

A COMPARATIVE STUDY OF SELF CONCEPT BETWEEN SPORTSMEN AND NON-SPORTSMEN

Dr. Mahendra Pratap Gaur

Associate Professor, Department of Physical Education, D.A.V. Degree College, Lucknow.

mpglucknow@gmail.com

Abstract

The aim of the present study was to compare the self concept between sportsmen and non sportsmen. A random sampling technique was followed. For the purpose of the study 80 male students of D.A.V. Degree College, Lucknow were selected as the subjects age ranged between 18 to 25 years (40 sportsmen and 40 non sportsmen). The data was collected through a questionnaire on self concept developed by R.K.Saraswat. It consisted of 06 dimensions of self concept. Results indicated that sportsmen and non sportsmen differ on self concept. Sportsmen's Physical and Temperamental self concept was higher than non sportsmen's.

Key Word: Self Concept, Sports Men and Non-Sports Men

Introduction

In modern competitive sports, success is generally attributed to the level of Physical fitness, technique and tactics within the constraints of his/her ability, athlete pre dominance is significantly related to his /her psychological performance. Athlete reacts differently to competitive situation depending upon their personality traits, intelligence, need, anxiety, etc. Psychological methods enables athlete to finally ease an integrate approach to performance. Coaching sports aptitude with coaching instructions and fine tunes by physical training and psychological conditions from his unique experience. The individual perceptions to feeling of others towards him strongly influence his self-image. In the present study, the dimensions of self-concept include: Physical, Social, Temperamental, Educational, Moral and Intellectual is compared between the sportsmen and non sportsmen.

Dimensions of Self- Concept in the present study

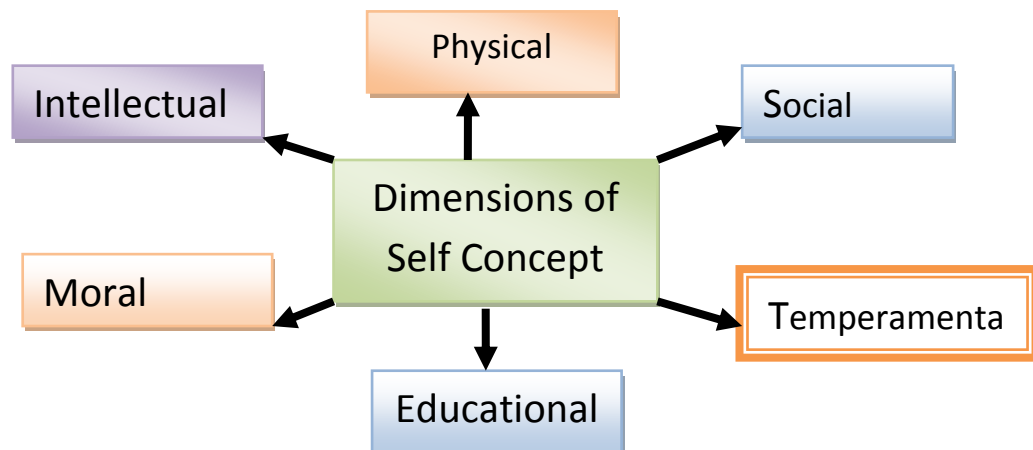


Figure 1

1. **Physical:** - Physical self-concept is the individual's view of the body, Health, Physical Capacity, appearance and strength.
2. **Social:** - It refers to an individual's sense of worth in social interactions.
3. **Temperamental:** - It is the individual's view of prevailing emotional state or predominance of a particular kind of emotional reaction.
4. **Educational:** - It means the individual's view of himself or herself in relation to school, teachers and extra –curricular activities.
5. **Moral:** - Self concept is the Individual's estimation of moral worth i.e. right or wrong.
6. **Intellectual:** - Intellectual self concept is the individual's awareness of their Intelligence and capacity of Problem solving and judgment.

Methodology

Sample

The survey method was used in the present study. Total number of 80 male students from D.A.V. Degree College, Lucknow were randomly selected for this study. (40students from non sports back ground and 40 students from sports background)

Tool

Self concept questionnaire standardized by Raj Kumar Saraswat (1995) was used for this study. Self concept questionnaire consists of 48 items that provides six separate dimensions of self concept. Mean, S.D. and 't' test have been used for all the variables.

