

PHYSICAL SELF -CONCEPT OF SPORTSPERSONS AND NON-SPORTSPERSONS

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ABSTRACT

The purpose of the study was to investigate the physical self concept between male sportspersons and non-sportspersons. For this purpose, one hundred fourteen male sportspersons and non-sportspersons of Guru Ghasidas Central University, Bilaspur (CG) were selected as the subject of the study.. The Short Version of Physical Self-Description Questionnaire (PSDQ-S) of Marsh & et al. (1994) was used to measure the subject's physical self-concept. To find out the significance of difference between male sportspersons and non-non-sportspersons, Mean, SD and t-ratio were computed. Significance was set at .05 level. The results of the study revealed that significant difference was found between sportspersons and non-sportspersons of same sex in sports and health sub-scales of physical self-concept. But the similarity was found among both the groups of same sex in rest of the sub-scale of physical self concept. This suggests that there is a similarity between both the groups in nine sub-scales of physical self-concept.

Key Words: Physical, Self-Concept, Sex, sportspersons, Non-sportspersons

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INTRODUCTION

Physical Education by its very nature is concerned with the whole child who grows continuously, but not in evenly measured steady manner, in the real sense physical education is a process through which favourable adaptations and learning-organic, neuromuscular, intellectual, social, cultural, emotional and aesthetic result from and proceed through selected and fairly vigorous physical activities (Baley and David , 1976).

Self-concept is learned by an individual inference from his unique experiences. The individual perceptions of feeling of others towards him strongly influence his self image. In turn, self-concept may prove the most powerful motivation for specific behaviour (Singer , 1976).

Self-Concept is the totality of attitudes, judgments and values of an individuals relating to this, abilities and qualities, 'self-concept' embraces awareness of these variables and evaluation (Eysenek , Arnold and Maili, 1975).

The type of behaviour depends upon what one feel is capable of and appropriate to this need. Thus self concept and unique behaviour pattern of an individual resembles the relationship between egg and chick.

The self concept is a highly complex component of behaviour, composed of both cognitive and effective dimension and has at least four orientations : The real self, the perceived self, and the ideas self as perceived by others.

It is clear that greater progress in understanding human can be made possible only through the study of an individual as a whole. It is the concept of self which personifies the individual as a whole and express his way of thinking, feeling and behaving.

The importance of self-concept as a major determinant of behavior has long been recognized throughout the history of educational and social psychology. Since the original work of James (1890), one of the first who highlighted its importance, researchers have published a significant number of studies regarding the nature of self-concept and its relation to other constructs. Self-concept has also been considered as an important factor influencing the motivation level of an individual. Thus, the status of a person's self-concept or perception of ability either enhances or diminishes the person's desire to participate or to continue

participating in an activity. White (1959) proposed that self-concept is associated with a basic “mastery” of competence motive that impels the individual to engage in mastery attempts.

Goldenberg et al (2000) discussed the importance of values of the body in relation to the effect they can have on self-esteem, stating that “one’s physical body is a potential source of self-esteem and that not living up to societal standards regarding the body can have negative consequences for the self”.

Marsh et al. (1997) has conducted self-concept research with elite athletes compared with non-athletes, finding that during adolescence, elite athletes and boys have systematically higher physical self-concepts than non-athletes and girls; however there is scope for more investigation into regular young people and their physical self-concepts.

. Rowland (1999) found that physical activity declines during adolescence, especially among girls. Gender differences in body image among adolescents include boys being more likely to exercise to enhance their physical appearance while girls exercise to lose weight.

Chung (2003) revealed that the mean vector scores of PE major in the following scales: Coordination, endurance, flexibility, activity, sports competence, strength, and global physical were significantly higher than that of Non-PE major students. The results may reflect that males and PE major students, who usually spend more time on physical activity and sports training tend to have better fitness and skill oriented self-concept than their counterparts.

Thornton and Kato (2012) indicated that kinesiology majors had significant higher self-perceptions of their sports competence, physical condition, physical self-worth, and physical strength. Researchers believe that identifying groups of people with low self-perceptions of their physical abilities and implementing strategies to improve these self-perceptions to increase physical activity levels may help in decreasing weight related health issues.

The purpose of the study was to investigate the physical self concept between male sportspersons and non-sportspersons. It was also hypothesized that there would be significant differences between male sportspersons and non-sportspersons in their physical self concept.

METHODOLOGY

Selection of Subjects

A sample consisted of one hundred fourteen male sportspersons (N = 65) and non-sportspersons (N=49) of Guru Ghasidas Central University, Bilaspur (CG) were selected for the purpose of study.

