

# The Determination of the Relationship between Positive Thinking and Body Appreciation Levels of Physically Disabled Athletes

Ünsal Tazegül

Istanbul Gelişim University, Vocational High School.

## ABSTRACT

The aim of this study is to introduce the relationship between The Physically Disabled Athletes' Positive Thinking and Their Bodies Admiration. Total 40 athletes, who has participated to the study voluntarily. Positive Thinking Scale (Pozitif Düşünme Ölçeği), of which validity and reliability has been done by Akın and his friends in 2015 and Body Admiration Scaleng Scale (Bedeni Beğenme Ölçeği), of which validty and reliability has been done by Anlı and his friends in 2015, have been used as data collection tool in this study. SPSS 20 Packet Programme has been used for analysing the collected datas. "Kolmogorov-Smirnov" single sample test has been applied to learn whether the datas have a normal distribution or not. "Anova-Homogenety of Variance" Test has been applied to detect the datas homogeneity and It has been found out that Datas have normal and homogeneous distribution. Descriptive Statistic and Persoan Correlation Analysis have been applied for analysing the datas. At the end of the correlation analysis, It has been detected that there is a positivewaycorrelationbetweenpositivethinkingandpsychologicaldurability.

**Key Words:** Body Admiration, Postive Thinking, Physically Disabled Athletes.

## INTRODUCTION

A specific way of thinking can be defined as the way in which individuals choose and process information when interpreting the events they face in their lives. This style varies according to individual differences. While some individuals interpret an event in a positive way, another one may interpret the same event negatively (Erez et al., 1995). The way of thinking is a kind of preference for the use of the talents that individuals possess. They choose a form of expressing or controlling themselves in any situation in which they meet (Çubukcu, 2004). Individuals, who have a positive thinking and are able to positively evaluate the events that they are experiencing on their surroundings, have more positive

experiences than others and they are more successful in their lives and feel more energetic and happy in their activities (Öğretir, 2004).

According to Freitag (2003), an individual's thinking is one of the essential elements of her existence and has important functions like her organs. The general function of the ideas is to facilitate the adaption of the individual to the society and environment where he lives in, thereby increasing the possibility of subsistence. Individuals need to think positively depending on two important factors. Positive thinking is an important source of motivation and an important means of raising the quality of existence for the individual to continue his daily life. Positive thinking can be considered as the way of

looking on the bright side of events. Positive thinking, a concept that includes general features, can be defined as a comprehensive attitude that reflects in the individual's speech, behavior, feelings, and thoughts (McGrath, 2004). Positive thinking, which is a cognitive process, helps individuals to use their skills effectively, to create positive images, to develop optimistic ideas, to find solutions to problems, to make positive decisions and to find more happiness in their lives. Positive thinking can be defined as using skills but it does not ignore the need to make realistic assessments. On the contrary, positive thinking is a positive focus and interpretation after acknowledging the positive and negative aspects of events and situations that individuals face (Bekhet and Zauszniewski, 2013; Tod et al., 2011).

The concept of body perception was first discussed by Paul Schilder in 1920 as a psychological and sociological concept. The studies done before Schilder were usually limited to the perceptions related to corrupted body that may occur as a result of the brain damage. Schilder describes his sense of body as his own form that he has formed in the mind of man (Polat, 2007: 8; Dunham. 2002: 25).

The first written account of a body image disturbance was that of Ambrose Pare, the famous sixteenth-century surgeon, who reported in his phantom phenomena. Head, a neurologist in the 1920s, put forward the concept of the body schema. According to this, the body diagram constitutes a whole of "the emotional cortex, which is composed of the past experiences and the present sensations" (Dogan and Dogan, 1992: 1-2).

The past experience of the individual has an important place in the development of body sensation. The reactions that the individual has shown to his own body in the past and the individual receives from his/her environment about his body may influence the individual's sense of body development (Tazegül, 2016). The body perception which is usually perceived as a positive concept

can have significant effects on an individual's self-esteem and confidence (Şanlı, 1991: 63).

