

COMPARISON OF SELF-ESTEEM BETWEEN MALE AND FEMALE SPORTSMEN AND NON-SPORTSMEN OF MADHYAPRADESH

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ABSTRACT

The purpose of this study was to investigate and compare the self-esteem between male and female sportsmen and non-sportsmen. Five hundred male and female sportsmen as well as non-sportsmen (Three hundred males and Two hundred females) belong to various universities of Madhya Pradesh. The sample consisted of two hundred and fifty (Males= 150 and Females=100) sportsmen and two hundred and fifty (Males=150 and Females=100) non-sportsmen and who volunteered to participate in this study, were selected to serve as subjects for this study. The subjects were in age group of 19 to 27 years. Self-Esteem Rating Scale is 7 point Likert Scale developed by W. R. Nugent, and J. W. Thomas (1993) was selected as a criterion tool to measure how you feel about yourself. To find out the significant difference between male and female male sportsmen and non-sportsmen in their self-esteem, mean, SD, and t-ratio were computed. The results of study revealed that the insignificant difference was found between male sportsmen and non-sportsmen in their self-esteem. where as female sportsmen and non-sportsmen were found just opposite of them. Both sexes sportsmen and non-sportsmen had similarity in their self-Esteem.

Keywords: Sportsmen, Non-sportsmen, self-esteem, males, females

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INTRODUCTION

Psychologists from all over the world are critically and enthusiastically examining psychological aspects of sports, applying research from related areas to athletic situations, and attempting to make sense out of sparse factual material, considering the popularity of sports, its length of existence and its impact in society, relatively little research has been done with athletes. Consequently how much is really known about aspects of psychology as they related to sports.

Scientific research in the field of physical education and sport is a boon to the athletes, trainers and Physical Education Scientists have been trying to Attain higher levels of performance in sports and games.

Self-esteem is composed of person's self assessment and a combination of his/her self-concept of characteristics and abilities. (Pope and Mc Hales, 1988., Flouri 2006 & Osborn, 1997).

The concept of self-esteem has been researched by several social scientists. Branden (1969) defined self-esteem as a standard by which a person judges her/himself, an estimate, a feeling, and an emotion. This self-evaluation is the single most significant key to behavior, which affects the thinking processes, emotions, desires, values, and goals.

Gender difference was observed in self esteem (Naderi et al. 2009; Rahmani, 2011;Kolayis and Sari, 2011). Khan and Ali (2011) indicated the insignificant difference between male and female elite wrestlers regarding their self esteem. Ajeesh (2013) was also observed the insignificant difference between men and women national level volleyball players in regard to Self esteem. Kosarkarjev, Vpliv and Starosti (2009) expressed the more positive Self-esteem in younger adolescent basketball players than in older players regardless of gender .

The athletes have a higher self esteem than non athletes (Patterson, 1993; Ucan & Caglayan, 2012; Heinmiller, 2001). Athletes are also more likely to have higher levels of social self-esteem (Pascarella and Smart, 1991). Individual sports participants have significantly higher self-esteem than participants in team-sports (Omarsson, 2013). Athletes who have high self-esteem and therefore have a better ability to set goals that better mental preparation are able to choose specific performance goal and objectives (Gyorgy, and Moldovan, 2013).

Self esteem affects the thinking process, emotions, desires, values and goals in a person (Sandra 2009). Positive/high self-esteem) leads to greater happiness or negative /low self-esteem to depression (Baumeister et. al., 2003).

People with defensive high self-esteem seem to be capable of putting a positive spin on even the worst failures. They cannot acknowledge any negative information about themselves, People with moderately high self-esteem are the best adjusted. They generally feel good about themselves, but they are capable of acknowledging their flaws and doing something about them. People with modest self-esteem often make caring, loyal friends. Because they are convinced of their own inadequacies, Unless your poor self-esteem has caused you to cut yourself off from others completely, So before designing institution programs that focused on increasing student's self-esteem.

The purpose of this study was to investigate and compare the self-esteem of male and female sportsmen and non-sportsmen.

METHODOLOGY

Selection of Subjects:

The subjects of the study were Five hundred male and female sportsmen as well as non-sportsmen (Three hundred males and Two hundred females) belong to various universities of Madhya Pradesh. The sample consisted of two hundred and fifty (Males=150 and Females=100) sportsmen and two hundred and fifty (Males=150 and Females=100) non-sportsmen and who volunteered to participate in this study, were selected to serve as subjects for this study. The subjects were in age group of 19 to 27 years. The mean age and SD of male sportsmen and non-sportsmen were 22.37 ± 2.39 and 22.67 ± 2.98 respectively. The mean age and SD of female sportsmen and non-sportsmen were 19.37 ± 1.31 and 21.12 ± 1.98 respectively.

