

## **Psychological Factors and Sports Participation among Public Secondary School Students in Oluyole Local Government Area, Oyo State**

**Dr Esther Mojisola OLADEJO<sup>1</sup>**

oladejo.esther@lcu.edu.ng  
08025959694

&

**Afolabi Johnson SALAKO<sup>2</sup>**

jafo735@gmail.com  
08137113531

<sup>1,2</sup>Department of Kinesiology, Sports Science & Health Education  
Faculty of Education, Lead City University, Ibadan

### **Abstract**

Sports participation offers several benefits to secondary school students because it is favorably associated with social, psychological, physical and cognitive health indicators. Given the various benefits of sports participation, it would be expected that most secondary school students would engage in sports. This, however, is not the case due to several factors, including psychological factors. Therefore, this study investigated psychological factors and sports participation among public secondary school students in Oluyole Local Government Area (LGA), Oyo State. Descriptive survey research design was employed. Population was all students of public secondary schools in Oluyole LGA. A sample of 1,133 male and female; simple random sampling technique was used to select the respondents. Structured and validated questionnaire as research instrument for the study. Descriptive and inferential statistics were used to analyse the data. Results of the study indicated that there was a significant positive correlation between self-efficacy ( $r=0.067$ ,  $p<0.05$ ), self-esteem

*( $r=0.129$ ,  $p<0.05$ ) and sports participation; while body image ( $r=0.015$ ,  $p>0.05$ ) did not. There was also a significant gender difference in sports participation ( $t=2.211$ ,  $df=1131$ ,  $p<0.05$ ) with male ( $\bar{x}=26.02$ ) participating than their female (24.89) counterparts. It was concluded that psychological factors influence sports participation among public secondary school students in Oluyole Local Government Area (LGA), Oyo State. There was also a significant gender difference in sports participation among the students. It was recommended among others, that more female students should be encouraged to participate in sports.*

**Keywords:** Sports participation, body image, self-efficacy, self-esteem, students

**Word Count:** 234

### **Introduction**

Sports participation can be defined as a mental and physical involvement in recreational or competitive sports for excellence in fitness and healthy mind. Sports participation can also be viewed as taking part in sports at different levels for various reasons by the people who engaged in it. It is when an individual participates in any type of sports such as football, handball, hockey, table-tennis, basketball, tennis, badminton, swimming, cycling, athletics, boxing and wrestling among others. A student could be participating in sporting activities in school or out of school; it may be through clubs or teams. Participation can also be in team or individual sports. Different people participate in sports for different reasons, which include to have fun, recreation, competitions, socializing, skills development and much more (Oladejo, 2017).

Secondary school students are in their transitional period (adolescence). This period can be challenging for most male and female adolescents and as a result, they may experience low self-esteem; particularly in terms of athletic competence, physical appearance and academic competence (Ike, 2020). Students' participation in sports enriches their developmental experiences through the provision of the avenue to learn and engage in physical activity, which is an avenue that helps maintain and sustain healthy lifestyles right from adolescence until

adulthood (Poulsen, Biering, & Andersen, 2016). Whereas, low participation in physical activities such as sports during adolescence is a risk factor for poor mental and physical health in adulthood (Appelqvist-Schmidlechner, Vaara, Häkkinen, Vasankari, Mäkinen, Mäntysaari, & Kyröläinen, 2018).

According to (Dev & Uthaman, 2020) the effect of sports on the psychological aspects of students' lives has been recognised by psychologist. It has a positive influence on an individual's physical and emotional development because it is easier for them to adapt to their physical environment and communicate if they take part in sporting activities (Dinc, 2011). Secondary school students' participation in sports accords them numerous benefits because sports participation is positively associated with social, psychological, physical and cognitive health indicators. It would be expected that most secondary school students would participate in sports because of the various benefits of sporting activities. This is, however, is not the case due to many factors, which include social, economic, physical and psychological factors. According to (Adeoya, Adeleye & Egawa, 2021) psychological factors that could influence sports participation of students include self-confidence, value, task familiarity and perceived success. Other psychological factors are perceived competence, self-efficacy, attitude, enjoyment, body image, self-esteem, beliefs have been found to influence students' sports participation (Bang, Won & Park, 2020). Nevertheless, this study focused on psychological factors of body image, self-efficacy and self-esteem. It also examined the moderating factor of gender and its influence on sports participation among public secondary school students in Oluyole LGA, Oyo State.

