düşünüyorum.
a. Çok Doğru b. Doğru c. Yanlış d. Çok Yanlış
3. Genelde kendimi başarısız bir kişi olarak görme eğilimindeyim.
a. Çok Doğru b. Doğru c. Yanlış d. Çok Yanlış
4. Ben de diğer insanların birçoğunun yapabildiği kadar birşeyler yapabilirim.
a. Çok Doğru b. Doğru c. Yanlış d. Çok Yanlış
5. Kendimde gurur duyacak fazla birşey bulamıyorum.
a. Çok Doğru b. Doğru c. Yanlış d. Çok Yanlış
6. Kendime karşı olumlu bir tutum içindeyim.
a. Çok Doğru b. Doğru c. Yanlış d. Çok Yanlış
7. Genel olarak kendimden memnunum.
a. Çok Doğru b. Doğru c. Yanlış d. Çok Yanlış
8. Kendime karşı daha fazla saygı duyabilmeyi isterdim.
a. Çok Doğru b. Doğru c. Yanlış d. Çok Yanlış
9. Bazen kesinlikle kendimin bir işe yaramadığını düşünüyorum.
a. Çok Doğru b. Doğru c. Yanlış d. Çok Yanlış
10. Bazen kendimin hiç de yeterli bir insan olmadığımı düşünüyorum.
a. Çok Doğru b. Doğru c. Yanlış d. Çok Yanlış

3.BÖLÜM

Aşağıda genel olarak yaşamınızla ilgili çeşitli ifadeler vardır. Burada yer alan hiçbir ifadenin doğru veya yanlış cevabı yoktur. Bizim için önemli olan sizin duygu ve düşüncelerinizi dürüst ve içtenlikle dile getirmenizdir. Size uygun olan cevabı daire içine alınız.

Kesinlikle Katılmıyorum		Katılmıyorum	Kısmen Katılmıyorum	Kararsızım	Kısmen Katılıyorum	Katılıyorum	Kesinlikle Katılıyorum			
1		2	3	4	5	6	7			
1.	Hayatım birçok yönden idealimdekine yakın			1	2	3	4	5	6	7
2.	Hayat şartlarım mükemmel			1	2	3	4	5	6	7
3.	Hayatımdan memnunum			1	2	3	4	5	6	7
4.	Hayattan şimdiye kadar istediğim önemli şeyleri elde ettim			1	2	3	4	5	6	7
5.	Eğer hayata yeniden başlasaydım hemen hemen hiçbir şeyi değiştirmezdim.			1	2	3	4	5	6	7

4.BÖLÜM

Aşağıda, vücudunuz çeşitli bölgelerinin ve fiziksel özelliklerinin bir listesi bulunmaktadır. Kendi vücudunuzda bu bölgelerden ve fiziksel özelliklerden ne derece memnun olduğunuzu belirtmenizi rica ediyoruz.

	Hiç Beğenmiyorum	Pek Beğenmiyorum	Kararsızım	Oldukça Beğeniyorum	Çok Beğeniyorum
Saçlarım					
Yüzümün rengi					
İştahım					
Ellerim					
Vücudumdaki kıl dağılımı					
Burnum					
Fiziksel gücüm					
İdrar – dışkı düzenim					
Kas kuvvetim					
Belim					
Enerji düzeyim					
Sırtım					
Kulaklarım					
Yaşım					
Çenem					
Vücut yapım					
Profilim					
Boyum					
Duyularımın keskinliği					
Ağrıya dayanıklılığım					
Omuzlarımın genişliği					
Kollarım					
Göğüslerim					
Gözlerimin şekli					
Sindirim sistemim					
Kalçalarım					
Bacaklarım					
Dişlerimin şekli					
Cinsel gücüm					
Ayaklarım					
Uyku düzenim					
Sesim					

Sağlığım					
Cinsel faaliyetlerim					
Dizlerim					
Vücudumun duruş şekli					
Yüzümün şekli					
Kilom					
Cinsel organlarım					
Hastalığa direncim					

CV

1. PERSONAL INFORMATION

NAME, SURNAME:	izlem DOygun
DATE OF BIRTH and PLACE:	13.06.1992, T.R.N.C.
OCCUPATION: Psychologist	
ADDRESS: Altıntop Sokak, Alpal Sitesi, No:9 Alsancak/GİRNE	
TELEFON: 0548 873 1033	
E-MAIL: i.doygun@gmail.com	

2. EDUCATION

YEAR	DEGREE	UNIVERSITY	FIELD
2014	Graduate	Near East University	Psychology
2016	Post Graduate	Near East University	Clinical Psychology



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