

The Effect of Self-Confidence and Courage Factors on Athletes' Preference of Branches in Some Extreme Sports

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Abstract--- The aim of the research is to evaluate the results obtained by analyzing the level of courage and self-confidence of individuals with selected branches while choosing the sports branch in some extreme sports branches throughout Turkey. The population of the study consists of all trainers, coaches and athletes engaged in extreme sports in the world and Turkey, while the sample of the study consists of trainers affiliated to the Turkish Aeronautical Association, Paragliding, Delta Wing and Skydiving trainers and athletes, mountaineering trainers and athletes registered in the Mountaineering Federation of Turkey, massesurf trainers and athletes, trainers and athletes registered in the Ski Federation of Turkey and trainers and athletes operating individually without having any license. The sample of the study consists of a total of 125 people, 102 men and 23 women. In the study, Sports Courage Scale was developed by Konter and Ng (2012) to determine the courage feelings of the athletes and to measure their courage levels. There are a total of 31 items in 5 sub-dimensions in the Sports Courage Scale. Self-confidence Scale; In order to determine the self-confidence of the athletes, the "self-confidence scale", a 5-point Likert-type scale developed by Akın (2007) and consisting of 33 items with an internal consistency coefficient of .83 and 2 sub-dimensions (internal self-confidence and external self-confidence) was applied. The analysis of the data was made using the IBM SPSS 26.0 version package program. One-way analysis of variance (ANOVA) was used for three or more groups in the independent sample T-test for binary groups from parametric test methods as the data provided the normal distribution condition. As a result of the study, no significant difference was found between the sub-dimensions of sports courage scale according to the gender variable, self-confidence, sportive self-confidence, coping with fear, altruism and general total scores, while a significant difference was found between the sub-dimensions of sports courage scale, self-confidence, sportive self-confidence, coping with fear, altruism and general total scores, and between single flight time variable self-confidence, sportive self-confidence, coping with fear and general total scores. A significant difference was found between the self-confidence, sportive self-confidence, coping with fear and overall total scores according to the tandem flight time variable in individuals doing parachute sports.

Keywords--- Sports, Extreme Sports, Courage, Self-confidence.

I. Introduction

The place of sports in human life has been unquestionably demonstrated by research. Improvements in developing technology and information systems have taken their place in the world, especially in Europe, knowledge, skills and extreme sports in training and sports, and demand and participation in these branches are increasing every year. While the history of extreme sports in the world dates back to a long time ago, it starts with the skateboarding branch in Turkey in the 1980s. The first appearance of extreme sports in the world is based on the surfing branch based on Polynesians and made in the Pacific Islands Culture (Şimşek, K.Y. (2012) Sports Consumption Factors of Turkish Extreme Athletes, Aegean Academic Perspective, Volume (12), 71-84).

Sports: It is known that sports is a tool that supports the muscle and nervous system, mind-flood and physical reactions, and the physiological and metallic development of the body. It is emphasized that physical activities are a kind of rehabilitation feature (Beasley C.R. 1982). **Courage:** The ability to cope with fear, pain, risk, uncertainty, or threat, which also includes the characteristics of valor, determination, agility, and resilience. **Paragliding:** It is a nature sport that can be made by one and more people who can run from the mountain slopes in proportion to the slope by opening towards the wind blowing direction and can continue the flight by gliding. **Mountaineering:** It is a nature sport that includes hiking and camping in the mountains as well as climbing sports. **Skiing:** A tool that allows people to spread the weight over a wider area on the snow without sinking into soft snow and to move forward by sliding, and when stepped on, it allows people to stretch the middle and stick to the snow and push the body forward with their feet, and a sports branch made using this tool.

