

## SELF-ESTEEM OF SPORTSMEN AND NON-SPORTSMAN

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### **Abstract**

*The aims of this study was A comparative study of the self-esteem of sportsmen and non sportsmen , hundred students between the aged of 18 to 24 including fifty sportsmen participating in different sports and fifty non-sportsmen of colleges of Pune University of the academic year 2011 were randomly selected. The researcher has chosen the descriptive comparative method.*

*For the collection of data research had admixture the self-esteem inventory tests. This test has %82-%85 validity and ratability. To evaluate and analyze the collected data in depend t-test was used. Conclusion of this study showed that physical practice has positive effect on improvement of self-esteem.*

**Keywords:** self-esteem; sportsmen; non sportsmen; self-esteem and sport; Pune University students; comparative study; India.

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## Introduction

Educators, parents, business and government leaders agree that we need to develop individuals with healthy or high self-esteem characterized by tolerance and respect for others, individuals who are self motivated, willing to take risks, capable of handling criticism, loving and lovable, seek the challenge and stimulation of worthwhile and demanding goals, and take command and control of their lives. In other words, we need to help foster the development to people who have healthy or authentic self-esteem because they trust their own being to be life affirming, constructive responsible and trust worthy.

Unfortunately, efforts to convey the significance and critical nature of self-esteem have been hampered by misconceptions and confusion over what is meant by the term self-esteem. Some have referred to self-esteem as merely 'feeling good' or having positive feeling about oneself. Others have gone so far as to equate self-esteem with egotism, arrogance, conceit, narcissism, a sense of superiority and a trait leading to violence. Such characteristics cannot be attributed to authentic and healthy self-esteem, because they are actually defensive reactions to the lack of authentic self-esteem, which is sometimes, referred to as "Pseudo self-esteem."

Individual with defensive of low self-esteem typically focus on trying to prove themselves or impress others. They tend to use others for their own gain. Some act with arrogance and contempt towards others. They generally lack confidence in themselves, often have doubts about their worth and acceptability, and hence are reluctant to take risks of expose themselves to failure. They frequently blame others for their short comings rather than take responsibility for their actions.

It is important that the significance of self-esteem not be lost in the confusion over what it means. Nathaniel Branden, Ph.D., a well known psychotherapist defined self-esteem several years ago as "The disposition to experience oneself as being competent to cope with the basic challenges of life and of being worthy of happiness." The national Association for self-esteem modified this to define self-esteem as "The experience of being capable of meeting life's challenges and being worthy of happiness" Christopher Mruk, Ph.D., a Psychology Professor at Bowling Green University, reports in his book self-esteem: Research, theory and practice that of all the theories and definitions proposed. This description of self-esteem has best withstood the test of time in terms of accuracy and comprehensiveness.

People who have an appropriate value of themselves mostly cope with life's problems better than people who don't.

They tend not to stay in bad relationships – because they have the confidence to know that they would be better living alone than with someone who is damaging them or their morale.

They rarely develop addictions to drink or drugs – or get deeply depressed either. Of course, they have their difficulties, just like we all do. But they are better equipped to survive them than individuals who have insufficient regard for themselves. Interestingly, a lot of men and women who appear confident – particularly in their careers – actually have quite low self-esteem when it comes to valuing their basic selves. This is tough on them, because no one suspects that they are insecure underneath or that they need help.

Self-esteem is all about how you estimate yourself. And the fact is that if you don't rate yourself very highly, others won't either.

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Through sport, we may enhance our self-esteem by having a positive image of our bodies and the physical skills and abilities that we develop. We feel positive self worth through the recognition that we receive from family and friends and the social relationship that develop as a result of our involvement in sport and physical activity. Yet, we may be vulnerable to low self-esteem in sport and physical activity if we perceive our body to be inadequate, unfit or inappropriate for our selected activity. We may feel that our self-worth is judged on our losses and wins versus our abilities and intentions. The intensive participation in sport may lead to social isolation and lack of family support. All of these negative emotions need to be refocused in order to build positive self-esteem.

Coaches, physical education teacher and active living leaders can positively influence self-esteem and provide men and women with ongoing incentive to participate and personally succeed in physical activity endeavors.

While self-confidence originates within the player, athletes must surround themselves with positive role models and supporters to keep up their internal self-talk. Athletes can look for

inspiration in a number of arenas and use positive strategies to maintain their upbeat attitudes. Retired athletes, spiritual advisers, coaches and training partners all can provide positive support and reinforcement.

### Methodology

**Subject:** To achieve this purpose descriptive comparative method was chosen. This study deals with the comparison of the self esteem of the sportsmen and non-sportsmen. The population was all the students (sportsmen and non-sportsmen) of undergraduate courses running under University of Pune, India. Ten colleges Affiliated to University of Pune in the academic year 2011 were selected with purposive sampling.