Instrumentation:

Self-Esteem Rating Scale is 7 point Likert Scale developed by W. R. Nugent, and J. W. Thomas (1993) was selected as a criterion tool to measure how you feel about yourself. Self-Esteem Rating Scale is a valid and reliable instrument. The scale consists of 40 items for measuring the self-Esteem among people. It is not a test, so there are no right or wrong answers.

The scoring of the scale items were as follows :-1 = Never, 2 = Rarely, 3 = A little of the time, 4 = Some of the time, 5 = A good part of the time, 6 = Most of the time, and 7 = Always. The total score may be taken to indicate the general self-esteem. The following items must be reversed (1 = 7, 2 = 6, 3 = 5, 4 = 4, 5 = 3, 6 = 2, and 7 = 1): 1, 2, 5, 11, 13, 16, 17, 20, 22, 23, 25, 27, 30, 31, 33, 34, 38, 39, and 40. After reversing these items, add your responses together to obtain your final score.

RESULTS AND DISCUSSION

To assess the self-esteem, of male and female sportsmen and non-sportsmen, means and standard deviations were computed and data pertaining to this have been presented in Table 1.

TABLE 1
DESCRIPTIVE STATISTICS OF SELF-ESTEEM OF MALE AND FEMALE SPORTSMEN AND NON-SPORTSMEN OF MADHYAPRADESH

Variables	Males (N=300)		Females (N=200)	
	Sportsmen	Non-sportsmen	Sportsmen	Non-sportsmen
	M $\pm$ SD	M $\pm$ SD	M $\pm$ SD	M $\pm$ SD
Self -Esteem	208.10 $\pm$ 23.91	210.10 $\pm$ 24.93	214.14 $\pm$ 22.46	211.64 $\pm$ 19.49

The mean scores of different psychological variables as scored by male and female sportsmen & non-sportsmen belong to different colleges affiliated to universities of Madhya Pradesh have been depicted in figure 1 to 4.