Analysis of Data

Table-1

Significance of Difference between the Mean of Sportsmen and Non sportsmen on Various Dimensions of Self-Concept

Dimensions of self concept	Sports Men (N=40)		Non-Sportsmen (N= 40)		't' Value
	Mean	S.D.	Mean	S.D.	
Physical Self Concept	31.60	3.07	27.82	3.46	5.153
Social Self Concept	29.27	3.58	27.77	3.34	1.936
Temperamental Self Concept	29.25	2.74	27.27	3.06	3.038
Educational Self Concept	28.77	4.25	29.55	3.70	-.868
Moral Self Concept	29.92	3.58	28.92	3.85	1.201
Intellectual Self Concept	22.70	3.70	23.07	3.89	-.441

Significant difference at 0.05 level

Fig-1

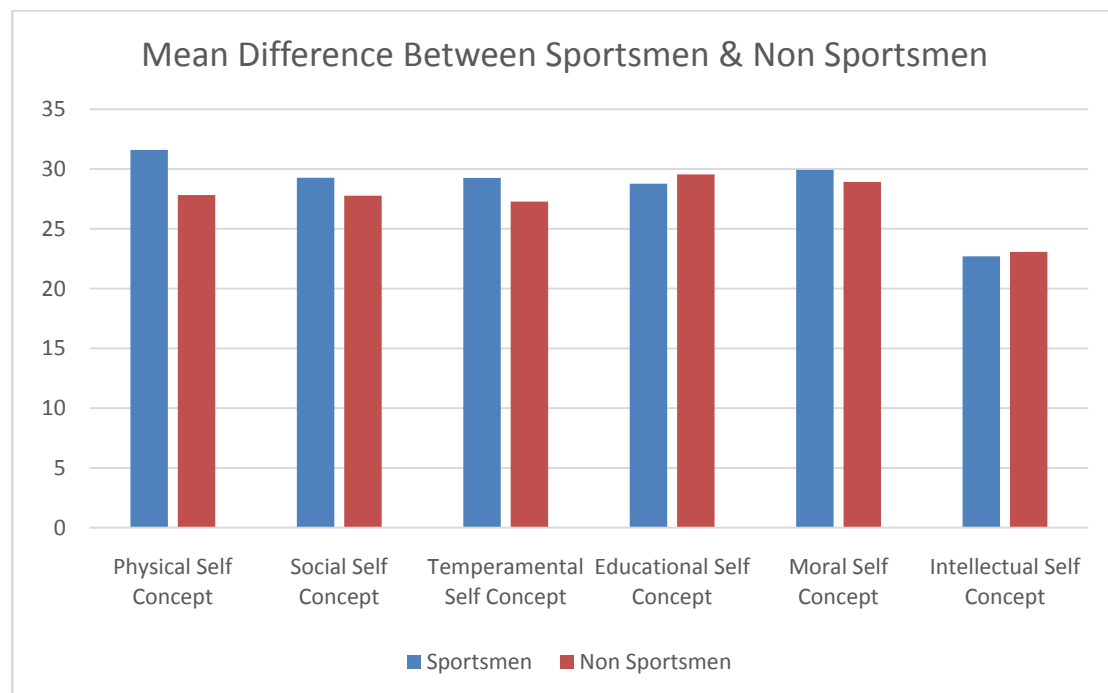


Table No.1

Reveals the descriptive statistics of dimensions of self concept of sportsmen and non sportsmen

- a. **Sr. no. 1** the mean value of physical self concept of sportsmen is 31.60 and mean value of non sportsmen is 27.82. The obtained 't' values is 5.153. The obtained 't' value is statistically significant at 0.05 level of significance when compared with value of 't'
- b. **Sr. no. 2** the mean value of social self concept of sportsmen is 29.27 and Mean value of non sportsmen is 3.34. The obtained 't' value is 1.936. the obtained 't' value is statistically not significant at 0.05 level of significant when compared with value of 't'.
- c. **Sr. no. 3** the Mean value of Temperamental self concept of sportsmen is 29.25 and Mean value of Non sportsmen is 27.27; the obtained 't' value is 3.038. The obtained 't' value is statistically significant at 0.05 level of significance when compared with value of 't'
- d. **Sr. no. 4** the mean value of Educational self concept of sportsmen is 28.77 and Mean value of Non sportsmen 29.55. The obtained 't' value is .868. The obtained 't' value is statistically not significant at 0.05 level of significance when compared with value of 't'.
- e. **Sr. no.5** the mean value of Moral Self concept of sportsmen is 29.92 and means value of Non sportsmen 28.92. The obtained 't' value is 1.201. The obtained 't value is statistically not significant at 0.05 level of significance, when compared with value of 't'.
- f. **Sr. no. 6** the mean value of Intellectual Self concept of sportsmen is 22.70 and means value of Non sportsmen 23.07. The obtained 't' value is -.441. The obtained 't value is statistically not significant at 0.05 level of significance, when compared with value of 't'.

Findings

1. It was found that there is a significant difference between sportsmen and non sportsmen regarding physical self concept. Which states that Sportsmen's physical self concept is higher than non sportsmen physical self concept.
2. It was found that there exists a significant difference between sportsmen and non-sportsmen regarding Temperamental self-concept. Sportsmen's Temperamental self-concept is higher than non sportsmen.

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