

Asian Resonance

An Analysis of Self Concept of College Women Players of Kanpur District



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Abstract

The modern sport training lays greater emphasis on preparing the athletes psychologically. Lots of emphasis is being given to the psychological research dealing with different psychological variables and mental rehearsals of the training of the top level athletes. Performance of any player is affected many psychological conditioning, out of which self concept is quite important. Individual's self concept is an important factor affecting any individual's performance. Self concept prefers to how a person views about his own self. It consists of a number of psychological constructs which seem to be having more or less similar meaning. The present study was taken to see the difference among the badminton, table-tennis and volleyball players as well as the self-concept is concerned. The data were collected from different colleges of Kanpur District. For the purpose of this study, the sample consisted of 60 undergraduate students (20 women players of Badminton, Table-tennis and Volleyball each) from 18 to 23 years of age using method of random sampling. Self Concept has been assessed using Self Concept Scale. The study reveals that significant differences exist between badminton & volleyball players. Whereas the badminton & table-tennis players and table-tennis & volleyball players was not found significantly related. The study shows that badminton players have better self concept. This may be because the badminton players are anxious for their performance and achievement, their mental status is more stable, have more control on their emotions and more mature.

Keywords: Self Concept, Badminton, Table-Tennis and Volleyball.

Introduction

Performance in sports is the combined result of physical as well as mental fitness; mental fitness has relatively remained neglected in India. As asserted by **Singh (2001)**, most of the coaches agree that the physical characteristic, skills and training of the players are extremely important but they also indicate the good mental preparation for competition, which is necessary component of success. The modern sport training lays greater emphasis on preparing the athletes psychologically. Lots of emphasis is being given to the psychological research dealing with different psychological variables and mental rehearsals of the training of the top level athletes. Performance of any player is affected many psychological conditioning, out of which self concept is quite important. Individual's self concept is an importance. Self concept prefers to how a person views about his own self. It consists of a number of psychological constructs which seem to be having more or less similar meaning. The present study was taken to see the difference among the badminton, table-tennis and volleyball players as well as the self-concept is concerned.

Review of Related Literature

Liou, Jih Yunn (2001) concluded that an individual's self-esteem was thought to be associated with a person's choice, motivation, performance, social relationship, and physical health. A dream of many psychologists was to explore the effects of self-concept components on the overall development of self-concept and attempt to influence an individual's learning behavior. The purpose of this study was to determine the relationships between gender and type of sport participation on the physical self-concept of Taiwanese undergraduate students.

The sample for the study consisted of 600 Taiwanese undergraduate students who attended classes at six Taiwanese public and private universities and colleges during the fall 2000 semester. Before distributing the instrument to the six selected institutions, a pilot instrument was examined by 160 Taiwanese undergraduate students who were

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selected randomly. Finally, a 27-item survey that derived from prior multi-dimension self-perception was developed to examine six specific physical components. The instrument's coefficient alpha was between 0.78 and 0.86 and each value of factor loading was above .60. A general liner model, with one-way and two-way multi-variety analyses of variance, was developed to examine the differences in self-concepts that existed among male and female Taiwanese undergraduate students based upon their type of participation in sports. Results revealed that male school athletes had more positive physical self-concepts than the other students. However, female students who had no exercise except physical education classes showed less positive self-concept than all other students for each self-concept components. Simultaneously, gender and sports participation significantly affects Taiwanese students' physical self-concepts. Male students had significantly more positive self-concepts than female students for five physical components, but there was no significant difference in flexibility. School athletes had significantly more positive self-concepts than students who had no exercise except physical education classes for each components of this study. Students who exercised individually also had significantly more positive self-concepts than students who had no exercise except physical education classes at sport performance, health, flexibility, endurance, and strength physical components.

