

A comparative study of self-concept in male and female international kho-kho players of 12th south Asian games

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Abstract

The purpose of the study was "Comparison of self-concept in male and female kho-kho players". The subject for this study was 12th South Asian Games 2016, which was organized by India in Guwahati (Assam). Total 90 (ninety) male and female Kho-Kho players, 45 male [15 players of India, 15 players of Nepal, 15 players of Bangladesh] and 45 female [15 players of India, 15 players of Nepal, 15 players of Bangladesh players] were (19-30 years of age) selected. Self-concept questionnaire developed by Robson [1989] were selected for this. The selected variables was self-concept. The obtained data were analyzed by applying independent 't' test in order to comparison of self-concept differential between male and female Kho-Kho players. Further, the level of significance was set at 0.05 level of confidence. The data obtained after scoring the questionnaires is to be statistically analyzed on computer through Statistical Package for Social Science (SPSS) version 15.0. The finding of the study reveals that there was no significant difference in self-concept. The insignificant difference was found in case of self-concept between male and female kho-kho players may be due to the reason that the kho-kho players were highly motivated to win 12th South Asian Games, they undergone with same training, tough schedule and equal level of experience and a very high level of fitness which must have been a probable cause.

Keywords: self-concept, male kho-kho players, female kho-kho players

Introduction

The term self-concept is a general term used to refer to how someone thinks about, evaluates or perceives themselves. To be aware of oneself is to have a concept of oneself.

Baumeister (1999) [4] provides the following self-concept definition: "the individual's belief about himself or herself, including the person's attributes and who and what the self is". Self-concept has received a great deal of attention during the recent history of psychological researches. With different research traditions and assessment techniques, definitions of self-concept vary widely. Researchers in the fields differed in their views of self-concept:

Shavelson *et al.* (1976) [5] defined self-concept as perceptions of oneself. These perceptions are formed through experience and is influenced by environmental reinforcement, significant others and one's attributions for one's own behaviors. Self-concept is multifaceted and hierarchical which is developed as the age increased. The top of this construct is "General Self-Concept" and is divided into academic self-concept and non-academic self-concept. Academic self-concept includes subject matters and non-academic self-concept includes social, emotional, and physical self-concept. At the bottom of the hierarchical model, there are evaluations of behavior in specific situations (Shavelson, Hubner & Stanton, 1976) [5].

The concept of self has three major components—the perceptual, the conceptual and the

Attitudinal. The perceptual component is the image the person has of the appearance of his body and the impression he makes on others. The perceptual component is often called the 'physical concept'. The conceptual component is the person's

conception of his distinctive characteristics, abilities, background and origin and future. It is often called the 'psychological self-concept' and is composed of such life adjustment qualities, such as, honesty, self-confidence, independence, courage and their opposites. Included in the attitudinal component are the feelings a person has about himself, his attitude, his present status and future prospectus, his feelings about his worthiness and his attitudes of self-esteem, self-reproach, pride and shame. James (1980) [7] was the first to suggest that a person has many selves. The real self for example, is what a person really believes he is, ideal self the person he aspires to be and social self is what he believes, what others think of him and how they perceive him. The four categories of self-concept are the basic, the transitory, the social and the ideal.

Self-concept has been referred by Lowe (1961) [8] as ones attitude towards self, and by, Paderson (1965) [9] as an organized configuration, of perceptions, beliefs, feelings, attitudes and values which the individual views as part or characteristics of himself. The self, which maintains a distinct characteristic individuality or identity of a person, is the foundation for the formation of personality, achievement motivation and functioning of creativity. The self-concept, which refers to the cluster of the most personal meanings a person alludes to his \her 'self' is not a finished product at birth. It is not an actualized reality at birth but an open book of innumerable potentialities. It is something, which develops, and how it develops and what its constituent attitudes depend upon the family and the psychological environment where the individual is borne and brought up. (Gells 1974) [10].



Objective of the study

The objective of the present study was to make a comparison of self-concept between male and female players of 12th South Asian Games in Kho-Kho.