There are a variety of ways that people can pursue to keep their bodies in shape, physically muscular, and look more elegant. It is foreseen that sports activities positively affect body perception. Physical activity and exercise enable people to have an ideal body structure by inserting their bodies in a certain way. Physical appearance is one of the most important issues that people of all ages, especially the younger generation, nowadays take in consideration. The physical appearance of an individual is often able to prevent his/her behavior and success. A woman's thin appearance or a man's muscular appearance is among the social values accepted by society. Ideal size and shape can be defined as proportional and healthy body at the same time. At this point, it is seen that the effect of body perception on women is higher (Er, 2015).

In the shortest sense, body image can be defined as our comment about the image we see when we look at the mirror. It expresses how the individual perceives his own body shape. People with negative body image think that they are overweight if they are not in fact. In addition, our feeling and perception how our body looks can be defined as our body image (Schilder, 1950).

The aim of the study is to reveal the relationship between physically disabled athletes' body appreciation score and positive thinking score.

## **METHOD**

### **The Sample**

The sample of the study was selected by a total of 40 physically disabled athletes from the branches of swimming, football, basketball and athletics who voluntarily agreed to participate in the study.

### **Data Collection Tools**

#### **The Body Appreciation Scale**

The Body Appreciation Scale was developed by Anlı et al. in 2015. The five-point likert-type scale was consisted of 10 items. The item's total correlation

coefficient is between .31 and .76 (Anlı et al., 2015).

### Positive Thinking Skills Scale

Positive Thinking Skills Scale was developed by Bekhet and Zauszniewski in 2013. The Cronbach alpha value for internal consistency coefficient of the scale was found to be .90 (Akin et al., 2015).

### The Analysis of Data

For analyses of the data, Portable IBM SPSS Statistics v20 software package was used. “The Kolmogorov-Smirnov Test” was applied in order to decide whether data has normal distribution and “ANOVA-Homogeneity of variance” was applied to test the homogeneity of variances and it is observed that data is homogeneous and has a normal distribution. After this initial analysis, it was decided to use the parametric test method in statistical analysis of the data. For the analysis of data, the descriptive statistics and Pearson Correlation analysis were used to analyze the collected data.

### FINDINGS

Table 1. The Findings of Descriptive Statistics

	$\bar{X}$	$\pm$
Body Appreciation	38,9063	6,79354
Positive Thinking	18,9286	5,00317

According to the results of descriptive statistical analysis, physically disabled athletes’ body appreciation score was found to be (38.9063±6.79354) while physically disabled athletes’ positive thinking score was found to be (18.9286±5.00317).

Table 2. Correlation Analysis

		Positive Thinking
Body Appreciation	Pearson Correlation	,419*
	Sig. (2-tailed)	,030

As a result of the correlation analysis carried out, it was determined that there is a positive relationship between physically disabled athletes’ body appreciation score and the positive thinking score.

### DISCUSSION AND CONCLUSION

According to the results of descriptive statistical analysis, physically disabled athletes’ body appreciation score was found to be (38.9063±6.79354) while physically disabled athletes’ positive thinking score was found to be (18.9286±5.00317). As a result of the correlation analysis carried out, it was determined that there is “moderate” positive correlation between physically disabled athletes’ body appreciation score and the positive thinking score. Vara (1999) defines the different aspects of being fine such as positive thinking, happiness and morale as the state of expression. As a result of the literature review, no study was found to reveal the relationship between physically disabled athletes’ positive thinking score and body appreciation score. However, there are studies conducted in different areas. Some of these studies are given below:

Çeçen (2008) found that self-esteem was a significant contributor to life satisfaction as a result of research. The high self-esteem of the individual is the result of the individual perceiving herself more positively and in the event that the belief in his or her competence in relation to any event or situation is high, the life satisfaction of the individual will increase. Çok (1990) found that the adolescents who participated in physical activity were more satisfied with their bodies than the adolescents who did not participate, as a result of his study on Turkish children and adolescents. In addition, positive effects of physical activity on body image were revealed by the studies conducted and it was revealed that when the bodies of the individuals participating in physical activity were evaluated by others, they felt less anxiety than those who did not participate in physical activity (Altıntaş and Aşçı, 2005). It is expected that individuals with a positive body image, who find themselves properly in physical health, will develop positive self-concepts (Baştuğ, 2008). Physical activity is beneficial both for

