



A COMPARATIVE STUDY OF PLAYERS OR NON-PLAYERS FEMALE ON THE VARIABLE SELF ESTEEM

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ABSTRACT

The objective of this study are to examine self-esteem of players females and non-players females. The investigator select 40 players females and 40 non-players females for investigate self esteem. Selection of sample the researcher selected 80 subjects in bijnor city (up). 40 were players and 40 were non-players females ranging age from 18 to 21. The sample selection method was used as purposive sampling technique. Rosenberg self-esteem scale (Rosenbergs; 1965) was used to measure self-esteem. The subjek were first explained aim of the research study. Researcher given instruction to all. Results show that there were significant difference found regarding the parameter of self esteem. Players females have high self esteem comparison to non players females.

KEYWORDS: Physical Education, Self-Esteem, self worth, variable.

1. INTRODUCTION:

In psychology Self Esteem is describe as the value or the level of self worth that one associates with him\her self. Self-esteem defined as the way individuals feel about themselves. Self-esteem can be either positive or negative. There are numerous psychological benefits of high self

esteem. High self esteem developed better body image, increase self-efficacy, well being, academic achievement. physical activity play important role to enhance self esteem. Physical activity is also associated with higher self esteem (Hallal et al.,2006., Piko & Keresztes ,2006). Ekeland et al.(2004) defined self-esteem as "the value we place on our self" (p.2). Schwable and staples (1991) properly defined self-esteem It is viewed as a resolute and enduring characteristics which often leads to the conclusion that it is a set personality trait. Self esteem usually involves positive or negative recognizance of one's belief's, attitude, behavior, emotions and

physical as the feeling on individual has about him| herself that affect the way he| she views him| herself. These views include self observations, perceived feelings of him| herself. High self-esteem is dependent on attitudinal factors regarding physical activity. This differs from self concept in that self esteem addresses feeling and emotions. Self esteem essentially refers to how an individual feel good about his or her existence, then high self esteem is experienced. Many psychological expert have proposed that if individual have high self esteem, accomplishment and achievement will result. Females have historically been discourage from participating in physical activity and sports. Research however has found that



females, especially young adolescents benefits greatly from physical activity and sports. Physical activity not only promotes a higher sense of body image and overall well being throughout life. It has been shown that engage in physical activity as young adults tend to continue to stay active later in life, leading to a greater sense of self-esteem. When considering self –esteem it is important to note that both high and low levels can be emotionally and socially harmful for the individual. Indeed it is thought an optimum level of self esteem lies in the middle of the continuum. Individuals operating within this range are thought to be more socially dominant within relationship. Rosenbergs (1989) described self esteem as a positive or negative attitude towards a person self. He concluded that a person with high self esteem means “ an individual who respects himself and considered himself worthy”. Sports and physical activity is associated with improvement in numerous physiological and psychological variables (Sallis et al.,1997). Mental health is positively affected by the impacts of vigorous physical activity on improving self-image, self confidance, well being, social skills and positive influence on intellectual functioning. Many researcher have studied the impact of physical activity on self esteem and have found affects. (Doraks&Vurgun,2012;Gruber,1986).Trombay,Inman and willims (2000) found that physical activity had a positive relationship with self esteem. Both males and females who were more physically active had considerably higher level of self esteem. Sonstroem and morgan (1989) found that one of the most important outcomes of exercise is enhanced self esteem. They found significant improvement in the player’s self esteem. Biddle and Armstrong (1992) concluded that the quality of experience in sporting activities can have positive emotional effects in terms of increasing self esteem. The author concluded that players have high self esteem than non players because regular physical activity , exercise and sports had been found to enhance self esteem. The participation in physical activity positively impacts self esteem, self confidance also.

2.MATERIAL AND METHOD: for investigation researcher selected 80 subjects , in which 40 players females and 40 non-players females in bijnor district to find out self-esteem. The girls were selected ranging age from 18 to 21 years. The sample selection method was used purposive sampling.

2.1Tool: Rosenberg self –esteem scale (Rosenbergs;1965) was used to measure self-esteem.10 item scale gives an overall self-esteem score. Scores were recorded on a four-point likert scale anchored by ‘strongly agree’ to ‘strongly disagree’ with the point scale of 0 to 3. The subject were first explained aim of the research study.

2.2 Procedure: Firstly data were collected to apply Rosenberg self- esteem scale (Rosenbergs; 1965) on players and non players female. Instructions given by researcher that read form carefully then response. After fill form raw data collected and statistically processed.

2.3 Statistical Analysis: t- test was applied to compare players and non players self- esteem level. For testing the hypothesis level of significance was set at 0.05.

3. RESULTS:

Table no 1 show there is significant difference between player and non-players girls. It is evident that obtain t- value is found higher than table t-value (t- 0.05 = 4.6376, p<0.05).

3.1 Table no. 1: t-test results regarding the variable self esteem between players and non-players females.

	Players(female)	Non-Players(female)	T- Value
Mean	18.3846	15.75	4.6376
Variance	7.6113	5.1667	
Stand. dev.	2.7589	2.273	

Significant at *p<0.05

3.2 Discussion: The purpose of this study to determine self –esteem level of players and non-players females. The results of this study revealed that statistical significant difference were found between players and non players female. This show that both group are having difference regarding self-esteem as far as this set of population concerned. This results documented that participation in physical activity enhance self-esteem.

Players usually have high self esteem than non players females. Trombay, Inman and willims (2000) found that physical activity had a positive relationship with self esteem.

4. CONCLUSION:

Within the limit of the study and subjects on which the present study was concluded significant difference were found between players and non players female. It seem reasonably fair to conclude that players and non players female having difference as far this set of population concerned. Players have high self esteem than non players.

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