Body image refers to the image formed by an individual of their own body, which is the objective cognition and subjective evaluation of their physical characteristics (Shang, Xie & Yang, 2021). It is a multiple dimensions construct composed of appearance, body shape, physical fitness and health (Wang, Xie, Chen & Lei, 2017). These aspects affect a person's emotions and health behaviour, such as weight control, personal satisfaction and adaptation, psychological stress, self-

development and interpersonal relationships (Soulliard, Kauffman, Fitterman-harris, Perry, & Ross, 2018). Positive body image refers to the love, acceptance and respect that individuals have for their bodies; it also includes accepting and admiring one's body despite how it relates to societal ideals and appreciating the functions it can perform (TeVelde, Lankhorst, Zwinkels, Verschuren, Takken & Groot, 2018). Whereas, negative body image, refers to an unrealistic view of how someone sees their body which may affect their eating style leading to eating disorders (Gillen, 2015).

Previous studies have shown that a positive body image is more likely to be associated with engagement of the individuals in physical activity (Women and Equalities Committee, 2021). The level of personal satisfaction with body image has a strong correlation with the degree of sports participation; that is, the more positive the body image is, the higher the degree of sports participation (Foley Davelaar, 2021; Ouyang, Wang, Zhang, Peng, Song & Luo, 2020). Contrarily, those who are dissatisfied with their body images or have a negative perception of their body images and this have an inhibitory effect on sports participation (Soulliard, Kauffman, Fitterman-harris, Perry, & Ross, 2018). Also low body image correlated positively with physical activity but when the girls with low body image were criticized for their weight, their participation decreased (Rodgers, Simone, Franko, Eisenberg, Loth & Neumark-Sztainer, 2021). The study of Sattar, Khan & Iqbal (2020) on impact of self-esteem and body image on sports participation of female athletes found that self-esteem and body image had a significant effect on sports participation of female athletes.

Self-efficacy is another factor that might influence sports participation. It can be described as the subjective prediction of one's ability to complete a specific task, coupled with the individual's tendentious judgment, as well as feeling on whether one's attitude can achieve a specified goal. It also implies that the expectation of accomplishing a specified goal comes before the task. When confronted with difficulties, individuals with higher self-efficacy can complete the original sports participation plan. Self-efficacy, because of its

multidimensional nature, is identified as a viable criterion for evaluating the impact of adolescent sports participation. Research findings support that sports participation correlates with self-efficacy. For instance, Participation of youth in sports correlates positively with various dimensions of perceived self-efficacy, including social competencies, overcoming challenges and doubt and setting goals (Gillen, 2015).

The results of a study found that self-efficacy has a significant positive effect on athletic performance based on the beta coefficient of athletic self-efficacy, which the changes in athletic performance (Çakiroğlu, 2021). Also the research findings on professional ski jumpers concluded that self-efficacy has a significant impact on the performance of professional ski jumpers (Vegard, Håvard, & Hermundur, 2018). The results of another study showed that self-efficacy has an influence on the athletic performance of football players and concluded that self-efficacy is one of the most important characteristics of a successful athlete (Sivrikaya, 2019). In addition, a positive and significant correlation was found between self-efficacy and the components of athletic performance and success in football players (Mouloud & Elkader, 2016). However, the study of (Rasmusen, 2016) concluded that there is no relationship between self-efficacy and athletic performance.

Another psychological factor that influences students' sports participation is self-esteem.