younger ones to feel healthier and fit and for their current and elderly physical health (Açıkada, 2004). Physical activity is also inversely proportional to sport and physical activity, stress, anxiety and depression levels, but directly proportional to self-esteem and self-perception (Berger and Owen, 1983). In an experimental study revealing the effect of self-control on archery, it was found that young people subject to a program that promotes self-control skills have greater satisfaction and higher internal motivation than control group (Kolovelonis et al., 2010). Trish and et al. (2002) conducted a study evaluating athletes' psychological skills training program with their intelligence. In the study, a total of 14 athletes who are consisted of seven girls and seven boys, aged between 15.8 and 27.1, and aged between 7 and 13.7 with an age of 1-6 years; two female coaches, two psychologists, and one sports psychologist also guided them. Each athlete was interviewed for three hours for three months. Topics in the negotiations were about breathing techniques, stress management and positive thinking. At the end of the program, athletes participating in the program have increased their success both in the basketball champions and skill training program. Scott (1997) studied the attitudes and principles of female athletes, called sub-elites, in his work. As a result, it was determined that female athletes have a greater desire to win rather than their talents. When the athletes' thoughts were examined, it was observed that they had the opinion like "you cannot do it if you do not plan to do something very well. If you really want to achieve it then you can achieve it". Therefore, women athletes have achieved success due to positive thinking.

As a result, it has been found that there is moderate positive correlation between physically disabled athletes' positive thinking score and body appreciation score. When this correlation is evaluated according to the scale properties used in the study, it is thought that this result is normal. As a result of the literature

review in the context of national and international research findings, no study was found to reveal the relationship between physically disabled athletes' positive thinking score and body appreciation score. In this respect, it is also thought that this study will contribute greatly to the literature and set an example for the researchers who will work on the concepts of body appreciation and positive thinking in physically disabled athletes.

## REFERENCES

- Açıkada, Caner. (2004). Training in children. *Acta Orthop Traumatol Turc*, 38:16-26.
- Akın, A., Uysal, R., & Akın, Ü. (2015). Olumlu Düşünme Becerileri Ölçeğinin Türkçe Formunun Geçerlik ve Güvenirliği. *Akademik Bakış Uluslararası Hakemli Sosyal Bilimler Dergisi*, 51, 265-270.
- Altıntaş, A ve Aşçı, H. (2005). Fitnes Uzmanlarının Bedenlerine Yönelik Algıları. *Sporometre Beden Eğitimi ve Spor Bilimleri Dergisi*, Cilt: III Sayı: 3
- Anlı, G., Akın, A., Eker, H ve Özçelik, B. (2015). Bedeni Beğenme Ölçeği: Geçerlik ve Güvenirlik Çalışması, *The Journal of Academic Social Science Studies*, Number: 36, Summer II, p. 505-511.
- Baştuğ, G. (2008). Bayan Sporcuların Bedenlerini Algılama Düzeyleri Ve Cinsiyet Rollerini Üzerine Bir Araştırma, Yayınlanmış Doktora Tezi, Gazi Üniversitesi, Eğitim Bilimleri Enstitüsü, Beden Eğitimi Ve Spor Öğretmenliği Anabilim Dalı, Ankara.
- Bekhet, A. K ve Zauszniewski, A. (2013). Measuring use of positive thinking skills: Psychometric testing of a newscale. *Western Journal of Nursing Research*, 35(8) 1074–1093.
- Berger, B.G, ve Owen, D.R. (1983). Mood alteration with swimming-summer really do "feel better". *Psychosom Med*; 45:425-433.
- Çeçen, R.A. (2008). Üniversite Öğrencilerinde Yaşam Doyumunu Yordamada Bireysel Bütünlük (Tutarlılık) Duygusu, Aile Bütünlük Duygusu ve Benlik Saygısı. *Eğitimde Kuram ve Uygulama, Journal of Theory and Practice in Education* 4(1): 19-3.

