



Comparative Analysis of Self-Esteem in Sports Women and Non-Sports Women

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Abstract: The purpose of the study was to compare female athletes and non-athletes on the dimension of self-esteem. For this study 60 students from SSUS, Kalady, and Christ College of Physical Education Irinjalakkuda, were selected as subjects (30 Sports women and 30 Non-sports women). The average age of the subject ranged from 18-23 years. The data for the study was collected by using questionnaire method. The scores on self-esteem were collected by administering Rosenberg Self-esteem Scale (1965). This survey was taken by the investigator visiting personally at their campus and training centers. Necessary instructions were given into the subjects before the administration of the questionnaire. It was clearly explained to the subjects that overall purpose of the study was to understand sports women and non-sports women in the variable of self-esteem. However the subjects were made to respond as quickly as possible without brooding over any questions, or statement, once the instruction was understand carefully. To compare each group on their own scores of self-esteem 't' ratio was computed for find out the difference. The research findings point out that Sports women have more self-esteem than non-sports women. Lastly techniques for improving self-esteem among women have been discussed.

Keywords: *Self-Esteem, Physical Education, Athletes and Non-Athletes.*

Introduction:

One of the most frequently asked question about sports in general and women athletes in particular is, "when will the human factor as a limitation and absolute regarding athletic performance finally be realized?" This question is best answered by a brief look at the recent rise of women athletic competition from second class status to elite recognition. Tracing primitive culture of mankind, it is quite evident that spot were used as a source of physical

fitness, recreation and medium of social well-being. Today in the modern competitive era every sportsman is in a race to excel others and competition has become a fundamental mode of human expression as it is one of the very important functions by which National & International recognition and prestige is gained.

Self- Esteem is important for a successful and satisfying life and is a central aspect of psychological well-being (Rosenberg, 1965). Numerous researchers have examined behavioral influences on self- esteem, and physical activity has been considered to be an important component of positive self-evaluations. Reviews of the literature however, have concluded that tests of the relationship between self-esteem and physical activity have been largely equivocal because of measurement issues and lack of conceptual clarity. Therefore, it is important to consider the physical activity and self- esteem relationship in the context of contemporary multidimensional and hierarchical models. One such model has been developed and expanded by Sonstroem and his colleagues In the Exercise and Self- Esteem Model (EXSEM), changes in physical activity and associated physical parameters (e.g., fitness, weight) that are brought about by exercise interventions or free- living activity are proposed to have indirect effects on changes in global self-esteem. In this model, changes in self-efficacy associated with changes in activity are proposed to influence subdomain measures of physical esteem, notably perceptions of physical conditioning, attractive body, and strength. In turn, these more specific perceptions are theorized to be associated with physical self-worth, which is the immediate precursor of global esteem. Figure 1 (top panel) shows the relationships proposed in this model. In short, the EXSEM proposes that any direct associations of physical activity and self-efficacy with more global or domain-specific measures of self-esteem should be rendered no significant when subdomain levels of esteem are statistically controlled.

Even though more girls and women are active and up to date in daily routine, the difference in the parameters of the behaviour of sports women is quite evident. People concerned with motor skills now realized that cognitive factors, personality, characters and unobservable motor factors are as important as physical structure. The best predictor of successful performance in competition is personality, persistence, incentive motivation and trait anxiety. Research over the past three decades by F.M. Henry, E.A. Fleshman and their co-researchers have demonstrated that the individual (whether she is a woman or women) who are attending physical activities are having more potentialities than other non-participants. Several studies have pointed out that in physical education females have higher scores on personality, motivation and general self-control than other non-participant girls.

Methods and Materials

Sample:

For the purpose of this study, 60 students from SSUS, Kalady, Christ College of Physical Education Irinjalakkuda, were selected as subjects (30 Sports women and 30 Non-sports women). The average age of the subject ranged from 18-23 years.

Tool:

Rosenberg Self-esteem scale (1965) originally developed to measure adolescent's global feelings of self-worth or self-acceptance, and is generally considered as the standard against which other measures of self-esteem are compared. It includes 10 items that are usually scored using a four point response ranging from strongly disagree to strongly agree. The items are face valid and the scale is short and easy and fast to administer. Extensive and acceptable reliability (internal consistency and test-retest) and validity (convergent and discriminant) information exists for the Rosenberg Self-esteem Scale.