Extreme sports can be defined as a relatively new form of sport or as an extraordinary individual achievement and a personal unique pleasure (Rinehart and Sydnor, 2003). The concept of extreme sports is named in the

literature in many different ways such as risky sports, high-risk sports, adventure sports, movement sports and adrenaline sports. Extreme sports are carried out in three areas: air, land and water. Extreme sports can be classified into three categories. Depending on the type: Air, land, water. According to its environment: Natural, artificial. According to the athlete: Group, individual. (From the original; Şimşek K.Y. (2010) Development and Location of Extreme Sports in the World Sports Industry). Extreme sports are actually individual sports that have unusual rules or techniques for dangers that are different from team sports (Bennett et al., 2003). In addition to the skills of the athlete, psychological processes are also given importance.

Feelings of courage and self-confidence are necessary features for athletes to progress to the goal against physical and emotional difficulties. According to Corlett (2002), the concept of courage, which is known as a part of virtuous life, is neither a virtue nor a goal for the perfect character, but only a tool that will provide talent and benefit. Courage means "the confidence one finds in oneself when engaging in a power or a dangerous job" (<http://www.tdk.gov.tr>). According to Park and Peterson (2004), courage as a part of strong characters has been defined by Woodart and Pury (2007) as the desire to act voluntarily against a threat, fearfully or fearlessly, in order to achieve an important, perhaps moral purpose. Courage is an important factor in all sports branches and ongoing life, predominantly in extreme sports. Self-confidence is the sense of individual's confidence to him/herself (<http://www.tdk.gov.tr>). It is explained as the individual's satisfaction with being him/herself, feeling safe and happy, and being at peace with himself/herself. The greatest support comes from one's self when learning, practicing a sporting skill, which takes place with self-confidence, that is, self-confidence. Lack of self-confidence in the person negatively affects the performance in daily life and sports life, and it leads to restricting his/her own capacity, seeing himself/herself as a loser in the inner world and being inadequate by others in the outer world. Internal self-confidence includes feelings such as self-esteem, self-love and recognition, and self-confidence. External trust shows how these feelings are reflected in the environment with attitudes and behaviors (Günalp, 2007: 28; Güven and Sarıçam, 2012:575). The self-confidence of the person will increase his/her internal motivation as well as show his/her determination and upright stance in the face of the sports branch or his/her competitors. Therefore, the concept of self-confidence will be closer to success in sports activities in developed people in daily life. Michael Bane, author of "Over The Edge: Aregular Guy's Odyssey In Exteme Sports", explains this situation as follows: "A bungee jumping athlete can feel like an immortal. This can have a positive effect on him/her psychologically in his/her daily life ". As explained in the relevant literature, courage and self-confidence are influential and different psychological factors in sports branches, especially in extreme sports branches. The aim of this study is to see the relationship between courage and self-confidence in some extreme sports branches and to examine the relationship between their orientation to these branches(Dalbudak and Yiğit, 2019). Sports is an important activity for individuals to stay healthy and lead a happy life.

II. Material and Method

Model of the Study: In this study, which was discussed in order to reveal the relationship between courage and self-confidence in the selection of branches by effective licensed or unlicensed athletes in some of the extreme sports in Turkey, a survey was applied.

Population and Sample: While the population of the study is all trainers and athletes engaged in extreme sports in the World and Turkey, the sample consists of the trainers and athletes affiliated with the Turkish Aeronautical Association, including Paragliding, Delta Wing and Skydiving trainers and athletes, mountaineering trainers and athletes registered in the Mountaineering Federation of Turkey, massesurf trainers and athletes, trainers and athletes registered in the Ski Federation of Turkey, and trainers and athletes operating individually without having any license.

Data Collection Tools

In the study, the courage and self-confidence scale and contents of extreme athletes that are effective in choosing the branch are explained below.

