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## A study on self-esteem among various societal groups: A comparative approach

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### Abstract

The reason for this examination was to explore the self esteem among the different societal groups where the sample of the investigation comprised the subjects (female) in the age classification of 17 to 23 years with mean and SD  $18.81 \pm 3.25$  from various segments of Haryana i.e. Physical educationist, Sports Professionals, Fitness group, and college going students, who were performing moderate to vigorous physical exercises as well as sports. Rosenberg's self esteem scale (1965) was utilized as a part of the examination. Distinct insights and examination of difference were utilized to investigate the information. Subsequent to applying statistical techniques the examination uncovers that Sports Professionals, poses higher self esteem than rest of the three gatherings, then again, the second most most observed group with high self esteem was physical educationist group, which is credited to the way that self esteem is significant life change variable related with work out (Robert j. Sonstroom, 2006). Whereas another reason could be the numerous scientists found that the athletes sound self esteem is 17% higher than the non-athletes (Ward, Toni M, 2010).

**Keywords:** Self-esteem, physical educationist, sports professionals

### Introduction

Self esteem-a quality that most significantly influences both the lives of people and the life of our general public. An essential factor influencing how well or how ineffectively an individual capacities in the public arena is confidence. Our self esteem is controlled by numerous components, including how well we see our own particular execution and appearance, and how fulfilled we are with our associations with other individuals (Tafarodi and Swann, 1995). When we have prevailing at an essential errand, when we have accomplished something that we believe is helpful or vital, or when we feel that we are acknowledged and esteemed by others, our self-idea will contain numerous positive considerations and we will in this manner have high confidence.

While self esteem is most emphatically created at a youthful age, people and society proceed to influence and impact self esteem for the duration of our lives. It is never past the point where it is possible to change one's viewpoint and energize positive self-esteem. We feel positive self-esteem through the acknowledgment that we get from family and companions and the social connections that create because of our contribution in sport and physical action. Depict sport, dynamic living and physical training as co-agent, comprehensive exercises that urge young ladies to build up a positive, dynamic mental self view.

### Materials and Methods

The purpose of this study was to investigate the self esteem among the various societal groups (Physical educationist, Sports Professionals, Fitness group, and college going students). The sample of the study consists of 120 subjects (female) selected on the basis of purposive sampling from different sections of Haryana, India. Their age ranged between 17-23 years with a mean and SD of  $18.81 \pm 3.25$ .

### Tools

Rosenberg's self-esteem scale (1965) psychological assessment tool was used for measuring self-esteem. To compare the self-esteem among all the four groups ANOVA was applied.

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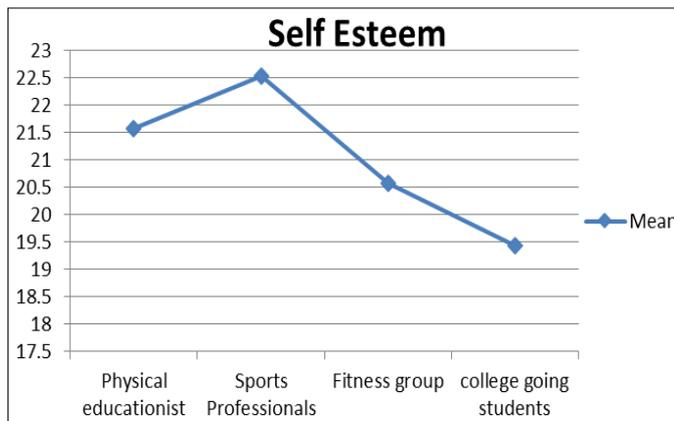
**Result**

In order to see the response patterns of all the four groups, descriptive statistics was applied with mean graph.

**Table 1:** Descriptive statistics of societal groups on self esteem score.

Groups	N	Mean	SD	SE
Physical educationist	30	21.57	3.22	.589
Sports Professionals	30	22.53	2.76	.504
Fitness group	30	20.57	3.51	.641
college going students	30	19.43	3.87	.707
Total	120	21.02	3.52	.321

After applying descriptive statistics, we found that mean score of sports professionals is higher than other three groups. This shows that, sports professionals possess higher self-esteem than the other three groups. The mean plot has been shown in Figure.1.



**Fig 1:** Descriptive statistics on Self-esteem among all the four societal groups

One-Way ANOVA is used to compare the means of more than two independent groups; here, we compared the psychological factor self-esteem among the four groups i.e. Physical educationist, Sports Professionals, Fitness group, and college going students. The values of different sums of squares are shown in table 2.