Instrumentation

The Short Version of Physical Self-Description Questionnaire (PSDQ-S) of Marsh & et al. (1994) was used to measure the subject's physical self-concept. The questionnaire consisted of 47 items which under 11 scales : action, appearance, body fat, coordination endurance, flexibility, health, sports competence, strength, global physical self concept and global esteem.

With the permission of the Head of Institutions, the researcher was made contact with the subjects in the teaching class room personally and data was collected.

Statistical Analysis

To find out the significance of difference between male sportspersons and non-non-sportspersons of Guru Ghasidas Central University, Bilaspur (CG), descriptive statistics and t-ratio were computed. The level of significance was set at .05 level.

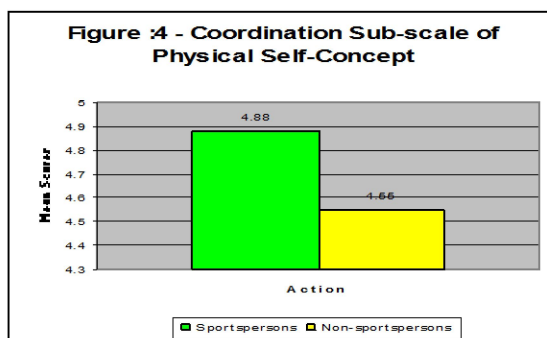
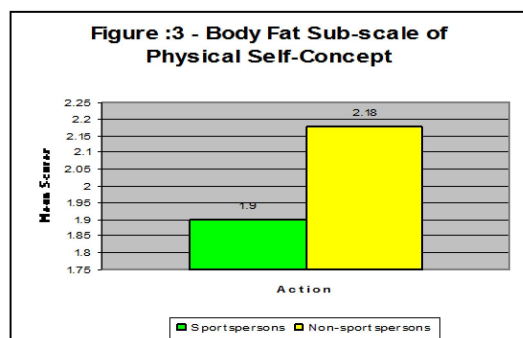
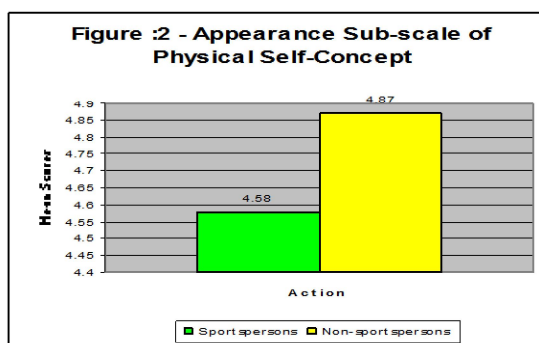
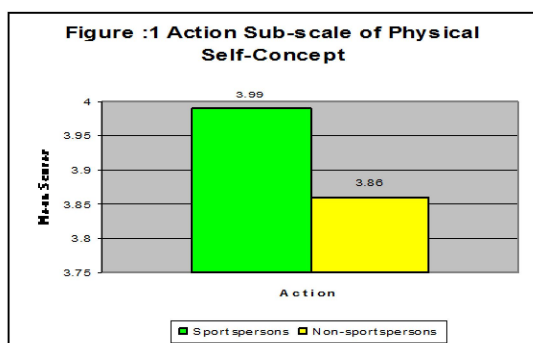
RESULTS AND DISCUSSION