Sports Courage Scale: It was developed by Konter and Ng (2012) to determine the courage feelings of athletes and to measure their courage levels. There are a total of 31 items in 5 sub-dimensions in the Sports Courage Scale. The answers of these items are collected with the help of a 5-point Likert-type scale consisting of the answers "1=Strongly Disagree 2=Disagree, 3=Neutral, 4=Agree, 5=Strongly Agree". Therefore, as the item averages taken from each item and sub-dimension and the resulting general average increase, the levels of determination, self-confidence, sports self-confidence, coping with fear and altruism that constitute the courage sub-dimensions of the athletes increase (Konter and Ng 2012). The sub-dimensions of the sports courage scale were defined as determination (Item 1*, 2, 3, 4, 5, 6*), self-confidence (Item 10, 11*, 12, 13, 14, 15, 16*), sportive self-confidence (Item 17, 18, 19, 20, 21, 22, 23*), coping with fear (Item 24*, 25, 26, 27*), altruism (Item 28, 29, 30, 31). The items marked with * were scored in reverse. As a result of the validity and reliability studies, it was stated that the

reliability of the scale was 0.82 and its validity was 47%. Although the validity rate was relatively low, it was considered sufficient (Konter and Ng 2012).

Self-confidence Scale: The internal consistency coefficient developed by Akin (2007) to determine the self-confidence feelings of the athletes, a 5-point Likert-type scale, consisting of 33 items and 2 sub-dimensions (internal self-confidence and external self-confidence) will be applied.

Data Analysis

The data of the study were analyzed using the IBMSPSS 26.0 version package program. Whether the scores obtained to determine the tests to be used in the study showed normal distribution was examined by the kurtosis and skewness coefficient method (Büyüköztürk, 2017). The skewness and kurtosis values obtained as a result of the analysis are presented in Table 1.

Table 1: Sports Courage Scale Kurtosis Skewness Values

Scale	N	Skewness	Kurtosis (Kurtosis)
Determination	125	0.073	-,260
Confidence	125	.224	,447
Sportive Self-Confidence	125	-,033	0.434
Coping with Fear	125	.117	,133
Altruism	125	.682	1,430
Total	125	.019	.115

Skewness and Kurtosis values, which are frequently reported in the field, have been tested by frequently used methods in the field of whether the collected data show normal distribution, and it can be interpreted that these values are in the range of ± 1.5 and do not show a significant deviation from the normal distribution (Tabachnick and Fidell, 2013). When the table is examined, we can say that the skewness and kurtosis values of the variables are in the range of ± 1.5 and the data show normal distribution. One-way analysis of variance (ANOVA) was used for three or more groups in the independent sample T-test for binary groups from parametric test methods since the data met the normal distribution requirement.

III. Results

In this part of the study, the analyses of the data are presented in tables. The minimum maximum scores, mean values and standard deviations for the Scale used are given in Table 2.

Table 2: Descriptive Scores Regarding the Sports Courage Scale Used in the Research

Scale	N	Min.	Max.	Mean	S.D.
Determination	125	1,89	4,67	3,30	,551
Self-Confidence	125	2,14	4,57	3,46	,544
Sportive Self-Confidence	125	1,86	4,86	3,46	,547
Coping with Fear	125	2,00	5,00	3,69	,579
Altruism	125	1,50	5,00	3,68	,562
Total	125	2,16	4,68	3,47	,442

When Table 2 is examined, from the sub-dimensions of the sports courage scale, determination, self-confidence, sportive self-confidence and total are seen at the level of "neutral" ($2.50 < a < 3.50$) while coping with fear and altruism are seen at the level of "I agree" ($3.50 < a < 4.50$).

Table 3: Information on Some Independent Variables of the Research Group

Independent variables		Frequency	Percentage %	Cumulative Percent
Gender	Male	102	81,6	81,6
	Female	23	18,4	100,0
	Total	125	100,0	-
Do you have a pilot license?	Yes	52	41,6	41,6
	No	73	58,4	100,0
	Total	125	100,0	-
How Many Years Have You Been Doing This Sports?	1-3 years	49	39,2	39,2
	3-5 years	31	24,8	56,8
	5-7 Years	23	18,4	81,6
	10+ years	22	17,6	100,0
	Total	125	100,0	-
Single Flight Duration	1-49 hours	52	41,6	41,6

	50-99 hours	27	21,6	63,2
	100+ hours	46	36,8	100,0
	Total	125	100,0	-
Tandem Flight Duration	1-49 hours	57	45,6	45,6
	50-99 hours	29	23,2	68,8
	100+ hours	39	31,2	100,0
	Total	125	100,0	-

