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COMPARATIVE STUDY OF SELF CONCEPT BETWEEN WRESTLING AND BADMINTON PLAYERS



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ABSTRACT:

The objective of the study to find out the comparison of comparative study of self-concept between wrestling and badminton players. For the purpose of the study, 30 (Thirty) male players (15 wrestling and 15 badminton players) were selected as a subjects. The subjects were selected from Intercollegiate Tournament-2015-16 which was organised CCSPG College, Heonra (Saifai), Etawah. The age ranged between 21to25 years. The self-concept questionnaire developed by Mukta Rani Rostogi was used. The questionnaires were giving to subjects and asked to answer honestly. The obtained data were analysed by applying 't' test in order to determine the self-concept differential between wrestling and badminton players. The level of significant was set at 0.05. The table 2 showed no significance difference of self-concept between cricket and hockey players of university. The calculated 't' value 1.259 is less than the table value 2.048..

KEY WORDS: Self Concept , Wrestling And Badminton Players, human life .

INTRODUCTION:

Modern age has been specially marked by the progress which is being achieved in all areas of human endeavour. This is also true in the world of games and sports as the modern man appears to be much more concerned with this aspect. The hold of the sports has grown very strong on the mind of individuals in society. Games and Sports have been part of human life almost since the time immemorial. Be it a necessity for his survival i.e. hunting for food and shelter, safety from wild animals or other enemies or as a pursuit of pleasure, the games and sports have been indispensable to mankind and have been part of his culture. Though the origin of sports is lost in antiquity, it is quite certain that physical activity has been a basic necessity of life, more than fun and diversion, for his survival depended on it. Gradually along with the process of evolution, such activities became more of play and became part of culture of tribes. People used sports and games as a means of transmitting the cultural heritage of their tribes. Game, sports and physical activities persisted despite the rise and fall of ancient civilizations as a cultural heritage, which was passed on from one generation to another. Today games and sports have emerged as universal cultural phenomena.

Psychological fitness is almost important because it a player cannot be in the right time. It is of little use to have superstitious work and footwork without fitness, because a player will never have the stamina to carry out his or her skills having run half the length of field. Performance of hockey players depends upon the morphological and psychological parameters where the knowledge and application of exercise physiology is important.

Hockey had developed into highly competitive sports, which requires a high level of physical and psychological fitness. Hockey characterized by accuracy which can be facilitated by absolute self control and maximum concentration because anxiety plays a paramount role in sports participation which produces anxiety determines how successful he or she could be. The degree of perceived anxiety is an important variable to be considered in the performance of an individual.

Cricket is one of the most popular and richest in history of all ball games, there is no record available which shows when and by whom cricket was started in England. It is essentially an English game. Old work shows that it is as old as 13th Century.

METHODOLOGY

Subjects:

For the purpose of the study, Thirty (30) male players (15 wrestling and 15 badminton players) were selected as a subjects. The subjects were selected from Intercollegiate Tournament-2015-16 which was organised C.C.S.P.G College, Heonra (Saifai), Etawah. The age ranged between 20 to 25 years.

Tools:

The self-concept questionnaire developed by Mukta Rani Rostogi was used. The questionnaires were given to subjects and asked to answer honestly.

Data Analysis:

The obtained data were analysed by applying 't' test in order to determine the self-concept differential between cricket and hockey male players. The level of significant was set at 0.05.

RESULT

Table 1
Descriptive study of self-concept of cricket and hockey male players of CSJM University

Games	N	Mean	SD
Wrestling	15	169.15	10.38
Badminton	15	171.69	08.25

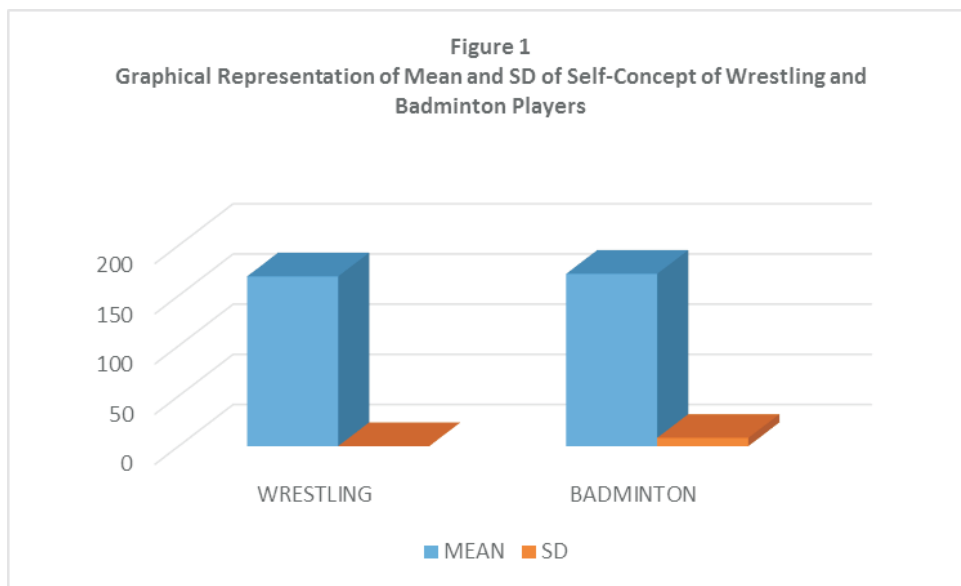


Table 2
Comparison of self-concept of wrestling and badminton players of Intercollegiate Tournament 2015-16

Variables	Mean Difference	Std. Error Difference	Df	't' ratio
Self-Concept	7.437	4.183	148	0.892

Table value at 0.05 level of significance $t_{0.05}(118) = 1.96$

The table 2 showed that the no significance difference of self-concept between wrestling and badminton players of university. The calculated 't' value 0.892 is less than the table value 2.048 at 0.05 level of significance.

DISCUSSION OF FINDINGS:

Table 2 revealed that the no significance differences of self-concept between wrestling and badminton players of intercollegiate tournament-2015-16.

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