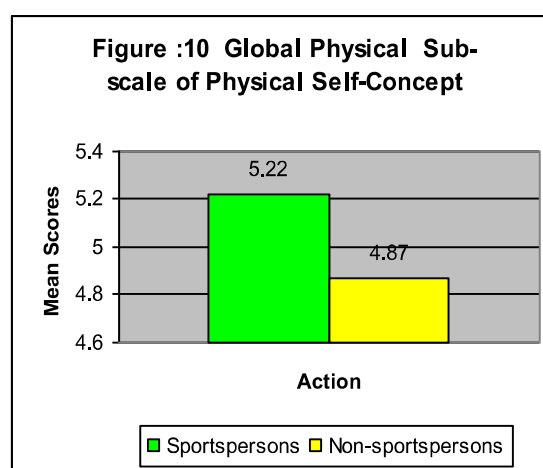
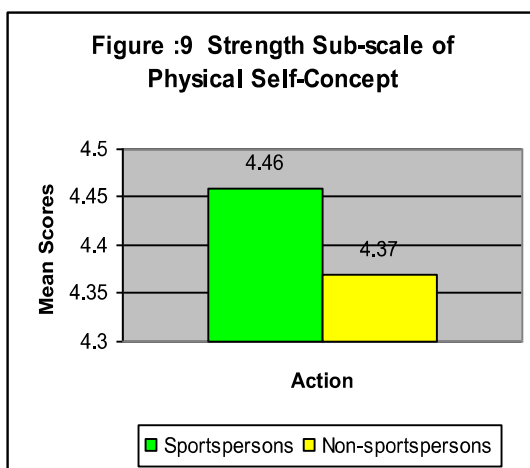
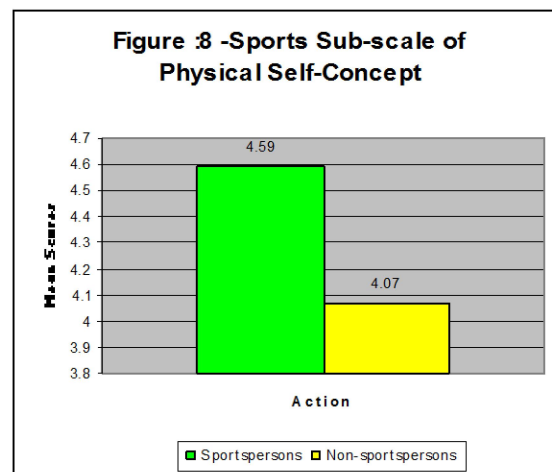
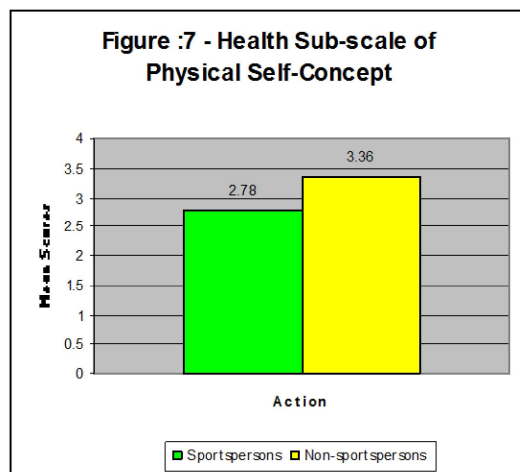
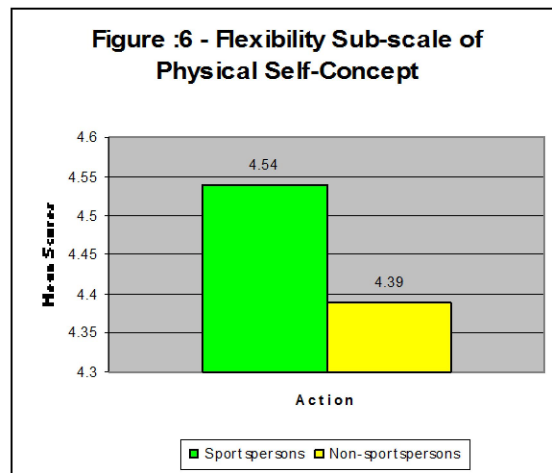
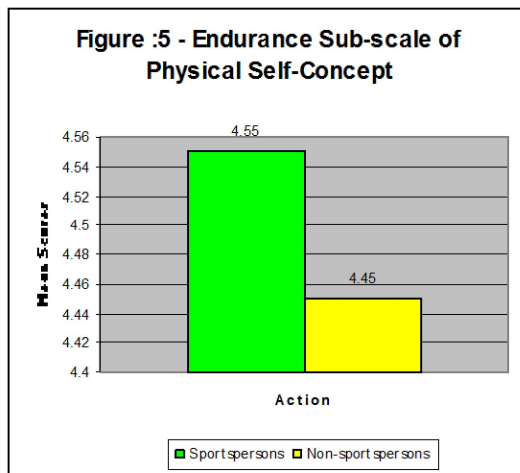
To compare the male sportspersons and non-sportspersons on various sub-scales of physical self concept: means, standard deviations and t-ratios were computed. The level of significance was set at .05 level and data pertaining to this have been presented in Table 1 to 2.

