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A comparative study of self-esteem and locus of control between inter-college and inter-university boxers

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Abstract

The purpose of the study was to compare the college level and university level boxers with regard to psychological variable self-esteem and locus of control. For this purpose, sixty (N=60) male inter-college and inter-university level boxers of 18 to 25 years of age group were selected to act as subjects. They were further divided into two groups which include inter-college $N_1=30$ and inter-university $N_2=30$ boxer. The purposive sampling technique was used to attain the objectives of the study. All the subjects, after having been informed about the objectives and protocol of the study, gave their consent and volunteered to participate in this study. The data related to variables of the study was analyzed with help of SPSS (Statistical Package for Social Science) statistical software. To test the hypotheses student's 't' test for independent data was applied. The level of significance was set at 0.05.

Keywords: inter-college, inter-university boxers

Introduction

Sports commonly refers to activities where the physical capabilities of the competitor are the role or primary determinant of the outcome, but this term now has also started including mental games like chess and motor sports where mental capacity or quality of equipment determines the result. The term sports in sometimes extended to encompass all competitive activities in which offense and defence are played, regardless of the level of physical activity. Skill of the games and motor sport both exhibit many of the characteristics of physical sports, such as skill and sportsmanship.

Most of the sports of earlier times involved demonstration of strength and skill regarding their daily activities like-archery, horse riding, javelin throw, sword fighting etc. These activities which were started to bring among the people as sense of competition slowly grew into full-fledged sports, and this is true for almost every sport. Now-a-days, with the change in life style and general activities of people, it is seen that the nature of sports is also changing. Earlier, sports mostly displayed strength or raw power, as most of the human activities required use of strength of human body.

The amount of value we ascribe to the self is our self-esteem is a learned phenomenon like the other aspects of the self and become a reflection of how other regard us or attach value to us as person our behavior reflects our self-esteem and has a reassuring effect on the other. Cooper smith (1967) [2] define self-esteem as a set of attitudes and beliefs that a person brings with himself or herself when facing the world such a set of attitude and beliefs include a person's belief about whether he or she can expect success or failure how much of effort he or she should put forth. Whatever failure at a task will hurt him or her or whatever he or she will become more capable because of accumulation of different experience. Thus, self-esteem provide a mental set which prepare a person to respond according to anticipation of success failure and one's personal strength. Self-esteem is an integral part of all kind of performance whether alone or a group performance or a competitive one as a team game or individual game. In boxers as more self-esteem accumulates their performance may be better time to time.

Taylor (1995) [4] conducted a study where he compared athletic participants and nonparticipants in order to ascertain if participating in intercollegiate athletics had an effect on self-esteem. He reported that athletic participation did have a positive effect on self-esteem, but it was not

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strong enough to have a statistically significant effect on its own. Kumar, Pathak and Thakur (1985) [6] compared individual athletes, team athletes, and non-athletes on their levels of self-esteem using the Self-esteem Inventory (Prasad & Thakur, 1977) [5]. The Self-esteem Inventory (Prasad & Thakur, 1977) [5] had two subscales: the personally perceived self, and the socially perceived self. They found that individual athletes were significantly higher on personally perceived self and socially perceived self than team athletes and non-athletes.

Selection of variables

A feasibility analysis as to which of the variables could be taken up for the investigation, keeping in view the availability of tools, adequacy to the subjects and the legitimate time that could be devoted for tests and to keep the entire study unitary and integrated, was made in consultation with experts. With the above criteria’s in mind, the psychological variables namely self-esteem and locus of control were taken up for the present study.

- Self-Esteem
- Locus of control

Selection of tools

Sr. No	Tools	Developed by
1.	Self-Esteem	Prasad and Thakur (1988)
2.	Locus of control	Julian Rotter (1966)

Description of the tests

In order to measure the level self-esteem and locus of control of the subjects, the respectively questionnaires have been used in this study described below.

Self-esteem inventory (SEI)

To measure the level of self-esteem of subjects for the present study, the Self-Esteem Inventory (SEI) developed by Prasad and Thakur (1988) was administered. The test is a self-evaluation questionnaire and comprises of two forms. In the first part of inventory the subjects were to respond to items regarding as to what they think of themselves and in the second part of inventory responded to items concerning as to what the people who know them think about them. The first part of the test consisted of 29 items which were relating to personally perceived self-esteem and there were 30 items in the second part which were related to socially perceived self-esteem. Against every item options were given in seven point scale which ranged from ‘totally correct’, to ‘totally wrong’. Athletes making responses were awarded in such a way that for socially desirable items they were given 7 to 1 scores from totally correct to totally wrong. For socially undesirable items, reverse pattern was followed.

Locus of control

Julian Rotter (1966) devised a locus of control personality test to assess the extent to which an individual possesses internal or external reinforcement beliefs. Terry Pettijohn, the author of Psychology: A Connect text has developed the following test based on Rotter’s original idea. Indicate for each statement whether it is T (true) or F (false) for you. There are no right or wrong answers. This survey will give you a general idea of where you stand on the locus of control personality dimension. According to Rotter, people vary in

regard to how responsible they feel for their own fate. Individuals with an internal locus of control tend to believe that people are responsible for their successes and failures. Conversely, people with a relatively external locus of control tend to attribute successes and failures to luck, chance or fate. The scale you just responded to was developed by Stephen Nowicki and Marshall Duke (1974) in order to remedy some technical problems that were characteristic of the original Rotter (1966) scale. Like the original, it measures one’s belief about whether events are controlled internally or externally.