### Aims and Objectives

The overall aims of the research were:

- To examine the effect of physical practice on the growth of the self-esteem Of the sportsmen and non sportsmen
- To identify some of the conditions for supporting the sportsmen and non-sportsmen to improve their self-esteem.

The specific project objectives were as follows:

- To further refine methodology for gaining self-esteem
- To use this methodology to collect detailed data on specific sportsmen and non-sportsmen, looking in particular at
  - a) The kinds of practices the sportsmen and non-sportsmen perform.
  - b) The role of the characteristics such as age and gender.
  - c) The practicing outcomes arising from specific sports or activity.

- To develop and test a conceptual framework of possible influences on activities and self-esteem outcomes.

### **Scope of the study**

The sample for present study is 50 sportsmen participating in different sports (including Basketball, Football, Tennis and Cricket) and 50 non-sportsmen, those who have participated in 10 colleges affiliated to University of Pune, India for the year 2011. The age range of the subject was 18 to 25 years.

### **Variables of the study**

There are some variables in the research including dependent, independent, and extraneous. The dependent variable of the research is improvement of self-esteem. The independent variables are sportsmen and non-sportsmen and the extraneous variable is the recognition that we receive from family and friends and the social relationship that develop as a result of our involvement in sport and physical activity.

### **Hypothesis**

That physical practice has positive effect on improvement of self-esteem.

### **Collection of data**

For the collection of data the study has been administered the self-esteem inventory test. This test has 82-85% validity. Researcher had given all the necessary instructions regarding the filling up the form and explained each question to all the students after which they were asked to fill up the questionnaire completely. There were total 60 Questions and students had to give their view by ticking on any one of points. To evaluate and analyze the collected data in depend t-test was used.

### **Results**

The details of data analysis and interpretation of results of self-esteem (S.E.) have been presented systematically in this study.

## Descriptive statistical Analysis

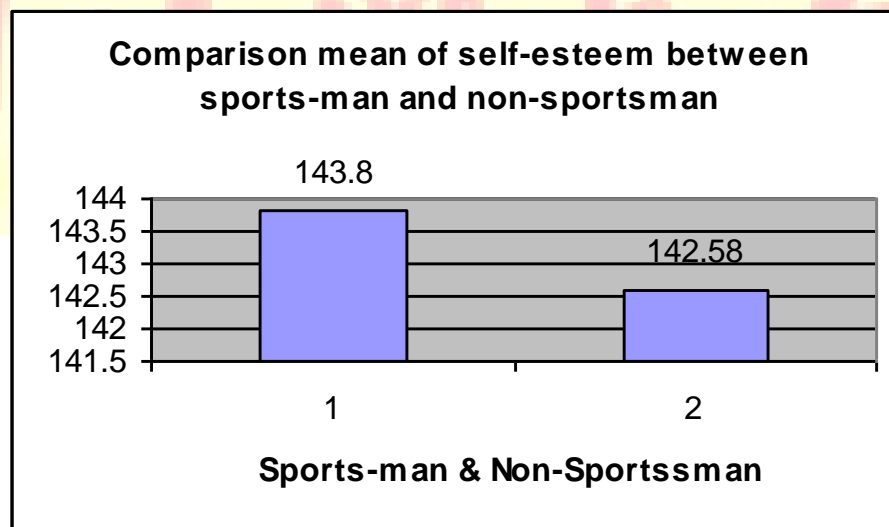
**Table.No.1.1.**

**Descriptive Statistics of sportsman and non-sportsman.**

Groups	Mean	N	Std. Deviation
Sports man	143.8	50	15.60
Non-Sportsman	142.58	50	17.18

In table 1.1 shows the means and standard deviation of sportsman and non-sportsman. The mean in self-esteem of 50 subjects from sportsman was 143.8 with Std. deviation 15.60 and the mean in self-esteem of 50 subjects from non-sportsman was 142.58 with std. deviation 17.18.

There occurs mean difference between sportsman and non-sportsman Graphical presentation is given for comparison in Figure. 1.1.



## Comparative analysis

**Table 1.2**  
**Variable: Self-esteem**

Variable	t	df	Sig	Area Difference	Std. error Difference
Self-stem	0.57	98	0.71	1.22	3.28

The table 1.2 is showing the “t”, df, Sig, Area Difference and standard error of Difference. The calculated, “T” of self-esteem is 0.57 which is significant at 0.05 level of significance.

## Conclusion

It was concluded from the results that physical practice has positive effect on improvement of self-esteem. This research was analyzed the collected data as per the objective set for the research study. After implementing the appropriate statistical tools and analyzing the data it was shown that there is significance difference between the self-esteem of sportsman and non-sportsman.

Conclusion of this study agrees with the conclusion from different Research such as:

Covington, Kang, Walz and Blewer, (2008) they also found that regular sport practice has positive effect on self-esteem and also the conclusion of Lepez. (2009) research which was about aerobic training had a significant different on self confidence and self-esteem.

According to the previous researches and this study, it was concluded that the physical practice has positive effect on improvement of self-esteem.

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