TABLE 1
DESCRIPTIVE STATISTICS OF MALE SPORTSPERSONS AND NON-SPORTSPERSONS ON VARIOUS SUB-SCALES OF PHYSICAL SELF-CONCEPT

Sub-scales	Sportspersons (N=65)	Non-sportspersons (N=49)
	M $\pm$ SD	M $\pm$ SD
Action	3.99 $\pm$ 1.05	3.86 $\pm$ 1.04
Appearance	4.58 $\pm$ 1.39	4.87 $\pm$ 1.16
Body Fat	1.90 $\pm$ 1.13	2.18 $\pm$ 1.35
Coordination	4.88 $\pm$ 1.05	4.55 $\pm$ 1.09
Endurance	4.55 $\pm$ 1.29	4.45 $\pm$ 1.17
Flexibility	4.54 $\pm$ 0.95	4.39 $\pm$ 1.05
Health	2.78 $\pm$ 0.94	3.36 $\pm$ 1.06
Sports	4.59 $\pm$ 1.05	4.07 $\pm$ 1.36
Strength	4.46 $\pm$ 1.19	4.37 $\pm$ 1.14
Global Physical Self-Concept	5.22 $\pm$ 0.38	4.87 $\pm$ 1.19
Global Esteem	4.09 $\pm$ 0.91	4.15 $\pm$ 1.15

The mean scores of male sportspersons and non-sportspersons on various sub-scales of physical self-concept have been depicted in figures 1 to 11.





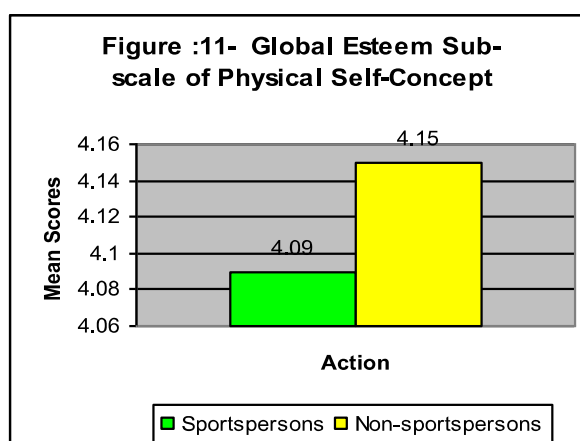


TABLE 2

SIGNIFICANCE OF DIFFERENCE BETWEEN MALE SPORTSPERSONS AND NON-SPORTSPERSONS ON VARIOUS SUB-SCALES OF PHYSICAL SELF-CONCEPT

Sub-Scales of PSDQ	Sex	Mean	MD	σ DM.	t-ratio
Action	P.E . Student	3.99	0.13	0.19	0.68
	Non-P.E. Student	3.86			
Appearance	P.E Student	4.58	0.29	0.25	1.19
	Non-P.E. Student	4.87			
Body Fat	P.E Student	1.90	0.28	0.23	1.21
	Non-P.E. Student	2.18			
Coordination	P.E Student	4.88	0.33	0.20	1.65
	Non-P.E. Student	4.55			
Endurance	P.E Student	4.55	0.10	0.23	0.40
	Non-P.E. Student	4.45			
Flexibility	P.E Student	4.54	0.15	0.19	0.76
	Non-P.E. Student	4.39			
Health	P.E Student	2.78	0.58	0.19	3.04*
	Non-P.E. Student	3.36			
Sports	P.E Student	4.59	0.52	0.23	2.30*
	Non-P.E. Student	4.07			
Strength	P.E Student	4.46	0.09	0.22	0.43
	Non-P.E. Student	4.37			
Global Physical Self-concept	P.E Student	5.22	0.35	0.19	1.82
	Non-P.E. Student	4.87			
Global Esteem	P.E Student	4.09	0.06	0.19	0.31
	Non-P.E. Student	4.15			

*Significant at .05 level $t_{0.05}(112) = 1.99$

It is evident from Table 4, that statistically significant difference was found between male sportspersons and non-sportspersons in health and sports sub-scales of physical self-

concept, as the obtained t-values of 3.04 and 2.30 respectively were higher than the required value of $t_{0.05(112)}=1.99$. This implies that both the groups are dissimilar in two subscales with respect to physical self-concept. But the significant difference was not observed between the both groups in action, appearance, body fat, coordination, endurance flexibility, strength, global physical self-concept and global esteem sub-scales of physical self-concept, as the obtained t-values of 0.68, 1.19, 1.21, 1.65, 0.40, 0.76, 0.43, 1.82 and 0.31 respectively were less than the required value to be significant.

DISCUSSION

The research findings clearly indicated the significant differences between male sportspersons and non-sportspersons. This suggests that there is a similarity between both the groups in nine sub-scales of physical self-concept. Which may be due to the belongingness of various academic field and environmental condition of the faculties. It was also hypothesized that there would be significant differences between male sportspersons and non-sportspersons in their physical self concept is partially supported

CONCLUSION

Dissimilarity was found between sportspersons and non-sportspersons of same sex in sports and health sub-scales of physical self-concept. But the similarity was found among both the groups of same sex in rest of the sub-scale of physical self concept.

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