



A COMPARISON OF SELF ESTEEM OF STATE LEVEL MALE AND FEMALE SPORTSPERSONS OF HIGHER SECONDARY SCHOOLS

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ABSTRACT

Physical education activities and sports contribute not only to physical fitness and health but also to physical effectiveness, internal alertness, and the development of certain traits like perseverance, team spirit, and numerous other values of life processes and high achievements. In the last twenty years, great attention has been paid to the psychoanalytic and psychotherapeutic issues associated with physical exertion. The purpose of the present investigation was to compare the self-esteem between state-level male and female sportspersons belonging to secondary school children. One hundred and forty male (N=70) and female (N=70) sportspersons who belong to secondary schools of shadow districts who represented their respective schools in state-level competitions during the year 2020-2021, were selected to serve as the subjects of this study. To assess the self-esteem of male and female sportspersons of State level, means, standard deviations, and t-ratio were computed. The results of the investigation revealed that Male and female sportspersons of state-level participation insignificant differences were found between male and female sportspersons at state-level participation in Self Esteem. Self-esteem was also found higher in female sportspersons of state-level than their male sportspersons of state-level.

Keywords: Males, Females, Sportspersons, State level, Self-esteem, School Children

1. INTRODUCTION

Scientific research within the field of sports education may be a boon to the athletes, trainers, and coaches. Sports scientists have been trying to attain advanced situation of performance in sports and games.

The psychological preparation on the basis of psychological characteristics of the sport, the competition conditions, and the personality structure (profile) of the sportsmen, is planned and carried out with the end of enabling the sportswomen to be in an optimum psychic state at the time of competition so that he can achieve the maximum possible performance.

Participation in Sports contributes to putting together self-assurance, enhancing intellectual level, personality development, and outgoing tendency or extroversion in and of itself proficiency results in increased success in sports activities that are extremely valued in one's group. Human life may be a complicated of physical, intellectual, emotional, and social development patterns sports and physical activities are integral elements of those patterns. individuals contend in sports owing to the chance provided to gauge their competency in interacting with one's atmosphere. Competition provides individuals of all levels of ability .with the chance to hunt out their enforcements enticing to them and gain sure measures of self-evaluation (**Sinha, 1986**).

In basic terms, vanity is an enclosed belief system that an individual possesses concerning one's self. The conception of self-esteem has been researched by many social scientists. **Branden (1969)** outlined self-esteem as a regular by that someone judges her/himself. and a feeling. This self-evaluation is that the one most significant key to behavior, that affects the thinking processes, emotions, desires, values, and goals.

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Gender-based Self-esteem and level of self-esteem. It was found higher in females than their counterparts (**Naderi et al., 2009**). Elite athletes have a better self-esteem than nonathletes. Women have slightly higher self-esteem than men (**Patterson, 1993**). Significant differences were noticed between male and female students in self-esteem and achievement goals orientation (**Rahmani, 2011**). The similarity was found between men and women National Volleyball Players in regard to Self-esteem (**Ajeesh, 2013**).

Self-esteem may be a term utilized in scientific discipline to replicate an individual's overall emotional analysis of his or her own value. It's a judgment of oneself furthermore as an angle toward the self. Self-esteem encompasses beliefs and emotions such as triumph, despair, pride, and shame. Self-esteem is that the experience of being competent to take care of the basic challenges of life and being have to be compelled to have happiness.

Self-esteem has long been thought of a vital part of an excellent psychological state and a focus in recent years. Self-esteem consists of a person's self Assessment and a mixture of his/her self-concept of characteristics and skills (**Pope and McHales, 1988., Flouri 2006 & Osborn, 1997**).

The gender difference was observed in self-esteem and the level of self-esteem was found higher in females than their counterparts (**Naderi et al. 2009**). Self-esteem affects the thinking method, emotions, desires, values, and goals in an exceedingly person (**Sandra 2009**). Positive (high self-esteem) ends up in larger happiness or negative (low self-esteem) and timorousness, probably ends up in depression (**Baumeister et al,2003**).

The purpose of the present investigation was to compare the self-esteem between state-level male and female sportspersons belonging to secondary school children..

2. METHODOLOGY

2.1 Selection of Subjects

One hundred and forty male (N=70) and female (N=70) sportspersons who belong to secondary schools of shadow districts who represented their respective schools in state-level competitions during the year 2020- 2021, were selected to serve as the subjects of this study. The mean age and SD of male and female sportspersons were 16.40 ± 1.48 and 17.16 ± 2.66

2.2 Instrumentation

Self-esteem rating Scale -After consultation with physical education experts of India and availability of the questionnaires, suitability of Indian condition, and legitimate time for the study, the self-esteem rating Scale prepared and developed by **Nugent and Thomas (1993)**. will be used to measure the self-esteem of male and female school children. The seven-point Scale of self-esteem consisted of 40-items to assess the self-esteem of male and female school children.

