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Comparison of self concept of sportsmen and non sportsmen

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Abstract

Accordingly the researcher that there is a strong need to explore the area of self concept for the purpose of assessing psychological and sociological characteristics of the participants as they contribute more towards their success than mere physical fitness. The self-concept provides us with personal identity or sense of who we are. Our self concept assures and reassures us that we are basically the same persons we were yesterday, and our self-concept is more real to our bodies. The self-concept is the overall image of awareness we have of our Self it includes all those perceptions of “I” and “ME” together with the feelings. Belief and values associated with them. Self-concept is actually a cluster of selves, even though we habitually refer to it in the singular form. For the purpose of the study 20 sportsmen and 20 non sportsmen were randomly selected from various collages of the Delhi NCR. Out of many variables it was really tough to find the most crucial one. Therefore, it was decided to focus attention on self concept questionnaire to be used for the study. Self-Concept Questionnaire (S.C.Q) By Dr. Raj Kumar Saraswat (1984). Within the limitation identified and on the basis of the result of the present study conclusions have been dawn. The sportsmen & non sportsmen of various colleges have above average self concept. The results show that the self concept level is higher in sportsmen then non sportsmen and more social in nature.

Keywords: Self concept, sportsmen, non-sportsmen

1. Introduction

As children develop an appreciation of their inner mental world, they think more intensely about themselves. During early childhood, they themselves expand, as children begin to construct a self-concept; the set of attributes abilities, attitudes and values that an individual believes, defines who he or she is. Adolescence has been considered as a time when a self-concept increases in prominence. Adolescence is the process rather than a period, a process of achieving the desire growth, attitudes, beliefs and methods for effective participation in society as emerging adult. In pre-adolescence, young people unify separate traits, such as “intelligent”. But these generalizations about the self are not inter-connected and often they are contradictory. As adolescents’ social work expands, contradictory self-description increases, and teenagers frequently agonies over “which is the real me” (Harter, 1999) [1] by late middle adolescence, teenagers combine their various traits into organized system. Older adolescence also adds integrating principle, which makes sense of formally troublesome contradiction.

Compared with school age children, teenagers also play more emphasis on social virtues, such as been friendly, considerate kind and cooperative. Adolescent are very pre occupied with being liked and viewed positively by others and their statements about themselves reflect their concern. In addition, personal and moral values appear as key themes in older adolescent self concept as adolescents revise their views of themselves to include enduring leaves and plans, they move towards kind of unity of self that is central to identity development.

The self-concept is the overall image of awareness we have of our self, it includes all those perceptions of “I” and “ME” together with the feelings, belief, and values associated with them. Self-concept is actually a cluster of selves, even though we habitually refer to it in the singular form.

According to the Self – Concept s “The attitudes, perception, traits, thoughts, feelings and other characteristics which an individual perceive to be a part of himself”. This perceiver self is more often called the Self-Concept of an individual.

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Self-concept is multi-dimensional construct that refers to an individual’s perception of “self” in relation to any number of characteristics, such as academics and nonacademic’s, gender roles and sexuality, racial identity, and many others.

Some of the frequently cited research studies on psychological differences between athletes and non athletes were conducted by various research workers. One of the earlier investigators demonstrated that athletes and non-athletes differ on self-concept by using non parametric statistical procedures including the chi-g test, the median test and an analysis of variables reported that college athletes have higher positive self concept than the non-athletes endeavours. Frost’s (1970) [3] research on self concept shows that all sportsmen were of the opinion that other’s perception serve as an added and important stimulus to perform well, inspire them to try harder and motivate them to perform better. “Self – image” is also an important concept as far as team motivation is concerned.

2. Methodology

2.1 Selection of Subjects: For the purpose of the study 20 Sportsmen and 20 Non Sportsmen were randomly selected from various collages of the Delhi NCR.

2.2 Selection of Questionnaire: Various questionnaire related to the present study was referred finally one questionnaire which were relevant to the work and was thought to be organized in line with the objective of the study were chosen of Self-Concept Questionnaire (S.C.Q) By Dr. Raj Kumar Saraswat (1984).

2.3 Administration of Questionnaire: The test was conducted on the students by taking prior permission from becoming subjects for the test. Researcher requested them for their cooperation in the investigation for the study. Required information was given to the subjects before the administration of the test. The overall purpose of the study was explained to each and every subject. The subjects were asked to read all the instructions given in the questionnaire and fill the required information in the space available before starting the questionnaire. An appropriate environment was provided to the subjects to allow them to concentrate over the questionnaire. The research provided support to the subjects to solve the difficulties. The subjects were not allowed to consult or refer to each other’s answers before completion of the questionnaire. There was no time fixed for the subjects to complete the questionnaire as they were allowed to take the required time for completing the questionnaire. Before receiving the completed questionnaires from the subjects, all the questionnaires were checked for having proper information filled.

2.4 Scoring: The respondent is provided with five alternatives to give his responses ranging from most acceptable to least acceptable description of his self-concept. The alternatives or responses are arranged in such a way that the scoring system for all the items will remain the same i.e. 5, 4, 3, 2, 1 whether the items are positive or negative. If the respondent put (✓) mark for first alternative the score is 5, for second alternative the score is 4, for third alternative score is 3, for the fourth it is 2 and for the fifth and last alternative the score is one. The summated score of all the forty eight items provide the total self-concept score of an individual. A high score on this inventory indicates a higher self-concept, while a low score shows low self-concept.

