

A COMPARATIVE STUDY OF SELF-CONCEPT OF THE WOMEN PLAYERS IN KHO-KHO AND OTHER GAMES

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ABSTRACT

Success or Failure on the field often depends on mental factors as much as physical ones, sports psychologists recognize the dramatic impact of the athlete's mindset and focus on the field while boosting confidence for optimal performance. The purpose of the study was to compare the self-concept of the women players in Kho-Kho, Cricket, Handball and Badminton at random basis according to their feasibility was done from the affiliated colleges to Devi Ahilya University, Indore for this study. 180 subjects for the present study were selected. In which, 50 subjects from each game like Kho-Kho, Cricket and Handball and 30 subjects from Badminton. Self-Concept was measured by "Manual For Swatwa Bodh Prakashan" Questionnaire by Shery,.Verma, and Goswami. One Way Analysis of Variance (ANOVA) was used and level of significance was tested at .05 level. Result shows that insignificant differences were found among the four groups. of players.

Key words:- Self-Concept, Kho-Kho, Cricket, Handball, Badminton games.

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INTRODUCTION

Sports psychology is an interdisciplinary science that draws on knowledge from many related fields. how psychological factors affect performance and how participation in sport, exercise and physical activity affect.

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Today, a sports psychologist's role is more accepted as a part of the regular coaching staff for teams and for individual athletes. The roles of sports psychologists are numerous, but they primarily teach athletes mental game skills to improve their performance and learning.

Self-Concept is an important term for both social psychology and humanism. Self-Concept is a collection of beliefs about oneself that includes elements such as academic performance, gender roles and sexuality and racial identity. The individual's belief about himself or herself including the person's attributes and who and what the self is. Self-Concept the sense of being separate and distinct from others and the awareness of the constancy of the self (Aronson, Wilson and Akert, 2007).

Psychologists Carl Rogers and Abraham Maslow were the first to establish the notion of self-concept. According to Rogers, everyone strives to reach an 'ideal self'. Rogers also hypothesized that psychologically healthy people actively move away from roles created by others expectations and instead look within themselves for validation. On the other hand, neurotic people have 'self-concepts' that do not match their experiences as valid, so they distort them, either to protect themselves or to win approval from others. Carl Rogers believes that the Self-Concept has three different components:---

1. The view you have of yourself.
2. How much value you place on yourself.
3. What you wish you were really like.

A person's Self-concept may change with time as reassessment occurs, which in extreme cases can lead to identity crises. Researchers debate over when self-concept development begins? some assert that gender stereotypes and expectations set by parents for their children impact. Children's understanding of themselves by approximately age 3. others suggest that self-concept develops later, around age 7 or 8, when children are developmentally prepared to interpret their own feelings and abilities, as well as feedback they receive from parents, teachers and peers.

Self-Concept, strictly defined, is the totality of our beliefs, preferences, opinions and attitudes organized in a systematic manner, towards our personal existence, simply put it is how we think of ourselves and how we should think, behave and act out our various life roles. Self-concept is the image that we have of ourselves. How exactly does this self image form and change over time? this image develops in a number of ways, but is particularly influenced by our interactions with important people in our lives. Self-Concept is our perception or image of our abilities and our uniqueness. At first one's self-concept is very general and changeable--as we grow older, these self perceptions become much more organized, detailed and specific. Your self-concept is your mental picture of yourself.

METHODOLOGY

Selection of Subjects:

There has been random selection done of colleges affiliated to Devi Ahilya University, Indore for this study. The selection of the women players of kho-kho, Cricket, Handball and Badminton is done on the basis of their feasibility. 180 subjects of the present study were selected. 50 each from Kho-kho, Cricket, and Handball and 30 from Badminton. .

Tool Used:

Self-Concept was measured- "Manual For Swatwa Bodh Prakashan" Questionnaire by Dr. Shery, Dr. Verma, Dr. Goswami.

Statistical Procedure:

To calculate the level of significant difference among the groups of Kho-Kho, Cricket, Handball and Badminton, one way analysis of variance was used and level of significance was tested on 0.05% reliability level.

RESULTS AND DISCUSSION

The analysis of variance on the data concluded have been presented in the table 1 and depicted in Figure 1.

TABLE 1
ANALYSIS OF VARIANCE OF SELF-CONCEPT AMONG GROUPS OF WOMEN
PLAYERS OF BADMINTON, HANDBALL, CRICKET
AND KHO-KHO

Source of variance	df	Sum of Square	Mean Squares	F. Ratio
Between groups	3	39.520	13.173	.495
Within groups	176	4684.280	26.615	
Total	179	4723.800		

*Significant at .05 level, $F_{.05}(3, 176) = 2.66$

It is observed from table 1 that there was no significant difference in Self-Concept among the groups because F.Ratio amounts to .495. However, the needed value of level of significance which is .05 comes to 2.66.

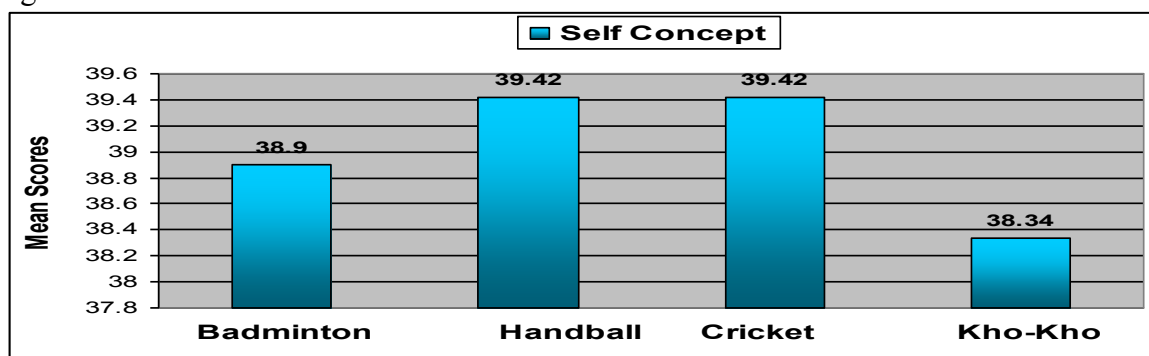


Figure.1: mean scores of Self-Concept in Badminton, Handball, cricket and Kho-Kho are presented in the graph.

DISCUSSION

The results of Self-Concept. shows that there is no significance difference among Kho-Kho, Cricket, Handball and Badminton groups, which means that all of them have same level of Self-concept.

Sport is not just a physical activity but also a mental activity. Training program for players is set up in such a way that they develop mutual understanding, helpful attitude, reaction time, analysis capacity etc. in them. Environment is the important component of self-concept. probably all the players got almost similar environment, since beginning, so their self-concept remained the same.

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