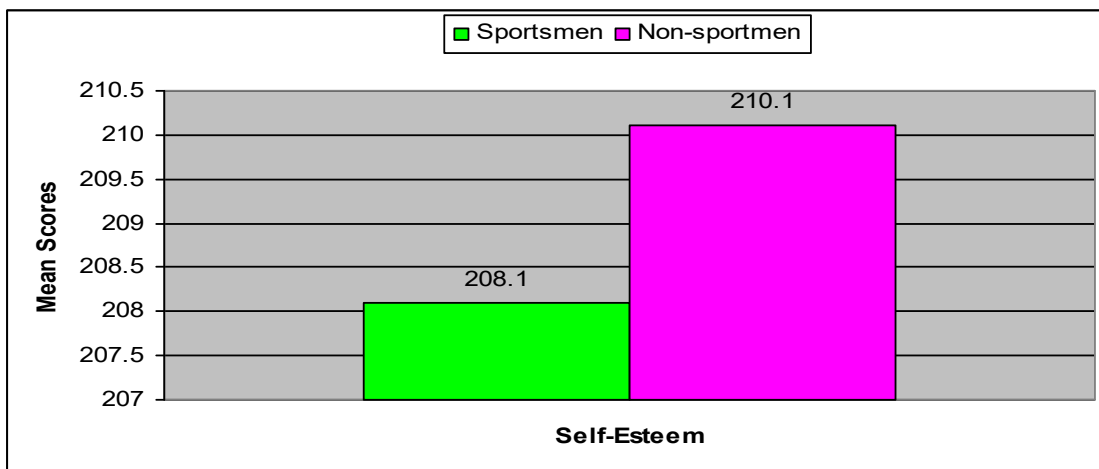


Figure 1: Mean Scores of Male Sportsmen and Non-sportsmen on Self-Esteem

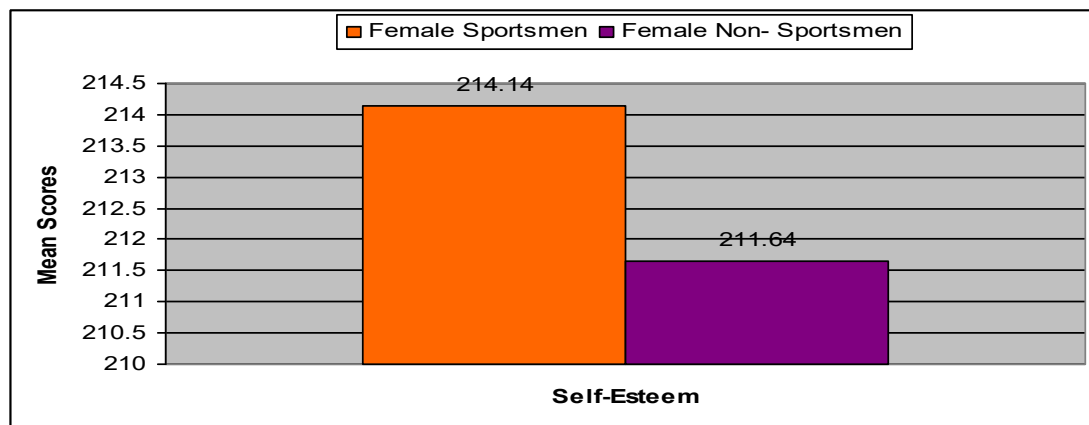


Figure 2: Mean Scores of Female Sportsmen and Non-sportsmen on Self-Esteem

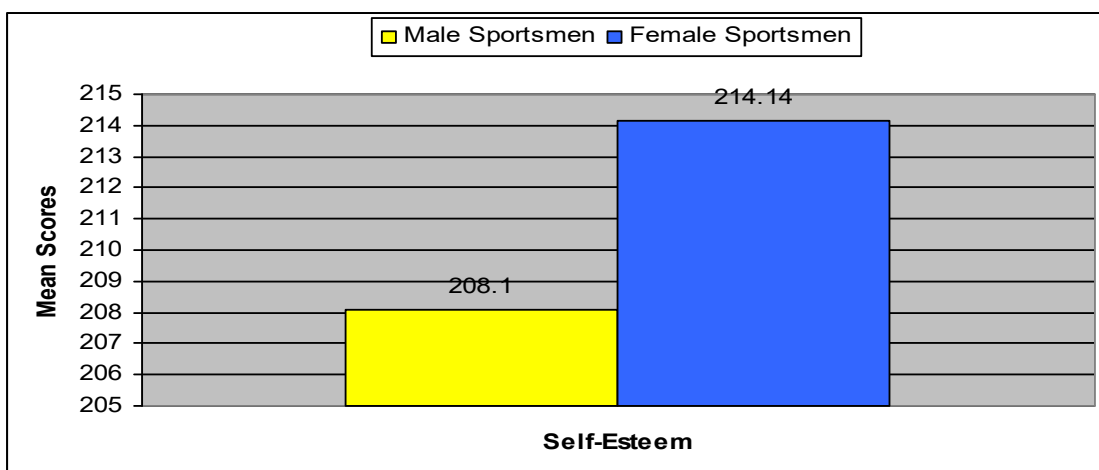


Figure 3: Mean Scores of Male Sportsmen and female Sportsmen on Self Esteem

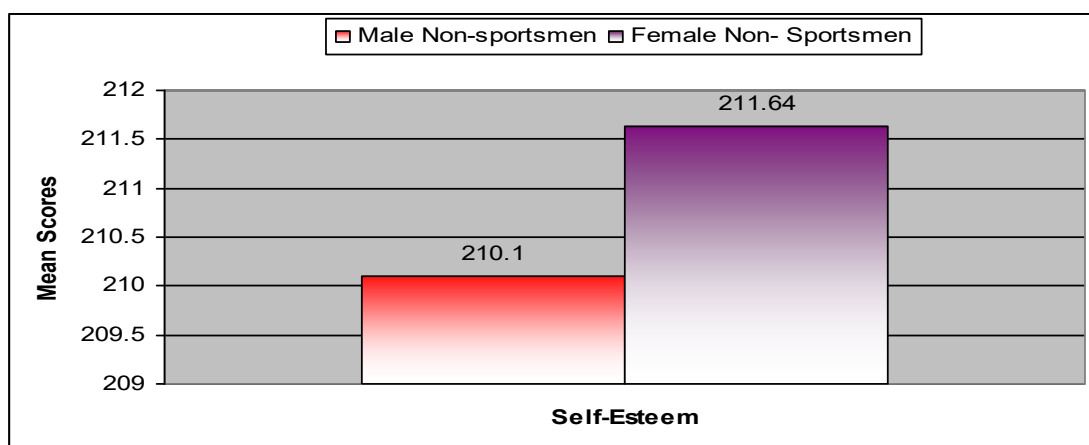


Figure 4: Mean Scores of Male Non-sportsmen and female Non-sportsmen on Self Esteem.