When Table 3 is examined, it is seen that 81.6% of the participants in the study are male and 18.4% are female; 41.6% of those have pilot license and 58.4% of those do not have license; for the question “how many years have you been doing this sport?” 39.2% of those stated 1-3 years, 24.8% stated 3-5 years, 18.4% stated 5-7 years, 17.6% stated 10+ years; from having single flights, 41.6% of those have 1-49 hours, 21.6% have 50-99 hours flight and 36.8% have 100+ hours flight; from having tandem flights, 45.6% of those have 1-49 hours flight, 23.2% have 50-99 hours flight and 31.2% have 100+ hours flight.

Table 4: T-test Results of Sports Courage Scale Scores According to Gender Variable

Sports Courage Scale	Gender	N	Mean	S.D	S.H.	t	p
Determination	Male	102	3,305	,576	,057	,156	,876
	Female	23	3,285	,435	,090		
Self-Confidence	Male	102	3,432	,569	,056	-1,205	,231
	Female	23	3,583	,399	,083		
Sportive Self-Confidence	Male	102	3,431	,539	,053	-1,661	,099
	Female	23	3,639	,563	,117		
Coping with Fear	Male	102	3,705	,593	,058	,400	,689
	Female	23	3,652	,520	,108		
Altruism	Male	102	3,666	,582	,057	-,724	,471
	Female	23	3,760	,467	,097		
Total	Male	102	3,460	,458	,045	-,788	,432
	Female	23	3,541	,362	,075		

*p<0.05

When Table 4 was examined, no significant difference was found between the sub-dimensions of the sports courage scale according to the gender variable in individuals in parachute sports, self-confidence, sportive self-confidence, coping with fear, altruism and total scores (p>.05).

Table 5: T-test Results of Courage Scale Scores in Sports According to the Variable of Piloting Certificate

Sports Courage Scale	Do you have a pilot license?	N	Mean	S.D	S.H.	t	p
Determination	Yes	52	3,703	,407	,056	8,697	,000*
	No	73	3,015	,454	,053		
Self-Confidence	Yes	52	3,807	,422	,058	7,124	,000*
	No	73	3,213	,484	,056		
Sportive Self-Confidence	Yes	52	3,843	,401	,055	7,869	,000*
	No	73	3,203	,478	,056		
Coping with Fear	Yes	52	3,961	,505	,070	4,678	,000*
	No	73	3,506	,555	,065		
Altruism	Yes	52	3,980	,410	,056	5,540	,000*
	No	73	3,472	,562	,065		
Total	Yes	52	3,827	,287	,039	10,127	,000*
	No	73	3,224	,354	,041		

*p<0.05

When Table 5 was examined, according to the variable “Do you have a pilot license?” in individuals who do parachute sports, a significant difference was seen between the sub-dimensions of the sports courage scale in terms of self-confidence, sportive self-confidence, coping with fear, altruism and total scores (p<.05). When the mean values were examined, the mean scores of the sports courage scale of those with pilot license were found to be higher in all sub-dimensions and general scale scores than those without pilot license.

Table 6: ANOVA-test Results of Sports courage scale Scores According to the Variable “How Many Years Have You Been Doing This Sports?”