Self-esteem, according to (Benoit, Smith, Jansson, Magnus, Flagg & Maurice, 2018) can be defined as the appraisal of one's own personal value, including both emotional components (self-worth and cognitive components (self-efficacy). Self-esteem can be overly high, high and low self-esteem. An individual experiences different forms of self-esteem, which could be positive or negative, high or low. High self-esteem could lead to a tendency to engage in and be attached to sports, whereas low self-esteem results in denial and alienation from sports (Ouyang, Wang, Zhang, Peng, Song & Luo, 2020). Higher self-esteem and happiness have been linked in studies on the effects of sports engagement (Shang, Xie & Yang, 2021). People with low self-esteem think of themselves as

below average. Self-esteem can also be at the general or domain-specific levels. Global self-esteem is an appraisal of one's value as a whole, whereas domain-specific self-evaluations are self-assessments within more narrowly defined areas, such as academic, social or physical self-esteem (Eklund, Sabiston & Kühnen, 2023). A positive association has been found between sports participation and self-esteem. A study found that self-esteem had a significant influence on sports participation of the respondents (Oladejo, 2017). Researchers investigated the relationship between youth sports engagement and self-esteem using a longitudinal methodology, findings revealed that elevated emotions of self-worth were caused by perceived sports competence (Jekauc, Mnich, Niessner, Wunsch, Nigg, Krell-Roesch & Woll, 2019).

It is also imperative to reflect on gender views on sports participation in secondary school students. Gender is a social construct that is used to assign a set of appropriate behaviours to either the female or male. Fadoju (2019), refers gender to be the social roles and expectations that are associated with being male or female which largely influence their lives. Generally, girls are said to have low participation in sports than boys. One reason for the gender difference in sports participation may be the different societal expectations that have existed for males and females. Traditionally, the sports was perceived as a male domain, providing young men with an opportunity to display their strength, skill and physical attributes. Women and girls have historically been and continue to be underrepresented in both sports participation and non-playing roles such as coaching, officiating senior administrators and board members (Spaaij, Farquharson & Marjoribanks, 2015; Strandbu, Bakken & Sletten, 2017). Females, though, are increasingly receiving support for sports participation, research continues to indicate that males are more likely to receive financial and logistical support than females (Borgers, Vanreusel, Lefevre & Scheerder, 2018). Gender differences was noticed in adolescent participation in sports and physical activities, with adolescent girls participating in organised sports at a lower rate than boys (Keathley, Himelein & Srigley, 2013). Consequently, coaches, game

masters and other stakeholders need to understand how body image, self-efficacy and self-esteem can influence secondary school students' sports participation. Therefore, this study investigates psychological factors (body image, self-efficacy and self-esteem) and sports participation among public secondary school students in Oluyole Local Government Area, Oyo State with moderating factor of gender.

### **Statement of the Problem**

Sports participation has many benefits to secondary school students, including psychological benefits. In spite many benefits of sports participation, it has been observed that there is a decline in sports participation among secondary school adolescents, which could be related to boys and girls having an identity and self-concept problems. Secondary school students need to participate in sports and other physical activities because lack of physical activities could lead to increased physical and psychological ailments (Pratt & Brody, 2014). Also remaining active throughout one's life, particularly in sports, will not only improve health but help offset declining self-esteem and increasing depression that often accompanies aging. Preliminary investigation showed that not many studies in Oluyole Local Government Area, Oyo State have explored the influence of psychological factors such as body image, self-efficacy and self-esteem in relation to sports participation. Therefore, this study examined psychological factors and sports participation among public secondary school students in Oluyole Local Government Area, Oyo State. In addition, it looked into the moderating influence of gender on sports participation among public secondary school students in the Local Government.

### **Aim and Objectives of the Study**

This study investigates psychological factors and sports participation among public secondary school students in Oluyole Local Government Area, Oyo State.

The objectives are to:

- i. examine the relationship between psychological factors (body image, self-efficacy and self-esteem) and sports participation among public secondary school students in Oluyole Local Government Area, Oyo State.
- ii. assess joint influence of psychological factors on sports participation among public secondary school students in Oluyole Local Government Area, Oyo State.
- iii. ascertain gender difference in sports participation among public secondary school students in Oluyole Local Government Area, Oyo state.