**Table 2:** One Way ANOVA for the data on self esteem among societal groups

	SS	df	MS	F	Sig.
Between Groups	159.36	3	53.12	4.68	.004*
Within Groups	1315.57	116	11.34		
Total	1474.93	119			

\*Significant at 0.05 level.

Table 2 gives the value of calculated *F* of self-esteem in which *F*- value for self-esteem was found to be significant as their corresponding *p* value was less than .05 level of significance, thus the null hypothesis of no difference among the groups was rejected.

The post hoc test was used to compare the means in different pairs; the Tukey HSD test was chosen to compare the means in different pairs. Table 3 provides such comparison.

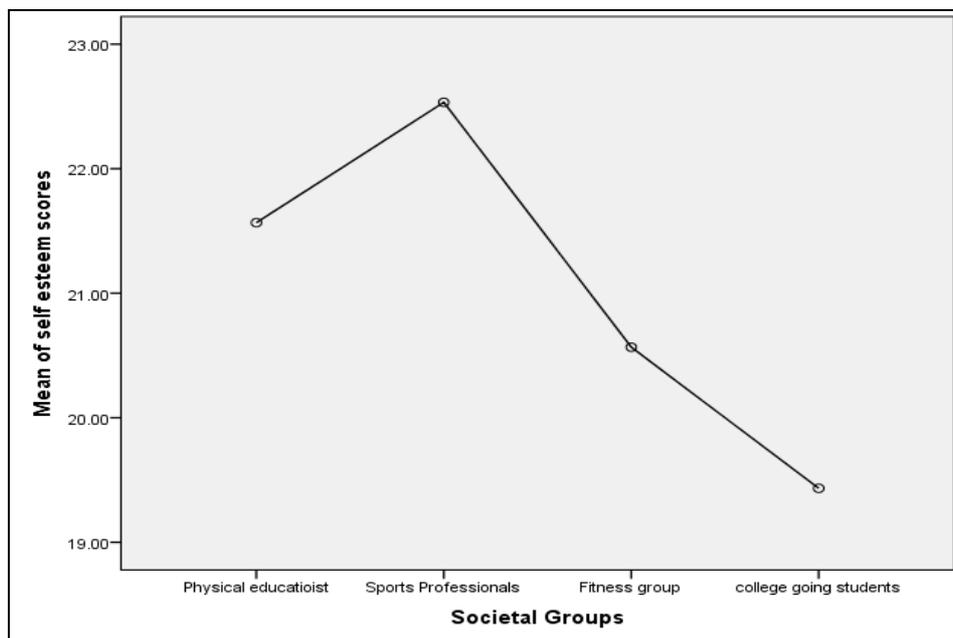
**Table 3:** Post Hoc comparison among societal groups for the data on self esteem

(I) Societal Groups	(J) Societal Groups	MD (I-J)	SE	Sig.
Physical educationist	Sports Professionals	-.97	.87	.68
	Fitness group	1.00	.87	.66
	college going students	2.13	.87	.07
Sports Professionals	Physical educationist	.97	.87	.68
	Fitness group	1.97	.87	.11
	college going students	3.10*	.87	.01*
Fitness group	Physical educationist	-1.00	.87	.66
	Sports Professionals	-1.97	.87	.11
	college going students	1.13	.87	.56
college going students	Physical educationist	-2.13	.87	.07
	Sports Professionals	-3.10*	.87	.01*
	Fitness group	-1.13	.87	.56

\*Significant at 0.05 level

It can be seen from the Table 3 that scores on sports professionals differs significantly at 5% level among the groups.

This mean plot reveals that the participants from sports professionals' group possess higher self-esteem than rest of the three societal groups that is Physical educationist, Fitness group, and college going students. On the other hand, the second most observed group with high self esteem was physical educationist group.



**Fig 2:** Means plot for the self-esteem among all the four group

### Discussion and Findings

The study was aiming to compare the self-esteem among the four societal groups' i.e. Physical educationist, Sports Professionals, Fitness group, and College going students, who were performing moderate to vigorous physical exercises as well as sports. After applying the statistical techniques the study reveals that sports professionals possess higher self-esteem than rest of the three groups, on the other hand, the second most observed group with high self-esteem was physical educationist group, which is attributed to the fact that self-esteem is a major life adjustment variable associated with exercise (Robert J. Sonstroem, 2006). Whereas another reason could be the many researchers found that the athlete's healthy self-esteem is 17% higher than the non-athletes (Ward, ToniM, 2010).

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