

LEVEL OF SELF-ESTEEM AMONG NORTH ZONE HOCKEY PLAYERS

Zamirullah Khan¹, Abul Barkat Lanin¹ and Naseem Ahmad Khan²

¹Deptt. of Physical Education, A.M.U. Aligarh, U.P. India.

²Mumtaaj P G College Lucknow U.P. India.

Abstract:-The aim of this study was to find out the level of self-esteem in the sport domain among young north zone hockey players. The study examined self-esteem among 30 male north zone hockey players (age 18–25 years).

Rosenberg Self-Esteem Scale (Rosenberg, 1965) was used to collect the data. Descriptive statistics was used to statistical treatment and interpretation of the data.

Self-esteem is a state of mind. It expresses an attitude of approval and indicates the extent to which an individual believes himself to be capable, significant, successful and worthy. Being involved in sport is an important factor in improving one's self-esteem. Self-esteem is the feeling of self-worth that determines how valuable and competent an athlete feel. The researchers find out in this study that the north zone hockey players had higher level of self-esteem.

Keywords:Self-esteem, North Zone Hockey Players.

INTRODUCTION

(Fox & Corbin, 1989), self-esteem in sport is very much considered a multi-dimensional concept consisting of strength, conditioning, bodily attractiveness and sporting competence.

SOAR Program (2003), self esteem is a state of mind. It is the way to think and sense about self. Taking in high self esteem means having feelings of trust, worthiness and positive regard for self. People with high self esteem feel good about themselves. They experience a sense of belonging and protection. They respect themselves and appreciate others. They incline to be successful in life because they feel confident in taking on challenges and risking failure to accomplish what they desire. They have more energy for positive pursuits because their energy is not wasted on negative emotions, feelings of inferiority or working hard to take care of or please others at the expense of their own self-care. The sum of self esteem they have depends on many factors -- how they were brought up, parental attitudes, life experiences, and so on. Sometimes people lose self esteem and feel bad about themselves because of failures or disappointments in life, or because of the way others in their lives have treated them. It is important to know that self-esteem can be gained at any time in life. Ideally, it takes place in childhood; realistically, most people have to develop it later in life.

Self-esteem can also be defined as "the degree to which individuals feel secure about themselves" or as a "personal judgment of worthiness" (Sonstroem & Morgan, 1989).

It is generally believed that there are many benefits to having a positive view of the ego. Those who experience high self-esteem are presumed to be psychologically happy and healthy (Branden, 1994; Taylor & Brown, 1988), whereas those with low self-esteem are believed to be psychologically distressed and possibly even depressed (Tennen & Affleck, 1993). Taking in high self-esteem apparently provides benefits to those who possess it: They feel honest about themselves, they are capable to manage effectively with challenges and negative feedback, and they exist in a social world in which they believe that people value and esteem them. Although there are negative

Please cite this Article as :Zamirullah Khan¹, Abul Barkat Lanin¹ and Naseem Ahmad Khan², "LEVEL OF SELF-ESTEEM AMONG NORTH ZONE HOCKEY PLAYERS" : Academic Sports Scholar (Nov ; 2014)

issues related with having extremely high self-esteem (Baumeister, 1998), most people with high self-esteem seem to lead happy and rich lifespans. By contrast, people with low self esteem see the cosmos through a more negative filter, and their general dislike for themselves colors their perceptions of everything about them. Significant evidence indicates a link between self-esteem and depression, shyness, loneliness, and alienation-low self-esteem is aversive to those who receive it. Therefore, self esteem affects the enjoyment of life even if it does not take in a material impact on career success, productivity, or other objective outcome criteria. Moved over the choice, however, most people would choose to possess high self-esteem.

Self-esteem is the evaluative aspect of the self-concept that equates to an overall view of the self as worthy or unworthy (Baumeister, 1998). This is embodied in Coopersmith's (1967) classic definition of self-esteem. The evaluation, which the individual makes and customarily maintains with regard to himself: it expresses an attitude of approval and indicates the extent to which an individual believes himself to be capable, significant, successful and worthy. In short, self-esteem is a personal judgment on the worthiness that is expressed in the attitudes the individual holds towards himself. Thus, self-esteem is an attitude about the self and is related to personal beliefs about skills, abilities, societal relationships, and future events.