### **Hypotheses**

The following null hypotheses were tested at a 0.05 level of significance.

1. There will be no significant relationship between psychological factors and sports participation among public secondary school students in Oluyole Local Government Area, Oyo State.
2. There will be no significant joint influence of body image, self-efficacy and self-esteem on sports participation among public secondary school students in Oluyole Local Government Area, Oyo State.
3. There will be no significant gender difference in sports participation among public secondary school students in Oluyole Local Government Area, Oyo State.

### **Methodology**

The study employed descriptive survey research design. The population consisted all public secondary school students in Oluyole Local Government Area, Oyo state. The sample size was one thousand, one hundred and thirty-three (1,133) male and female students, selected from both junior and senior classes. They were selected through simple random sampling technique. Structured questionnaires (self-developed and modified) structured in line with the variable of the study were used to collect data. The instruments were the Offer Scale of Body Image-OSBI (Davies & Furnham, 1986), General Self-efficacy Scale-GSES



(Schwarzer & Jerusalem, 1995) and Rosenberg Self-esteem Scale-RSES (Rosenberg, 1963). The self-developed questionnaire was tagged Sports Participation Scale (SPS). Cronbach Alpha method was used to determine the internal consistency of the instruments. The reliability coefficient for each included (OSBI 0.95, GSES 0.83, RSES 0.92 and SPS 0.92) respectively. Each item has a 4-point Likert-scale. Descriptive statistics of frequency counts and percentages were used to analyze the demographic data and the research question. Inferential statistics of Pearson moment correlation coefficient (PPMC) was used to test hypothesis one, regression was used to test hypotheses two and three, while independent t-test was used to test hypothesis four. All the hypotheses were tested at 0.05 level of significance.

## Results

**Table 1: Demographic Characteristics of the Respondents**

S/n	Variable		Frequency	Percentage
1	Sex	Male	754	67.0%
		Female	379	33.0%
		<b>Total</b>	<b>1,133</b>	<b>100.0%</b>
2	Age	13-15 Years	627	55.0%
		16-18 Years	506	45.0%
		<b>Total</b>	<b>1,133</b>	<b>100.0%</b>

Table 1 showed that most of the respondents (67.0%) were male, while 33.0% were female. It further showed that most of the respondents (55.0%) were in the age range of 13-15 years, while 45.0% were between 16-18 years.

**Table 2: Distribution of the Respondents by Type of Sports**

Type of Sports	Frequency	Percentage
Athletics (track and field)	150	13.2
Badminton	38	3.4
Basketball	408	36.0
Football	427	37.7
Table tennis	106	9.4
Volleyball	4	0.3
<b>Total</b>	<b>1133</b>	<b>100.0</b>

Table 2 revealed that 150(13.2%) respondents engaged in athletics, 38(3.4%) involved badminton, while 408(36.0%) engaged in basketball. Moreover, 427(37.7%) played football, 106 (9.4%) involved in table tennis, while 4(0.4%) engaged in volleyball. This means that most of the respondents engaged in football.

### Hypotheses

The following null hypotheses were tested at a 0.05 level of significance:

I. There will be no significant relationship between psychological factors (body image, self-efficacy and self-esteem) and sports participation among public secondary school students in Oluyole Local Government Area, Oyo State.

**Table 3: Correlation Analysis on Relationship between Psychological Factors and Sports Participation**

Variables	Mean	Std. Dev.	Sports participation	Body image	Self-efficacy	Self-esteem
Sports participation	24.97	0.91	1			
Body image	48.92	1.72	0.015	1		
Self-efficacy	22.95	2.97	0.067*	-0.712**	1	
Self-esteem	25.88	0.72	0.129**	-0.054	-0.136	1
N=1133						
Sig. (2 tail):						
Body image=0.613						
Self-efficacy=0.024						
Self-esteem=0.000						