- Çok, F. (1990). Body Image Satisfaction in Turkish Adolescents. *Adolescence*. 25: 409-414.
- Doğan O., Doğan S. (1992). *Çok Yönlü Beden-Self İlişkileri Ölçeği El Kitabı*. Cumhuriyet Üniversitesi Tıp Fakültesi Basımevi, Sivas.
- Dunham, J.M. (2002). Perfectionism and Attitudinal Body Image in Developmental, High Performance, and Elite Figure Skaters. A thesis submitted to the Faculty of Graduate Studies and Research in partial fulfillment of the requirements for the degree of Master of Arts, University of Alberta, Department of Physical Education and Recreation
- Er, Y. (2015). Aerobik Antrenmanların Beden Algısı Üzerine Etkisi, Selçuk Üniversitesi Sağlık Bilimleri Enstitüsü, Yayınlanmış Yüksek Lisans Tezi, Konya.
- Erez, A., Johnson, D. E ve Judge, T.A. (1995) Self-deception as a mediator of the relationship between dispositions and subjective well-being. *Personality and Individual Differences*, 5, 597–612.
- Freitag, F. E. (2003). Pozitif düşünce negatif etkilerden kurtulmanın yolları ya da dünyanın saklı bilinci. (Çev. Uğur Önder). İstanbul: Omega Yayınları.
- Kolovelonis, A., Goudas, M. & Dermitzaki, I. (2010). Self-Regulated Learning of a Motor Skill Through Emulation and Self-Control Levels in a Physical Education Setting, *Journal of Applied Sport Psychology*, 22(2), 198 – 212.
- McKnight P. E ve Kashdan, T., B. (2009). Purpose in life as a system that sustains health and well-being: An integrative, testable theory. *Review of General Psychology*, 13, 242-251.
- McGrath, P. (2004). The burden of “RA RA” positive: survivors’ and hospice patients’ reflection on maintaining a positive attitude to serious illness. *Support Care Cancer*, 12, 25-33.
- Öğretir, D, A. (2004). Pozitif Düşünmeye Dayalı Grup Eğitimi Programının Annelerin Benlik Algısı, Eşlerine ve Çocuklarına Yönelik Tutumları ile Kendini Denetleme Becerisi ve Otomatik Düşünceleri Üzerinde Etkisi. Doktora Tezi, Ankara Üniversitesi Eğitim Bilimleri Enstitüsü.
- Polat A. (2007). Düzce İlindeki Hemodiyaliz Hastalarının Beden İmajı ve Benlik Saygısı Düzeylerinin Belirlenmesi. Yayınlanmış Yüksek Lisans Tezi, Abant İzzet Baysal Üniversitesi Sağlık Bilimleri Enstitüsü, Düzce
- Schilder. P. (1950). The image and appearance of the human body. International universities press, New York.
- Scott, D. (1997). Toiling in Obscurity. *Women's Sports & Fitness*. 19(6):37-40.
- Şanlı, T. (1991). Hemşirelikte Kişilerarası İlişkiler. AÖF Yayınları No: 226.
- Tazegül, Ü. (2016). Elit Düzeydeki Vücut Geliştirme Sporcularının Beden Algılarını Yarıştıkları Kategorilere Göre Karşılaştırılması, *Akademik Sosyal Araştırmalar Dergisi*, 4(1): 29, 34-42.
- Trish, G., Anne, J., Kellie, L. & David, B. (2002). An Evaluative Case Study of a Psychological Skills Training Program For Athletes With Intellectual Disabilities. *Adapted Physical Activity Quarterly*. 19(3): 350-362.
- Tod, A., Warnock, C., & Allmark, P. (2011). A critique of positive thinking for patients with cancer. *Nursing Standard*, 25, 43-47.
- Vara, Ş. (1999). “Yoğun Bakım Hemşirelerinde İş doyumu ve Genel Yaşam Doyumu Arasındaki İlişkilerin İncelenmesi”. Yayınlanmış Yüksek Lisans Tezi, Ege Üniversitesi, Sağlık Bilimleri Enstitüsü. İzmir.

How to cite this article: Tazegül U. The determination of the relationship between positive thinking and body appreciation levels of physically disabled athletes. *International Journal of Research and Review*. 2017; 4(1):87-91.

\*\*\*\*\*