Table 1

Raw Score	Interpretation
193 to 240	High Self-Concept
145 to 192	Above Average Concept
97 to 144	Average Concept
49 to 96	Below Average Concept
1 to 48	Low Concept

3. Analysis of Data: The data was collected on 20 sportsmen and 20 non sportsmen at Delhi NCR, ‘t’ ratio was used to compare the self-concept level of sportsmen and non sportsmen and find out significance relationship of self-concept of sportsmen and non-sportsmen. ‘T’ Test method was applied to find out the relationship and analysis of data from raw score. The level of significance was set at 0.05 in order to check the significance.

Findings: Calculation of mean, standard deviation and t-ratio of self-concept of sportsmen & non sportsmen.

Table I: Calculation of mean, standard deviation and t-ratio of sportsmen and non-sportsmen

Group	N	Mean	S.D.	t-value
Sportsmen	20	168.050	24.795	0.89
Non-sportsmen	20	158.050	31.314	

Tabulated value of ‘t’ at the significance level of 0.05 is 2.024 i.e. $t_{(0.05)} (d. f. = 38) = 2.024$. The calculated value of ‘t’ is 0.89. The calculated value of ‘t’ ratio is less than the tabulated value.

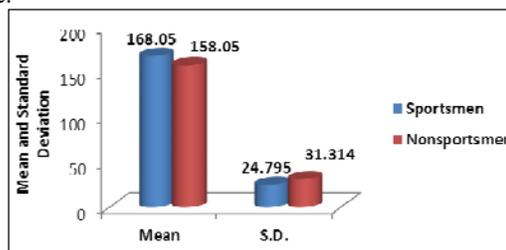


Fig 1: Showing Mean, Standard Deviation and t-ratio of sportsmen and non sportsmen.

Table II: Percentage wise score of self-concept level of sportsman

Interpretation	Number Of Sportsmen	Percentage
High Self-Concept	3	15%
Above Average Concept	13	65%
Average Concept	4	2%
Below Average Concept	0	0%
Low Concept	0	0%

In table II mean and percentage has been calculated. There are 0.15% of sportsmen are having extremely high self-concept, 0.65% of sportsmen have above average concept and 0.2% sportsmen have average concept.

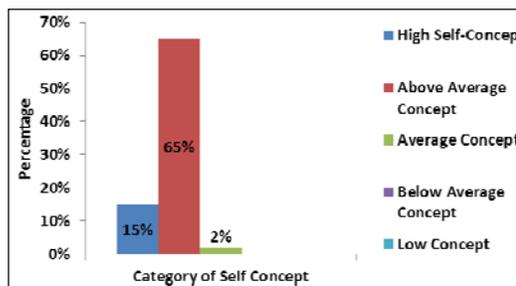


Fig 2: Showing Self Concept level of Sportsmen

Table III: Percentage wise score of self-concept level of non sportsmen individual.

Interpretation	Number Of Non Sportsmen	Percentage
High Self-Concept	2	10%
Above Average Concept	12	60%
Average Concept	4	20%
Below Average Concept	2	10%
Low Concept	0	0%

In table III the percentage of non-sportsmen are 0.1%, which shows the high self-concept. And 0.6% non-sportsmen have above average concept, 0.2% of non-sportsmen have average concept and 0.1% non-sportsmen have below average concept.

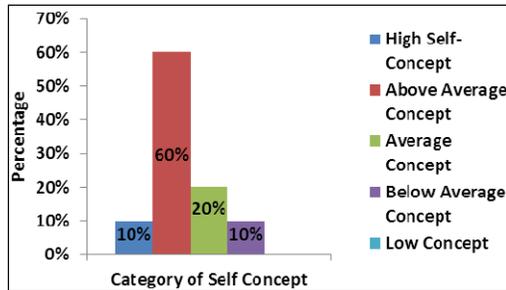


Fig 3: Showing Self Concept level of non-sportsme

4. Discussion of Findings

In table I comparative results of the two group sportsmen and non-sportsmen have been shown. Mean, standard deviation and ‘t’ value are also presented mean of sportsmen168.050 and non sportsmen158.050 with standard deviation 24.795and 31.314 respectively, ‘t’ value is 0.89 which is statistically significant at 0.05 levels. This indicates that there is significant relationship difference between both groups. It may be because of the reason that the sportsmen have various achievements in sports or other factor. Mean value is higher of sportsmen denotes that the sportsmen was more active than the non-sportsmen. It may be due to the other psychological factors that affect level of self-concept like personality, motivation, appreciation, level of aspiration and the result of the previous achievements. In table II and table III self-concept in the percentage has been calculated table II and table III reveals that the sportsmen have extremely high self-concept in compared to non-sportsmen. On the other hand the above level of self-concept in sportsmen is more, in compared than the non-sportsmen (0.65% for sportsmen and 0.6% for the non-sportsmen). Data clearly shows that extremely above level of self-concept is more in both sportsmen and non-sportsmen. 0.1% non-sportsmen have below concept and in sportsmen there was no below self-concept.

5. Discussion of Hypothesis

Based upon the results of this study the hypothesis regarding significant difference or relationship between mean of self-concept level of sportsmen and non-sportsmen is accepted.

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