*Correlation is significant at 0.05 alpha level ( $p < 0.05$ )*

Table 3 showed that there was a significant correlation between self-efficacy ( $r=0.067$ ,  $p < 0.05$ ), self-esteem ( $r=0.129$ ,  $p < 0.05$ ) and sports participation among public secondary school students in Oluyole

Local Government Area, Oyo State; while body image ( $r=0.015$ ,  $p>0.05$ ) did not. The table also revealed that the direction of the relationship of self-efficacy and self-esteem with sports participation was positive. In addition, the correlation coefficient's magnitude of self-efficacy, self-esteem and body image was weak. This means that there was a significant relationship between each of psychological factors of self-efficacy, self-esteem and sports participation among public secondary school students in Oluyole Local Government Area, while body image did not.

2. There will be no significant joint influence of psychological factors (body image, self-efficacy and self-esteem) and sports participation among public secondary school students in Oluyole Local Government Area, Oyo State.

**Table 4: Regression Analysis of Joint Influence of Psychological Factors on Sports Participation**

R=0.140						
$R^2=0.020$						
Adj. $R^2=0.017$						
Std. Error=0.9045						
Model	Sum of Squares	Df	Mean Square	F	Sig. (p value)	Remark
Regression	18.463	3	6.154	7.530	.000	Significant
Residual	922.743		.817			
Total	941.206	1129				
		1132				

As shown in Table 4, it was found that the linear combination of psychological factors (body image, self-efficacy and self-esteem) was tested significant on public secondary school students' sports participation in Oluyole Local Government Area ( $F_{(3,1129)}=7.530$ ,  $p<0.05$ ). The result yielded a coefficient of multiple regression of  $R=0.140$  and multiple R-square of 0.020. The result also reveals that adjusted  $R^2=0.017$ ; indicating that about 1.7% of variance was accounted for by the independent variables. This means that, psychological factors of body image, self-efficacy and self-esteem had significant joint influence on sports participation among public secondary school students in Oluyole Local Government Area.

3. There will be no significant gender difference in sports participation among public secondary school students in Oluyole Local Government Area, Oyo State.

**Table 5: t-test Analysis of Gender Difference in Sports Participation among Public Secondary School Students**

	Gender	N	Mean	Std. Dev.	Df	t value	Sig. (p value)	Remark
Sports participation	Male	754	26.02	1.02	1131	2.211	0.027	Significant
	Female	379	24.89	0.65				

Table 5 revealed that gender was tested significant on students' sports participation in Oluyole Local Government Area ( $t=2.211$ ,  $df=1131$ ,  $p<0.05$ ). This implied that, there was a significant gender difference in public secondary school students' sports participation in Oluyole Local Government Area of Oyo State. Hence, the null hypothesis was therefore rejected. Then, it was further revealed that, male respondents had a higher mean score ( $\bar{x}=26.02$ ) than their

female counterparts with a mean score of 24.89. This means that, male students in Oluyole Local Government Area performed better than their female counterparts.

### **Discussion of Findings**

The findings of this study on relationship between psychological factors (self-esteem, self-efficacy and body image) and sports participation among public secondary school students in Oluyole Local Government Area, Oyo State revealed that self-esteem, independently tested significant on sports participation. Likewise, self-efficacy independently tested significant on sports participation among public secondary school students while body image did not. The outcomes of this study on relationship between self-esteem and sports participation was in line with a previous study which showed that there was a positive relationship between self-esteem and sports participation among public secondary school adolescent in Ibadan North Local Government Area, Oyo State (Oladejo, 2017).

Furthermore, the results of this study on relationship between self-efficacy and sports participation, which found self-efficacy to be significant on sports participation was in line with a previous study which found that self-efficacy has a significant positive effect on athletic performance based on the beta coefficient of athletic self-efficacy, which the changes in athletic performance (Çakiroğlu, 2021). It is also corroborated the research findings on professional ski jumpers which concluded that self-efficacy has a significant impact on the athletic performance of professional ski jumpers (Vegard, Håvard, & Hermundur, 2018). In addition, the result of this study is consistent with the research which showed that self-efficacy has an influence on the athletic performance of football players (Sivrikaya, 2019). Besides, it is in agreement with the report of Mouloud and Elkader (2016) which found a positive and significant correlation between self-efficacy and the components of athletic performance and success in football players. However, it was not in agreement with the previous which concluded that there is no relationship between self-efficacy and athletic performance (Rasmusen, 2015).

