



A COMPARATIVE STUDY ON SELF-CONCEPT OF INDIAN 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 between India 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 30 (Thirty) male Kho-Kho players, 15 players of India (male) and 15 player of India (female) were (19-30 years of age) selected. self-concept questionnaire developed by Robson [1989] were selected for this. The selected variables self-concept. The obtained data were analyzed by applying independent 't' test in order to comparison of self-concept differential between Indian 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 analysed 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 India male and female kho-kho players may be due to the reason that the Indian kho-kho players were highly motivated to win 12th South Asian Games, they undergone with same training and equal level of experience and a very high level of fitness which must have been a probable cause.

KEYWORDS: self-concept, India male kho-kho players, Indian female kho-kho players.

Introduction

Self-esteem can be defined as the sense of contentment and self-acceptance that results from a person's appraisal of one's own worth, attractiveness, competence, and ability to satisfy one's aspirations (Robson, 1989).

Self Concept is an important term for both social psychology and humanism. This is the most basic part of the self-scheme or self-concept; the sense of being separate and distinct from others and the awareness of the constancy of the self" (Bee, 1992)

Self-concept is distinguishable from self-awareness, which refers to the extent to which self-knowledge is defined, consistent, and currently applicable to one's attitudes and dispositions. Self-concept also differs from self-esteem: self-concept is a cognitive or descriptive component of one's self (e.g. "I am a fast runner"), while self-esteem is evaluative and opinionated (e.g. "I feel good about being a fast runner").

Self-concept has been referred by Lowe (1961) as one's attitude towards self, and by, Paderson (1965) 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)

The self is the totality of our impressions, thoughts and feelings such that we have a continuing conscious sense of being. Rogers defines the self as an organized, consistent, concept gestalt composed of perceptions of the characteristics of the 'I' or 'Me' and the perceptions of the relationships of the 'I' or 'Me' to others and to various aspects of life, together with the values attached to these perceptions. Self-concept is the sum total of all an individual can call his own, including both physical and mental data. It is a composite of ideas, feelings and attitudes a person has about himself. It includes one's self-esteem sense of personal worth, and one's sense of who or what one would like to be or one's ideal self.



Review of related literature

Upon reviewing the literature on self-concept, mental toughness consistently emerged as one of the most important psychological characteristics of sport. The association between self-esteem and psychiatric disorders such as eating disorders has been demonstrated in numerous studies. In a series of community-based case control studies, low self-esteem was shown to be a significant risk factor for both bulimia nervosa (Fairburn, Welch, Doll, Davies, & O'Connor, 1997) and anorexia nervosa (Fairburn, Cooper, Doll, & Welch, 1999). Prospective research on risk factors for eating disorders among schoolgirls (e.g., Button, Sonuga-Barke, Davies, & Thompson, 1996; Calam & Waller, 1998) and in the general population (e.g., Ghaderi & Scott, 2001) has also shown that low self-esteem constitutes a risk factor for developing eating disorders or unhealthy eating attitudes (Wood, Waller, & Gowers, 1994). There is also extensive empirical data on the presence of low self-esteem in dieting disordered patients (Griffiths et al., 1991), as well as in other psychiatric disorders such as depression (e.g., de-Man, Gutierrez, & Sterk, 2001), psychosis (e.g., Krabbendam et al., 2002), suicidality (e.g., Vilhjalmsson, Krisjansdottir, & Sveinbjarnardottir, 1998).

Criterion Measures

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

Procedure

Total 30 Indian male and female Kho-Kho players (19-30 years of age) selected from South Asian Games-2016 which was organized by India in Guwahati (Assam). The selected variable was, self-esteem. After obtaining approval for the human subjects protocol from the tournament organizer, prospective team coaches were contacted about taken the data.

Measures

Self-Concept Questionnaire (SCQ)

The SCQ is a self-report scale measuring self-esteem (Robson, 1989). It consists of 30 items (e.g., "I have control over my life," "I feel emotionally mature," "I can like myself even if others don't"). The items are based on seven components of self-esteem, according to theoretical and empirical information reviewed by Robson (1988). The scoring is performed on an eight-point scale, ranging from completely disagree to completely agree.

Hypothesis

It was hypothesized that there may be significant difference in self-concept between Indian male and female Kho-Kho players.

Statistical Technique:

The obtained data were analyzed by applying independent 't' test in order to comparison of self-concept differential between India male and female Kho-Kho players. The level of significant was set at 0.05.

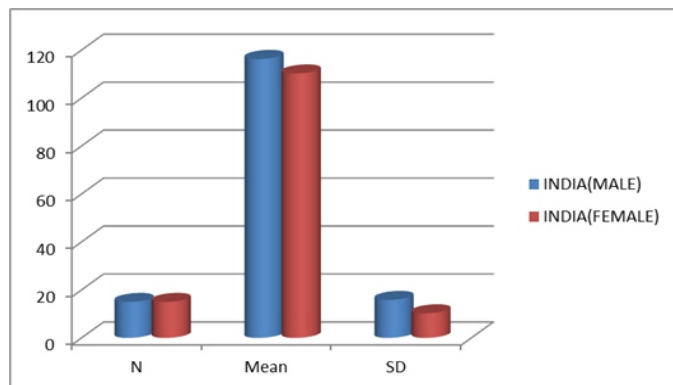


Results

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

Team	N	Min	Max	Mean	SD	't'
INDIA(MALE)	15	96	150	116.33	15.84	1.245
INDIA(FEMALE)	15	100	138	110.26	10.25	

$$t'_{(2.28)} = 2.048$$



From the above Table-1, It is revealed that there was no significant difference in case of self-concept test as calculated 't' value [1.245] was less than tabulated 't' value [2.44] at 0.05 level of significance. Thus it may be concluded that there

was no significant difference between Indian male and female Bangladesh kho-kho players related to self-concept test, in which mean self-concept test is significantly higher for Indian male and female kho-kho players at 0.05 level of significance. The finding of the table 1 are presented above in fig. 1

Discussion of Finding

The insignificant difference in self-concept between Indian male and female may be due to the reason that the Indian kho-kho players were highly motivated to win 12th South Asian Games, they undergone with same training and equal level of experience and a very high level of fitness which must have been a probable cause. In addition, Indian male and female players get a similar kind of exposure which also must be a contributing factor in the insignificant difference.

Conclusion:

Within the limitation of the study the following conclusion may be drawn:

- There is no significant difference in case of self-concept between Indian male and female International kho-kho players.

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