The data were collected through the administration of questionnaire, which is a test item with four choices for each item, ranging from Strongly agree = 1, Agree = 2, Disagree = 3 and strongly disagree = 4. Some of the statements had reverse scoring to control the response bias. Scoring for statements 3, 5, 8, 9 and 10 were reversed in calculating total score. Sub scales are indicated below. On the basis of this scale, a high numerical score indicates low self-esteem, while a low numerical score indicates high self-esteem. A score of 10 is minimum and represents the lowest possible self-esteem while the maximum is 40, representing the highest possible self-esteem.

Administration of Questionnaires

The questionnaire was personally administered to the subjects. The researcher has briefed about the purpose of conducting the study. The sufficient time was given for the respondents to carefully read, understand the questions before answering, rather than stereotyped answering.

Scoring and analysis:

To determine the mean difference between sports women and non-sports women in self-esteem, „t“ test was employed.

Results:

Descriptive statistics such as mean and standard Deviation were calculated and to find out difference between two groups, „t“ test was employed and the level of significance was set at 0.05.

Table - 1

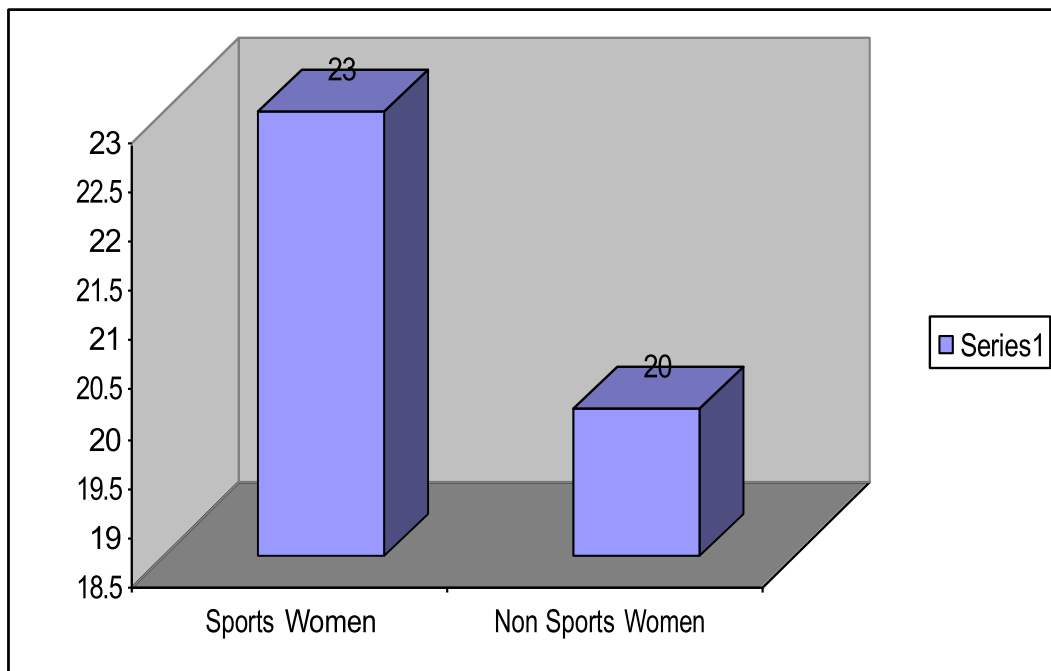
Computation of Mean Differences on Self-Esteem of Sports women and Non-sport women

Group	Mean	„t“
Sports Women (N=30)	23	2.490*
Non-Sports Women (N=30)	20	

* **Significant at 0.05 level**

‘t’ value required at 0.05 level = 2.048 (df = 28)

Graphical Representation of Mean Score of Self-Esteem of Sports Women and Non-Sports Women



The above table, I show that there was a significant difference in self-esteem between sports women and non-sport women. Sports women (mean=23) and non-sports women (mean=20). The obtained „t“ value (2.490) is found higher than the required „t“ value (2.00) at 0.05 level.

Discussion and Conclusions:

The statistical analysis by using „t“ ratio to estimate the difference on sports women and non-sports women revealed that there was a significant difference in self-esteem.

The analysed data revealed that the sportswomen had better self-esteem than non-sports women. This is because of the fact that participating in exercise and sports will improve all

the psychological traits. Athletes had more capability to cope with psychological traits such as personality, self-concept, self-confidence, self-esteem.

Now day's sports persons were considered as icons of the society. Social status and recognition of sports person also prove their self-esteem. As a whole participation in sports activities improve the psychological, physical, mental, social and emotional status of an individual. With the help of this study females can understanding their own feelings .The result reveal that sports women are more self-esteemed than non-sports women. Hence it was concluded that their findings make the females at least are regarding how they feel about their self.

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