To find out the significant difference between male and female male sportsmen and non-sportsmen on five dimensions of adjustment, sport achievement motivation, self-esteem, state and trait sport-confidence, mood regulation and level of aspiration, t-ratio was computed. The level of significant was set at .05 level

TABLE 2
SIGNIFICANCE OF DIFFERENCES BETWEEN MEAN SCORES OF MALE SPORTSMEN AND NON-SPORTSMEN IN THEIR SELF ESTEEM

Sex	Groups	Mean	MD	σ_{DM}	t-ratio
Male	Sportsmen (N=150)	208.10	2.00	2.820	0.709
	Non-sportsmen (N=150)	210.10			

Insignificant at .05 level, $t_{.05} (298) = 1.97$

It is evident from Table 2, that there was no statistically significant difference between the means of male sportsmen and non-sportsmen in their self-esteem,, as the obtained t-value of 0.709 was less than the required value of $t_{.05}(298)=1.97$. This implies that both the groups are homogeneous with respect to self-esteem.

TABLE 3
SIGNIFICANCE OF DIFFERENCES BETWEEN MEAN SCORES OF FEMALE SPORTSMEN AND NON-SPORTSMEN IN THEIR SELF ESTEEM

Sex	Groups	Mean	MD	σ_{DM}	t-ratio
Female	Sportsmen (N=100)	214.14	2.50	2.974	0.840
	Non-sportsmen (n=100)	211.64			

Insignificant at .05 level, $t_{.05} (198) = 1.98$

It is evident from Table 3, that there was no statistically significant difference between the means of female sportsmen and non-sportsmen in their self-esteem, as the

obtained t-value of 0.840 was less than the required value of $t_{0.05(198)}=1.98$. This implies that both the groups are homogeneous with respect to self-esteem.

TABLE 4
SIGNIFICANCE OF DIFFERENCE BETWEEN MEAN SCORES OF MALE AND FEMALE SPORTSMEN IN THEIR SELF-ESTEEM

Sex	N	Mean	M.D.	σ_{DM}	t-value
Male	150	208.10	6.040	3.014	2.004*
Female	100	214.14			

*Significant level at 0.05, $t_{0.05(248)} = 1.97$

It is evident from Table 4, that the statistically significant difference was existed between the means of male and female sportsmen in self -esteems , as the obtained t-value of 2.004 was high than the required value of $t_{0.05(248)}=1.97$. This implies that both the sex groups are heterogeneous with respect to self -esteems.

TABLE 5
SIGNIFICANCE OF DIFFERENCE BETWEEN MEAN SCORES OF MALE AND FEMALE NON-SPORTSMEN IN THEIR SELF-ESTEEM

Sex	N	Mean	M.D.	σ_{DM}	t-value
Male	150	210.10	1.540	2.958	0.521
Female	100	211.64			

Insignificant level at 0.05, $t_{0.05(248)} = 1.97$

It is evident from Table 5 that there was no statistically significant difference between the means of male and female non- sportsmen in their self –Esteem, as the obtained t-values of 0.521 was less than the required value of $t_{0.05(248)}=1.97$. This implies that both the groups are homogeneous with respect to self-esteems.

DISCUSSION

Findings of the descriptive analysis of data on self –esteem obtained from male and female sportsmen indicated that female sportsmen were found to have greater amount on high self-esteem, than their counter parts. where as male non-sportsmen were found to have greater amount on self-esteem, than their counter parts.

When the male sportsmen & non-sportsmen were compared together on self-esteem, the results of t-ratio indicated the insignificant difference between male sportsmen and non-sportsmen. In case of female sportsmen and non-sportsmen, they also hadno significant difference on self-esteem, which may be due to similarity in their thinking process, cultural ideologies, emotions, self-evaluation, desires, values and goals of a person.

When the male and female sportsmen were compared together on self-esteem, they had different self-esteems. This was supported by (Naderi et al. 2009; Rahmani, 2011;Kolayis and Sari, 2011; Khan and Ali. 2011). When the male and female non-sportsmen were compared together on self-esteems, they did not differ significantly self-

esteems, which may be due to similarity in their thinking process, cultural ideologies, emotions, self-evaluation, desires, values and goals of a person,

CONCLUSIONS

1. Male sportsmen and non-sportsmen did not differ significantly in their sport self-esteem.
2. Statistically significant difference was not observed between female sportsmen and non-sportsmen in their self-esteem,
3. Statistically significant difference was existed between the means of male and female sportsmen in their self –esteems.
4. Similarity was observed between the means of male and female non-sportsmen in their self-Esteem

FUTURE DIRECTION

It is recommended that physical education teachers, university coaches and sport officer may modify their training schedule according to their self-esteem as expressed by both sexes sportsmen. A similar study may also be undertaken involving psychological, sociological, anthropometrics and other motor variables for both the sexes

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