

Comparative Study of Self Esteem between Male and Female Inter Collegiate Athletes of Bilaspur University

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Abstract

The purpose of the present study was to compare the level of self-esteem between male and female B.Ed. intercollegiate athletes of Bilaspur University. Forty athletes (Male N=20, Female N=20) who have represented B.Ed. intercollegiate competition were taken as the subjects. The age of the subjects ranged from 20 to 30 years. To find out their level of self-esteem, Rosenberg self – esteem scale developed by Rosenberg (1965) was administered on the subjects. The data was analyzed & compared with the help of standard statistical procedures in which mean, standard deviation, mean difference, and 't' test was used. Result of the study revealed no significant difference between male & female B.Ed. intercollegiate athletes of Bilaspur University in regard to self – esteem.

Key Words: Intercollegiate, Self-Esteem, Athlete and Rosenberg self – Esteem Scale.

1. Introduction:

Self-esteem is a positive or negative orientation toward oneself, an overall evaluation of one's worth or value. People are motivated to have high self-esteem and having it indicates positive self-regard, not egotism. Self-esteem is only one component of the self-concept, which Rosenberg defines as "Totality of the individual's thoughts and feelings with reference to himself as an object". Besides self-esteem, self efficacy or mastery and self-identities are important parts of the self-concept. People high in self-esteem claim to be more likable and attractive have better relationships, and to make better impressions on others than people with low self-esteem but objective measures disconfirm most of these beliefs. Narcissists are charming at first but tend to alienate others eventually. Self-esteem has not been shown to predict the quality or duration of relationships. High self-esteem makes people more willing to speak up in groups and to criticize the groups approach. Leadership does not stem directly from self- esteem but self- esteem may have indirect effects. Relation to people with low self-esteem, those with high self-esteem, show stronger in group favouritism, which may increase prejudice and discrimination. (Friesenhahn k., 1999)

Study also confirm that there is significant difference in the self esteem of adolescents after life skill training, along with improved ability to interact with others, strengthened communication skills, gain in creative thinking skills, enhanced ability to make their own decisions and manage their resources, and greatly improved their ability to effectively work. Performance of the outcome of athlete's Biological, sociological psychological, and physical construct. In the games & sports, psychological and physiological factors play a significant role in determining the performance level. However, in recent times great importance has been laid to psychological parameters in competitive sports. (Hasmeen P & Fallby J, 2002).

2. Materials & Methods:

2.1 Sample of the Study:

For the purpose of the study forty athletes (male N=20, female N=20) who represented Bilaspur University B.Ed intercollegiate athletic meet, were considered as subjects. Their age were ranged between 20 to 30 years.

2.2 Criterion Measures:

The self-esteem test developed by Rosenberg (1965) has been applied in the present study. The test Comprised 10 items to measure the levels of self-esteem. All items are answered using 4- point Likert Scale format ranging from

strongly agree to strongly disagree. It is a popular tool being used by the Psychologists for measuring the level of self-esteem.

2.3 Statistical Technique:

Mean and standard deviation of different variables were calculated. The data of the selected variables were analyzed through standard Statistical procedure. The mean of different variables were compared by using t- test. Statistical significance was tested at 0.05 levels. For statistical calculations Excel Spread Sheet of windows version 10 was used.

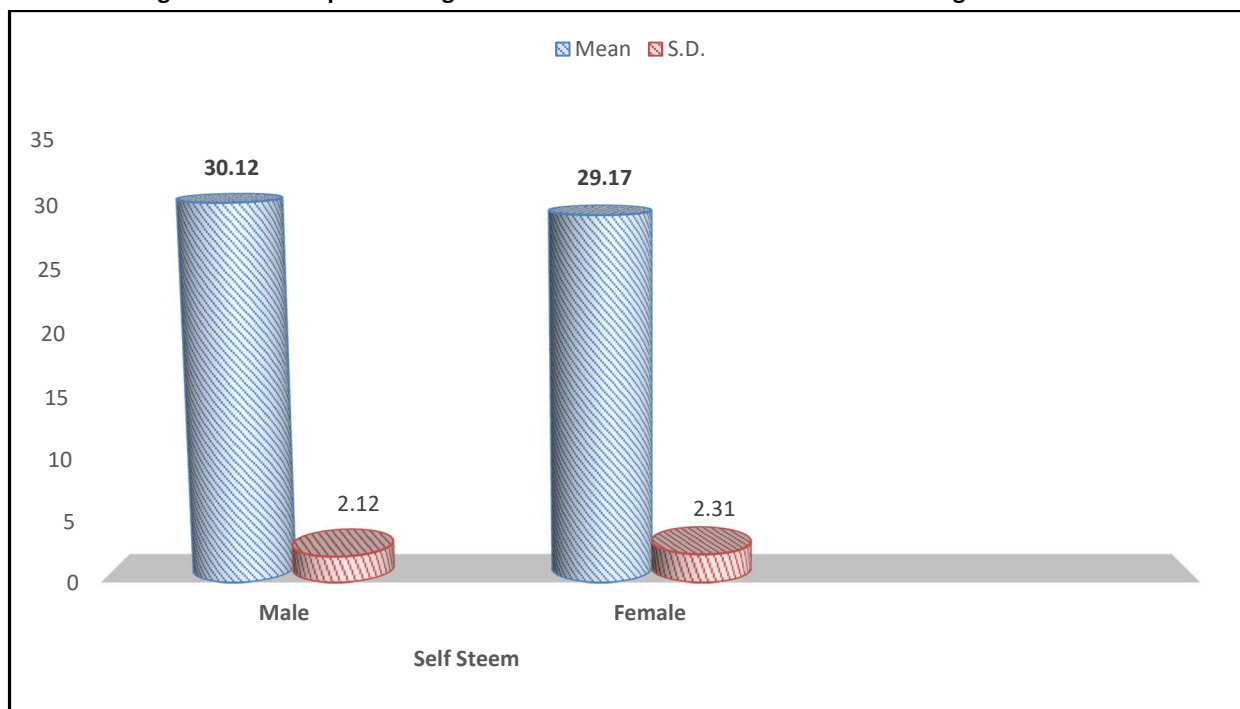
3. Results of the Study:

Table 1: Mean, Standard Deviation, Mean Difference & 't' value of Male & Female Bed Intercollegiate athletes of Bilaspur.

Groups	No. of Subjects	Mean	S.D.	Mean Difference	t- value
Male Athletes	20	30.12	2.128	.83	0.823
Female Athletes	20	29.17	2.315		

Not Significant level at 0.05 level

Figure 1: The Graph showing self-esteem of male & female B.Ed intercollegiate athletes.



The analysis of table 1 shows that the mean, S.D, & 't'-value of the male & female B.Ed Intercollegiate athletes were recorded as 30.12, 29.17 & 2.128, 2.315 respectively & calculate 't' value is 0.823 (df 38, tabulated value 2.08). It reveals that there was no significant difference between male & female B.Ed Intercollegiate athletes on their level of self-esteem.

4. Discussion:

As the norms of scoring the obtained mean scores male 30.12 & female 29.17 have shown that both the groups of athletes have high level of self-esteem. But by comparing the mean scores, it was evident that No significant difference was observed between male & female athletes of Bilaspur University on their level of self-esteem.

5. Conclusion:

On the basis of the obtained results from the present study it may be concluded that B.Ed intercollegiate level male and female athletes of Bilaspur University were not significantly difference on their level of self-esteem. The finding also suggest that the level of self-esteem of both the groups of athletes fall in the high range which seemed to be necessary for being assertive to excel at highest level in any of the competitive sporting including track & field events.

6. References:

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