Significance of the Study

1. The result of the study may provide useful information and guidance to coaches, physical education teachers and athletes regarding the self-concept of women players.
2. The study may help to assess the self-concept among sportspersons of the different sport discipline chosen in the study.
3. The study may be useful information in the field of sports psychology and may help trace the psychological profiles of sportspersons.

Hypothesis

There will be significant difference in self-concept of the college women players of badminton, table-tennis and volleyball.

Methodology

The data were collected from different colleges of Kanpur District. For the purpose of this study, the sample consisted of 60 undergraduate students (20 women players of Badminton, Table-tennis and Volleyball each) from 18 to 23 years of age using method of random sampling. The data were collected from players after practice session.

Selection of Questionnaire

Self Concept has been assessed using Self Concept Scale. This test was constructed by **Vierr-Harris**. The tool consisted of 12 test items to be answered by putting a mark of tick on Yes/No. The scoring is done by giving 1 point for positive answer and 1 point reduced for each negative answer.

Analysis of Data and Discussion of Results

In the processing of the data mean, sum of squares, degree of freedom, and mean squares were

computed in order to estimate the differences among the groups using 'F' test. In order to locate the pairs where significant differences exist the L.S.D test has been applied.

Table - 1
ANOVA Results of Self-Concept

Source of Variation	Sum of Squares	Degree of Freedom	Mean Squares	F
Between	123.0	2	61.51	3.751
Error	934.0	57	16.40	
Total	1058	59		

*Significant at 0.05 level of confidence (3.15)

An observation of the table reveals that obtained 'F' value is 3.751 which are statistically significant as it is more than tabulated value of 3.15. Thus the hypothesis was accepted. In order to locate the pairs where significant differences exist L.S.D test has been applied. The results are presented in Table- 2.

Table -2
L.S.D Analysis of Self-Concept

College Women Players			Mean Difference	CD at 0.05 level
Badminton	Table-tennis	Volleyball		
13.450	11.500		1.950	2.56
13.450		9.950	3.500	2.56*
	11.500	9.950	1.550	2.56

* Significant at 0.05 level of confidence

An observation of table-2 reveals that significant differences exist between badminton & volleyball players. Whereas the badminton & table-tennis players and table-tennis & volleyball players was not found significantly related. The L.S.D. comparisons for the mean value among different groups are graphically presented in figure 1.

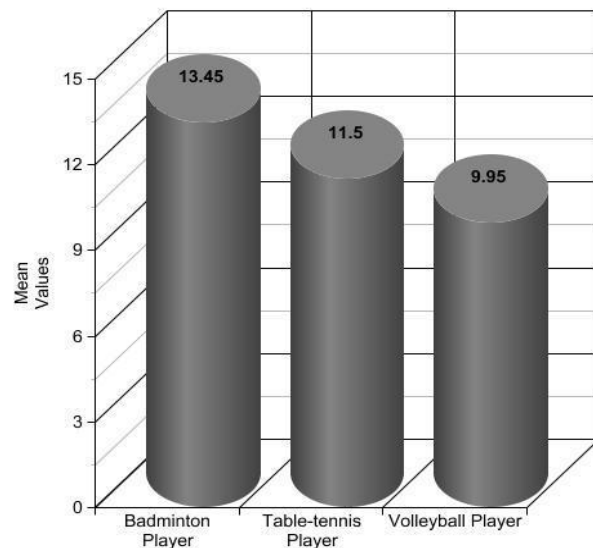


Figure 1: Mean Values of Self Concept for Different Groups

Conclusion

The level of Self concept of the samples has been assessed and a comparison has been made among groups taken two groups together. The study shows that badminton players have better self

concept. This may be because the badminton players are anxious for their performance and achievement, their mental status is more stable, have more control on their emotions and more mature.

Suggestion

Self-concept is responsible for building the level of confidence of the players. Women players need attention in the case of volleyball players. This can be in the form of encouragement and additional incentives. Badminton and Volleyball Women players need proper guidance, better behavior attitudes and abilities by all those who are responsible for their training.

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