Methodology

The following methods were applied for the said study as described below:

Selection of Subjects

For the purpose of present study 45 male Kho-Kho players (15 players of India, 15 players of Nepal, 15 players of Bangladesh) and 45 female players (15 players of India, 15 players of Nepal, 15 players of Bangladesh) were selected from 12th South Asian Games which was held in Guwahati, Assam.

Tool Used:

The SCQ is a self-report scale measuring self-esteem (Robson, 1989) [14] was also selected for this study, because it is most reliable, valid and suitable test to measure self-concept of sportsperson.

Hypothesis

It was hypothesized that there may be significant difference in

Mental Toughness among India, Srilanka and Nepal Kho-Kho players.

Measures

Robson Self Concept Questionnaire (Robson, 1989) [14]. This is a 30-item questionnaire for assessment of self-esteem with good reliability and validity. Defining self-esteem as a composite and no single entity, the scale assesses seven components of self-esteem: subjective sense of significance; worthiness; appearance and social acceptability, competence, resilience and determination; control over personal destiny and the value of existence. The individual is asked to indicate how much they agree or disagree with each statement, according to how they typically feel. The answers are scored on a scale of 0-7 and a total score is calculated. A high score represents high self-esteem, with 140 being considered the “normal” mean with a standard deviation of 20 (Romans *et al.*, 1996; Robson, 1989) [14]. This measure has been used previously in studies with people with psychosis (e.g. Close and Garety, 1998; Freeman *et al.*, 1998) and correlates highly with Rosenberg’s (1965) measure of self-esteem (Robson, 1989) [14].



Administration of Test

All the selected subjects were asked to give their response on the individual is asked to indicate how much they agree or disagree with each statement, according to how they typically feel. The answers are scored on a scale of 0-7 and a total score is calculated as per the guidelines of the questionnaire and as convenience of the subjects. Scoring of responses given by the subjects was done according to author’s manual.

Analysis of Data

In the present study independent ‘t’ test was applied at 0.05 level of significance to compare Self-concept between male and female kho–kho players of 12th South Asian Games. Data analysis was performed using SPSS 15.0 software under windows.

Results

Table 1: Significance of difference between male and female Kho-Kho Players on self-concept in numbers

Team	N	Min	Max	Mean	SD	‘t’
Male	45	92	150	109.73	12.65	0.608
Female	45	86	138	108.22	10.84	

$t'_{(2.88)} = 1.98$

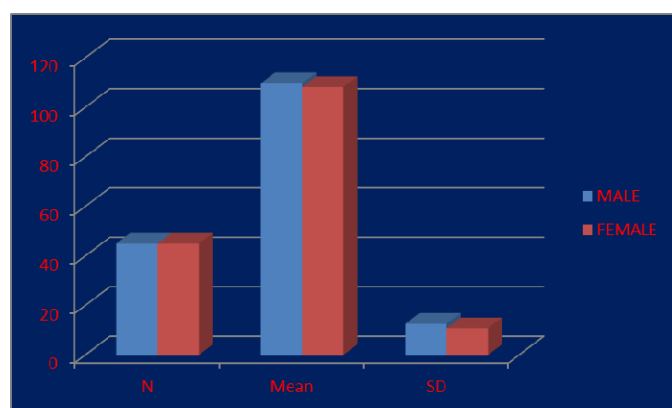


Fig 1.

From the above table-1, it is revealed that there was no significant difference in case of self-concept test as calculated ‘t’ value [0.608] was less than tabulated ‘t’ value [1.98] at 0.05 level of significance. Thus it may be concluded that there was no significant difference between male and female kho-kho players related to self-concept test, in which mean self-concept test is significantly higher for male and female kho-kho players at 0.05 level of significance. The finding of the table1 are presented above in fig.1

Discussion

The finding of the study reveals that there was no significant difference in case of self-concept between male and female international kho-kho players of 12th South Asian Games. The insignificant difference was found may be due to the reason that the male and female kho-kho players were highly motivated to win 12th South Asian Games, they undergone with their own schedule, good intellectual ability tough schedule, good skill ability and equal level of experience and a very high level of fitness which must have been a probable cause.

Conclusion

There is no significant difference was found in case of self-concept between male and female international Kho-Kho players.

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