2.3 Statistical Analysis

To assess the self Esteem of male and female sportspersons of State level, means, standard deviations, and t-ration were computed. The SPSS computer programs were also utilized to analyze the collected data.

3. RESULTS

In order to find out the significant difference between male and female sportspersons of state-level on self-esteem, means, standard deviations, and t-ratios were computed and data pertaining to this , has been presented in Table 1 & 2 and depicted in Figure 1

TABLE 1
DESCRIPTIVE STATISTICS OF SELF ESTEEM OF STATE-LEVEL MALE AND FEMALE SPORTSPERSONS

S.No	Psychological Factors	Sex	N	Mean	SD
1	Self Esteem	Male	70	165.33	26.27
		Female	70	175.11	6.87

The mean scores on self Esteem, of male and female sportspersons of State level, have been depicted in figure 1.

Figure 1

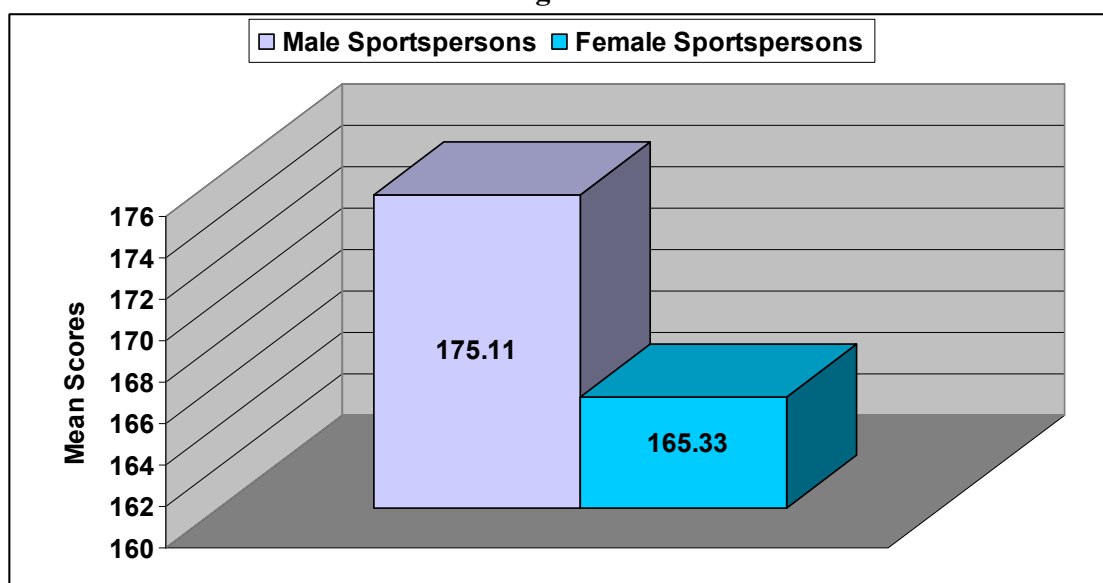


TABLE 2
SIGNIFICANT DIFFERENCE IN SELF ESTEEM BETWEEN STATE-LEVEL MALE AND FEMALE SPORTSPERSONS

Psychological Factors	Sex	N	Mean	MD	σ DM	t-ratio
Self Esteem	Male	70	165.33	9.78	3.25	3.01*
	Female	70	175.11			

Table 2 reveals that a significant difference was found between male and female sportspersons at state-level participation in Self Esteem, as the obtained t-value of 3.01, was high than the required $t_{.05(138)}=1.98$.

4. DISCUSSION

Education means modifications in behavior. This statement peruses to the various alteration and modifications which may be conducted with the help of education, environment, and teaching or training. The education may only be achieved, when the various body systems are engaged and involved in a coordinative and systematic form. The educational concept of the all-round development of a human being refers to various dimensions in which the physical dimension plays an important role to provide the practical shape to the education process.

Self-esteem has long been considered an essential component of good mental health and attention in recent years. Self-esteem consists of a person's self Assessment and a mixture of his/her self-concept of characteristics and skills. This self-evaluation is that the one most significant key to behavior, that affects the thinking processes, emotions, desires, values, and goals (Branden, 1969). (Branden, 1969).

Self-esteem affects the thinking method, emotions, desires, values, and goals in an exceeding person (Sandra 2009). Positive (high self-esteem) ends up in larger happiness or negative (low self-esteem) and timorousness, probably ends up in depression (Baumeister et al,2003). When the male and female sportspersons were compared together on self-esteem, t-ratio resulted in dissimilarity among them. This was supported by Rahmani, (2011). Female sportspersons of state-level had higher self-esteem than their counterparts, as the obtained mean score of female gender was found high than male sportspersons, This study is supported by Naderi et al., (2009). and Patterson, (1993).

5. CONCLUSIONS

1. Male and female sportspersons of state-level participation insignificant difference was found between male and female sportspersons at state-level participation in Self Esteem.
2. Self-esteem was found higher in female sportspersons of state-level than their male sportspersons of state level.

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