In addition, the result of this study on relationship between body image and sports participation indicated that there is no significant relationship body image and sports participation among public secondary school students in Oluyole Local Government Area, Oyo State was not in line with the previous study of Women and Equalities Committee (2021) which showed that a positive body image is more likely to be associated with engagement of the individuals in physical activity. It is also not according to the study which found that level of personal satisfaction with body image have a strong correlation with the degree of sports participation; that is, the more positive the body image is, the higher the degree of sports participation is; on the contrary, those who are dissatisfied with their body images or hold negative body images have an inhibitory effect on exercise behaviour (Foley Davelaar, 2021).

The outcome of this study further indicated that the linear combination of psychological factors (body image, self-efficacy and self-esteem) was tested significant on sports participation among public secondary school students in Oluyole Local Government Area. This means that, psychological factors of body image, self-efficacy and self-esteem had significant joint influence on public secondary school students' sports participation in Oluyole Local Government Area. The outcomes of this study on joint contribution of psychological factors was in line with a previous finding which review that the level of personal satisfaction with body image has been found to have a strong correlation with the degree of sports participation (Foley Davelaar, 2021). In addition, the outcome of this study was also incongruence with the outcome of a study which found that self-efficacy has a significant positive effect on athletic performance based on the beta coefficient of athletic self-efficacy, which the changes in athletic performance (Çakiroğlu, 2021). Furthermore, the findings of this study was also corroborated with the findings of a study which found that self-esteem indicated that sports participation was positively associated with physical competence, physical appearance, physical self-esteem and general self-esteem in the sample. In general, researcher found that

sports participation had a strong positive effect on self-esteem, most significantly for physical self-esteem.

There was also a significant gender difference among public secondary school students' sports participation in Oluyole Local Government Area of Oyo State. Such that male students had a higher mean score than their female counterparts, which means that, male students in Oluyole Local Government Area performed better than their female counterparts. This result corroborates the study of Keathley, Himelein and Srigley (2013) who reported that gender differences was noticed in adolescent participation in sports and physical activities, with adolescent girls participating in organised sports at a lower rate than boys.

### **Conclusion**

Based on the findings, this study concluded that self-esteem and self-efficacy had significant positive relationship with sports participation among public secondary school students in Oluyole Local Government Area, Oyo State, while body image did not. Conclusion was also made that there was significant difference between male and female students in sports participation.

### **Recommendations**

Based on the conclusion of this study, the following recommendations were made:

1. Sports should be encouraged both inside and outside educational establishments.
2. To improve the degree of sports participation among secondary school students, attention should be paid to how to establish the correct body image of adolescents.
3. Schools should encourage more female students to participate in sports.