Sports Courage Scale	Year	N	Mean	S.D.	F	P	Difference
Determination	1-3	52	3,126	,510	4,322	,006*	4-1
	3-5	30	3,300	,493			
	5-7	20	3,461	,573			
	10+	23	3,560	,582			
	Toplam	125	3,301	,551			
Confidence	1-3	52	3,294	,568	3,610	,015*	4-1
	3-5	30	3,485	,446			
	5-7	20	3,592	,477			
	10+	23	3,689	,567			
	Toplam	125	3,460	,544			
Sportive Self-Confidence	1-3	52	3,348	,583	2,818	,042*	4-1
	3-5	30	3,433	,325			
	5-7	20	3,542	,555			
	10+	23	3,726	,618			
	Toplam	125	3,469	,547			
Coping with Fear	1-3	52	3,596	,505	4,504	,005*	4-1 4-2 4-3
	3-5	30	3,658	,506			
	5-7	20	3,575	,683			
	10+	23	4,076	,605			
	Toplam	125	3,696	,579			
Altruism	1-3	52	3,543	,650	2,343	,076	4-1
	3-5	30	3,725	,337			
	5-7	20	3,750	,531			
	10+	23	3,891	,558			
	Toplam	125	3,684	,562			
Total	1-3	52	3,328	,430	,944	,002*	4-1
	3-5	30	3,473	,318			
	5-7	20	3,561	,472			
	10+	23	3,736	,466			
	Toplam	125	3,475	,442			

*p<0.05

When Table 6 was examined, according to the variable “How many years have you been doing this sport?” in individuals who do parachute sports, while no significant difference was seen in the altruism sub-dimension (p>.05), between self-confidence, sportive self-confidence, coping with fear and total scores (p<.05) a significant difference was seen. In the Tukey test, which was conducted to determine difference between the year groups, it was seen that those who did sports for 10+ years had higher scores than those who did this sport for 1-3 years. In the coping with fear sub-dimension, it was found that those who exercised for 10+ years were significantly higher than all sub-year groups.

Table 7: ANOVA-test Results of Sports Courage Scale Scores According to Single Flight Duration Variable

Sports Courage Scale	Flight Duration	N	Mean	S.D.	F	P	Difference
Determination	1-49 hours	52	3,141	,537	6,877	,001*	1-3
	50-99 hours	27	3,226	,449			
	100+ hours	46	3,526	,556			
	Total	125	3,301	,551			
Self-Confidence	1-49 hours	52	3,318	,526	10,309	,000*	1-3 2-3
	50-99 hours	27	3,275	,493			
	100+ hours	46	3,729	,493			
	Total	125	3,460	,544			

Sportive Self-Confidence	1-49 hours	52	3,337	,510	5,478	,000*	1-3
	50-99 hours	27	3,375	,338			
	100+ hours	46	3,673	,629			
	Total	125	3,469	,547			
Coping with Fear	1-49 hours	52	3,504	,503	9,356	,000*	1-3
	50-99 hours	27	3,601	,585			
	100+ hours	46	3,967	,561			
	Total	125	3,696	,579			
Altruism	1-49 hours	52	3,591	,516	1,938	,148	-
	50-99 hours	27	3,648	,471			
	100+ hours	46	3,809	,643			
	Total	125	3,684	,562			
Total	1-49 hours	52	3,330	,416	10,877	,000*	1-3
	50-99 hours	27	3,474	,302			
	100+ hours	46	3,699	,456			
	Total	125	3,475	,442			

*p<0.05

When Table 7 was examined, while no significant difference was found in the altruism sub-dimension of the single flight duration variable in individuals doing parachute sports ($p>.05$), significant difference was found between self-confidence, sportive self-confidence, coping with fear and total scores ($p<.05$). In the Tukey test, which was conducted to determine the difference between the year groups, it was seen that the scores of those who had 100+ hours of single flights were higher than those who had 1-49 hours of single flights.

Table 8:ANOVA-test Results of Sports Courage Scale Scores According to Tandem Flight Duration Variable