William James (1890) argued that self-esteem developed from the aggregation of experiences in which people's outcomes exceeded their goals on some important dimension, under the general rule that self-esteem= success/prestensions. From this view, the assessment experiences to examine possible discrepancies between current appraisals and personal goals and motives. Moreover, self-perceived skills that permit people to achieve goals are likewise important to appraise. Therefore, measures ought to let in more or less reference to personal beliefs about competency and ability.

Equally it is celebrated by different scholars that self esteem plays an important role during competition in games and sports. So keeping in mind the above said importance the scholars prefer to work on the level of self esteem among students.

METHODOLOGY

Sample

The sample of the present study was drawn from north zone Intervarsity hockey tournament held at A.M.U. Aligarh (U.P.) in November, 2013. For the purpose of the study 30 male hockey players were randomly selected from the tournament. Their age ranged between 18-28 years.

Procedure

Rosenberg Self-Esteem Scale (Rosenberg, 1965) was used to collect the data. Descriptive statistics were used for statistical treatment and interpretation of the data.

Results

Number of subjects	Score	Percentage
24	Between 20 to 25	80
06	Between 15 to 19	20

As it is clear from the table that twenty four subjects scored between 20 to 25 out of 30 and six subjects scored between 15 to 19 out of 30.

It is evident from the result that most hockey players of north zone universities had a higher level of self esteem as it is mentioned by Rosenberg, M. (1965) that the sportsperson who scored higher will have higher self esteem.

DISCUSSION:

The obtained results have clearly suggested that most of the north zone hockey Players have a high grade of self, esteem as it is being proven by the study of Bailey, Moulton, and Moulton (2002).

As north zone inter varsity competition is itself a competition within the elite hockey players who, after qualifying the various stages of the tournament and training reach to this level of competition and that is all possible if the players possess confidence in themselves and are able to cope up effectively with challenges and negative feedback and live in such a group/team where they believe that they have value and respect for others i.e. team spirit and the finding are in line of Baumister (1988) Branden (1994) Taylor & Brown (1988).

CONCLUSION:

Based on the results of the present investigation, researchers have concluded that north zone Intervarsity hockey players have a higher level of self-esteem. Higher degree of self esteem enhances performance of sports person.

REFERENCES

1. Bailey, K., Moulton, P., & Moulton, M. (2002). Athletics as a predictor of self-esteem and approval motivation. Retrieved November 11, 2002 from: <http://www.thesportjournal.org/VOL2 No2/BAILEY.HTM>
2. Branden, N. (1994). The six pillars of self-esteem. New York: Bantam Books.
3. Baumeister, R. F. (1998). The self. In D. Gilbert, S. Fiske, & G. Lindzey (Eds.), The handbook of social psychology (pp. 680–740). New York: Random House.
4. Coopersmith, S. (1967). The antecedents of self-esteem. San Francisco: Freeman.
5. Fox, K. R., & Corbin, C. B. (1989). The Physical Self-Perception Profile: development and preliminary validation. *Journal of Sports & Exercise Psychology*, 11, 408-430.
6. James, W. (1890). Principles of psychology, Volume 1. New York: Henry Holt.
7. Rosenberg, M. (1965). Society and the adolescent self-image. Princeton, NJ: Princeton University Press.
8. Sonstroem, R.J. & Morgan, W.P. (1989). Exercise and self-esteem: Rationale and model. *Medicine and Science in Sport and Exercise*, 21(3), 329-337.
9. Summer Orientation and Registration (SOAR) program (2003). Developing self esteem and a positive attitude. Western New England College.
10. Taylor, S. E., Brown, J. D. (1988). Illusion and well-being: A social psychological perspective on mental health. *Psychological Bulletin*, 103, 193–210.
11. Tennen, H., & Affleck, G. (1993). The puzzles of self-esteem: A clinical perspective. In R. F. Baumeister, (Ed.), *Plenum series in social/clinical psychology* (pp. 241–262.) New York: Plenum Press.



Zamirullah Khan

Deptt. of Physical Education, A.M.U. Aligarh , U.P. India.



Abul Barkat Lanin

Deptt. of Physical Education, A.M.U. Aligarh , U.P. India.



Naseem Ahmad Khan

Mumtaaj P G College Lucknow U.P. India.