## References

- Adeoya, A. A., Adeleye, O. A. & Egawa, S. (2021) Psychological factors as predictors of sports participation among Japanese and foreign students in Sendai, Japa. Intech Open. doi: 10.5772/intechopen.99244.
- Appelqvist-Schmidlechner, K. Vaara, J., Häkkinen, A., Vasankari, T., Mäkinen, J., Mäntysaari, M. & Kyröläinen, H. (2017). Relationships between youth sports participation and mental health in young adulthood among Finnish males. *Am J Health Promot.* Sept: 32(7), 2018, 1502-1509, doi: 10.1177/0890117117746336. Epub 2017 Dec 21. PMID: 29268622.
- Bang, H., Won, D., & Park, S. (2020). School engagement, self-esteem and depression of adolescents: The role of sport participation and volunteering activity and gender differences. *Children and Youth Services Review*, 113. <https://doi.org/10.1016/j.chilyouth.2020.105012>
- Benoit, C., Smith, M., Jansson, M., Magnus, S., Flagg, J., & Maurice, R. (2018). Sex work and three dimensions of self-esteem: self-worth, authenticity and self-efficacy. *Culture, health & sexuality*, 20(1), 69–83. <https://doi.org/10.1080/13691058.2017.1328075>
- Borgers, J., Vanreusel, B., Lefevre, J. & Scheerder, J. (2018). *Involvement in non-club organized sport: organizational patterns of sport participation from a longitudinal life course perspective*. European Journal for Sport and Society, Volume 15, 2018, Issue 1. 58 –77. <https://doi.org/10.1080/16138171.2018.1438079>
- Çakiroğlu, T. (2021) The role of athletic self-efficacy and athletic perfectionism in predicting athletic performance of Gazi University student athletes. *Journal of Educational Issues*, Vol. 7, No. 2 ISSN 2377-2263: <https://doi.org/10.5296/jei.v7i2.19108> doi:10.5296/jei.v7i2.19108 URL
- Davies, E., & Furnham, A. (1986). Body satisfaction in adolescent girls. *British Journal of Medical Psychology*, 59(3), 279-287.
- Dev, S., & Uthaman, N. (2020). Relationship between sports and self-esteem among university students. *International Journal of Psychosocial Rehabilitation*, Vol. 24, Issue 02, 202, ISSN: 1475 7192: [https://www.researchgate.net/publication/352400476\\_Relationship\\_between\\_Sports\\_and\\_Self-Esteem\\_among\\_University\\_Students\\_2022](https://www.researchgate.net/publication/352400476_Relationship_between_Sports_and_Self-Esteem_among_University_Students_2022).



- Dinc, Z. (2011). Social self-efficacy of adolescents who participate in individual and team sports. *Social Behavior and Personality an International Journal*, 39 (10), 1417-1424. DOI: 10.2224/sbp.2011.39.10.1417.
- Eklund, R. C., Sabiston, C. M., & Kühnen, U. (2023). The self in sport and exercise. In *sport and exercise psychology: Theory and Application* (pp. 463-487). Cham: Springer International Publishing.
- Fadoju, K. (2019). The effect of an ecological imagery program soccer performance of elite players. *Asian Journal of Sports Medical*, 3(2), 81-9
- Foley Davelaar, C. M. (2021). Body image and its role in physical activity: A systematic review. *Cureus*, 13(2), e13379. <https://doi.org/10.7759/cureus.13379>
- Gillen, M. M. (2015). Associations between positive body image and indicators of men's and women's mental and physical health. *Body Image*, 13, 67-74. <https://doi.org/10.1016/j.bodyim.2015.01.002>.
- Ike, C. M. (2020). Factors responsible for low self-esteem or self-worth among Nigerians. <https://www.positivenaija.com/factors-responsible-for-low-self-esteem-or-self-worth-among-nigerians/>
- Jekauc, D., Mnich, C., Niessner, C., Wunsch, K., Nigg, C. R., Krell-Roesch, J., & Woll, A. (2019). Testing the Weiss-Harter-Model: Physical activity, self-esteem, enjoyment and social support in children and adolescents. *Frontiers in psychology*, 10, 2568.
- Keathley, K. Himelein, M. J. & Srigley, G. Youth soccer participation and withdrawal: gender similarities and differences. *Journal of Sport Behaviour*, 36(2), 2013, 171-188
- Mouloud, K., & Elkader, B. (2016). Self-efficacy and achievement motivation among football player. *The Swedish Journal of Scientific Research*, 3(11), 13-19.
- Oladejo. E. M. (2017). Relationship between sports participation and self-esteem of secondary school adolescents in Ibadan North Local Government Area of Oyo State. *Journal of Counselling and School Psychology*, Vol. 1, Number 1, 93-110.
- Ouyang Y., Wang K., Zhang T., Peng L., Song G., & Luo J. (2020) The influence of sports participation on body image, self-efficacy and self-esteem in college students. *Front. Psychol.* 10:3039. doi: 10.3389/fpsyg.2019.03039