Sports Courage Scale	Flight Duration	Flight Time	N	Mean	S.D	F	P	Difference
Determination	1-49 hours	1-49 hours	57	3,103	,507	9,831	,000*	1-3
	50-99 hours	50-99 hours	29	3,318	,504			
	100+ hours	100 hours	39	3,578	,536			
	Total	Total	125	3,301	,551			
Self-Confidence	1-49 hours	1-49 hours	57	3,285	,520	7,299	,001*	1-3
	50-99 hours	50-99 hours	29	3,487	,482			
	100+ hours	100 hours	39	3,696	,541			
	Total	Total	125	3,460	,544			
Sportive Self-Confidence	1-49 hours	1-49 hours	57	3,313	,487	6,682	,002*	1-3
	50-99 hours	50-99 hours	29	3,453	,418			
	100+ hours	100 hours	39	3,710	,634			
	Total	Total	125	3,469	,547			
Dealing with Fear	1-49 hours	1-49 hours	57	3,517	,512	7,283	,001*	1-3
	50-99 hours	50-99 hours	29	3,698	,527			
	100+ hours	100 hours	39	3,955	,620			
	Total	Total	125	3,696	,579			
Altruism	1-49 hours	1-49 hours	57	3,614	,481	,966	,383	-
	50-99 hours	50-99 hours	29	3,698	,564			
	100+ hours	100 hours	39	3,775	,663			
	Total	Total	125	3,684	,562			
Grand Total	1-49 hours	1-49 hours	57	3,311	,394	10,853	,000*	1-3
	50-99 hours	50-99 hours	29	3,485	,349			
	100+ hours	100 hours	39	3,708	,471			
	Total	Total	125	3,475	,442			

*p<0.05

When Table 8 was examined, while no significant difference was found in the altruism sub-dimension of the tandem flight duration variable in individuals doing parachute sports ($p>.05$), significant difference was found between self-confidence, sportive self-confidence, coping with fear and total scores ($p<.05$). In the Tukey test,

which was conducted to determine the difference between the year groups, it was seen that the scores of those who had tandem flights for 100+ hours were higher than those who had tandem flights for 1-49 hours.

IV. Discussion and Conclusion

When the athletes who do extreme sports were examined in terms of different variables, while determination, self-confidence, sportive self-confidence and total from the sub-dimensions of the sports courage scale were seen at the level of "neutral" ($2.50 < a < 3.50$), coping with fear and altruism were seen at the level of "I agree" ($3.50 < a < 4.50$). In individuals who do parachute sports, from extreme sports, there was no significant difference between self-confidence, sportive self-confidence, coping with fear, altruism and total scores according to gender variable. In individuals who do parachute sports, from extreme sports, a significant difference was found between self-confidence, sportive self-confidence, coping with fear, altruism and total scores according to the piloting variable. The personality traits of university students depending on some variables were examined and it was determined that the mean scores of extroversion, openness to experience, agreeability and responsibility of university students, which are among the personality traits sub-dimensions, did not differ significantly in terms of gender variable (Tatlıoğlu, 2014). It shows that extreme athletes have a higher tendency to take risks and seek excitement. Researches show that there is a positive relationship between participation in extreme sports activities and desire to seek excitement (Bennett, Henson, & Zhang, 2003). Members of the "Y" generation, which is the most common user group of extreme sports, tend to move their own boundaries further with their respect for arousal and excitement. It is stated that they can do this thanks to sports and enjoy this situation (www.americansportsdata.com/sports_sector_analysis1.asp, 2018). The findings of this research support our study. Individual and team athletes have courage and sub-dimension ratios in sports at very close levels. Can and Kaçay (2016). In the study in which a total of 200 athletes between the ages of 14 and 30 participated, Yıldırım (2013) compared the self-confidence levels of high school students who did and did not do sports. As a result of the study, while there was a difference between the students who do and do not do sports and the branches in terms of continuous self-confidence levels, there was no difference in terms of gender. As a result, no significant difference was found between the self-confidence, sportive self-confidence, coping with fear, altruism and total scores of the sports courage scale sub-dimensions according to the gender variable while a significant difference was found between the self-confidence, sportive self-confidence, coping with fear, altruism and total scores of the sports courage scale sub-dimensions according to the single flight duration variable. A significant difference was found between the self-confidence, sportive self-confidence, coping with fear and total scores according to the tandem flight duration variable in individuals doing parachute sports. In his study, Corlett (1996) investigated the theory of courage in sports in detail and revealed the concept of fear, its effects on motivation and the losses experienced. In the study conducted on athletes and coaches, how they perceived the concept of courage and the factors affecting courage were examined.

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