- Poulsen, P. H., Biering, K. & Andersen, J. H. (2016) The association between leisure time physical activity in adolescence and poor mental health in early adulthood: a prospective cohort study. *BMC Public Health*. 16(1):3.
- Pratt, L. A., & Brody, D. J. (2014). Depression and obesity in the U.S. adult household population, 2005-2010. *NCHS data brief*, (167), 1–8.
- Rasmusen, R. (2016). Tackling the relationship between self-efficacy and performance in rugby. Unpublished dissertation submitted in partial fulfilment of the requirements for the Degree of Master of Science in Applied Psychology at the University of Canterbury.
- Rodgers, R. F., Simone, M., Franko, D. L., Eisenberg, M. E., Loth, K., & Neumark-Sztainer, D. (2021). The longitudinal relationship between family and peer teasing in young adulthood and later unhealthy weight control behaviours: The mediating role of body image. *International Journal of Eating Disorders*, 54(5), 831-840.
- Rosenberg, M. (1965). *Society and the adolescent self-image*. Princeton, NJ: Princeton University Press.
- Sattar, S., Khan, S. & Iqbal, S. (2020). Impact of self-esteem and body image on sports participation of female athletes. *The Sky* (ISSN-2523-9368) Vol. 04, 2020
- Schwarzer, R., & Jerusalem, M. (1995). Generalized Self-Efficacy scale. In J. Weinman, S. Wright, & M. Johnston, *Measures in health psychology: A user's portfolio. Causal and control beliefs* (pp. 35-37). Windsor, UK: NFER-NELSON.
- Shang, Y., Xie, H. D., & Yang, S. Y. (2021). The relationship between physical exercise and subjective well-being in college students: The mediating effect of body image and self-esteem. *Frontiers in Psychology*, 12, 658935.
- Sivrikaya, H. (2019). The role of self-efficacy on performance of sports skills of football players. *Journal of Education and Training Studies*, 6(12), 79-75. <https://doi.org/10.11114/jets.v6i12a.3952>
- Spaaij, R., Farquharson, K. & Marjoribanks, T. (2015). Sport and social inequalities. *Sociology Compass* 9(5). DOI: 10.1111/soc4.12254
- Soulliard, Z. A., Kauffman, A. A., Fitterman-harris, H. F., Perry, J. E. & Ross, M. J. (2019). Examining positive body image, sports confidence, flow state, and subjective performance among student athletes and non-

- athletes. *Body Image*, Volume 28, Pages 93-100, ISSN 1740-1445, <https://doi.org/10.1016/j.bodyim.2018.12.009>.
- Strandbu, Å., Bakken, A., & Sletten, M. A. (2019). Exploring the minority-majority gap in sport participation: different patterns for boys and girls? *Sport Soc.* 22, 606–624. doi: 10.1080/17430437.2017.1389056
- TeVelde, S. J., Lankhorst, K., Zwinkels, M., Verschuren, O., Takken, T. & de Groot, J. (2018). HAYS Study Group. Associations of sports participation with self-perception, exercise self-efficacy and quality of life among children and adolescents with a physical disability or chronic disease-A cross-sectional Study. *Sports Med Open*. Aug 15;4 (1)38, 2018, doi: 10.1186/s40798-018-0152-1.
- Vegard, H. S., Håvard, W. L., & Hermundur, S. (2018). Self-efficacy, flow, affect, worry and performance in elite world cup ski jumping. *Journal of Front Psychol*, 9, 1-9. <https://doi.org/10.3389/fpsyg.2018.01215>
- Wang, Y. H., Xie, X. C., Chen, H., & Lei, L. (2017). Body image disturbance among females: the Influence mechanism of social network sites. *Chin. J. Clin. Psychol.* 25, 1079–1082.
- Women and Equalities Committee. (2021). *Changing the perfect picture: An inquiry into body image*. Report, House of Commons, UK, April.