Research findings

Table 1: Mean Value (±SD), Standard Error of Mean and Test Statistic ‘t’ between Inter-College and Inter-University Level Boxers with regards to the sub-variable Personal Self-Esteem.

Sports Group	N	Mean	SD	SEM	t - value
Inter-College	30	94.76	17.20	3.14	0.381
Inter-University	30	96.43	16.68	3.04	

*Significant at 0.05 level, $t_{0.05}(58) = 2.000$

Table-1 shows the means of Personal Self-Esteem in inter-college and inter-university level boxers was 94.76 and 96.43 respectively, whereas the SD values was 17.20 and 16.68 respectively. The observed value of ‘t’ is lower than tabulated “t” value. The data does suggest that the differences between inter-college and inter-university level boxers with regards to Personal Self-Esteem are insignificant.

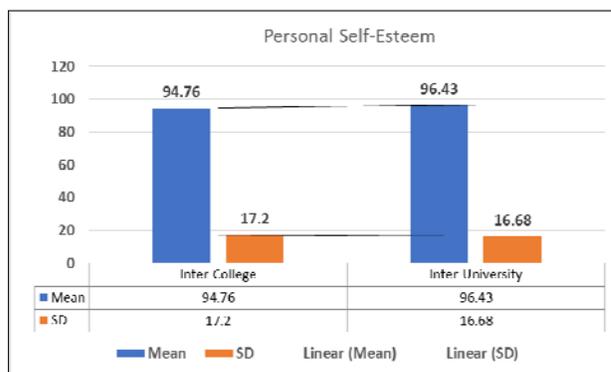


Fig 1: Graphical Representation of Mean values and ±SD between Inter-College and Inter-University Level Boxers with regards to the Personal Self-Esteem.

Table 2: Mean Value (±SD), Standard Error of Mean and Test Statistic ‘t’ between Inter-College and Inter-University Level Boxers with regards to the Social Self-Esteem.

Sports Group	N	Mean	SD	SEM	t - value
Inter-College	30	1.41	21.37	3.9	0.337
Inter-University	30	1.42	21.55	3.93	

*Significant at 0.05 level, $t_{0.05}(58) = 2.000$

Table-2 shows the means of Social Self-Esteem in inter-college and inter-university level boxers was 1.41 and 1.42 respectively, whereas the SD values was 21.37 and 21.55 respectively. The observed value of ‘t’ is lower than tabulated “t” value. The data does suggest that the differences between inter-college and inter-university level boxers with regards to Social Self-Esteem are insignificant.

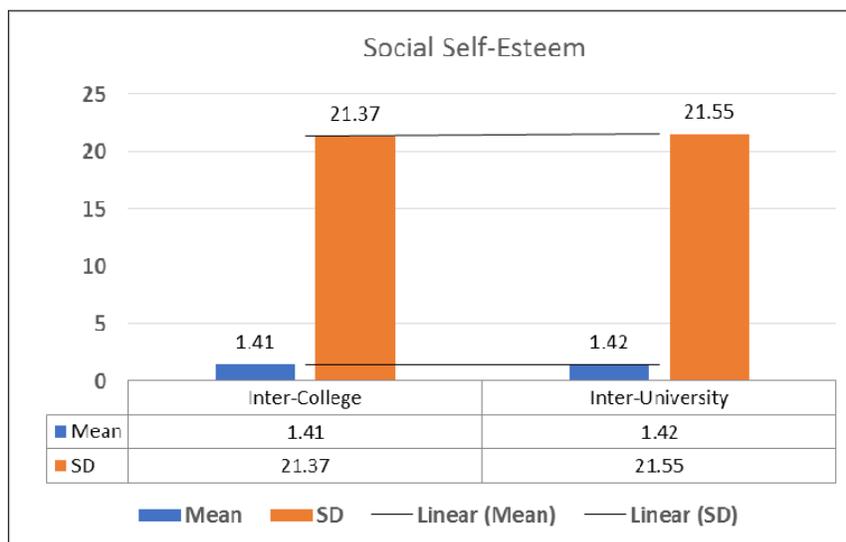


Fig 2: Graphical Representation of Mean Values and ±SD between Inter-College and Inter-University Level Boxers with regards to the Social Self-Esteem.

Table 3: Mean Value (±SD), Standard Error of Mean and Test Statistic 't' between Inter-College and Inter-University Level Boxers with regards to Locus of Control.

Sports Group	N	Mean	SD	SEM	t – value
Inter-College	30	51.16	11.19	2.04	2.31*
Inter-University	30	58.00	11.71	2.13	

*Significant at 0.05 level, $t_{0.05} (58) = 2.000$

Table-3 shows the means of Locus of Control in inter-college and inter-university level boxers was 51.16 and 58.00 respectively, whereas the SD values was 11.19 and 11.71 respectively. The observed value of 't' is lower than tabulated "p" value. The data does suggest that the differences between inter-college and inter-university level boxers with regards to Locus of Control are insignificant.

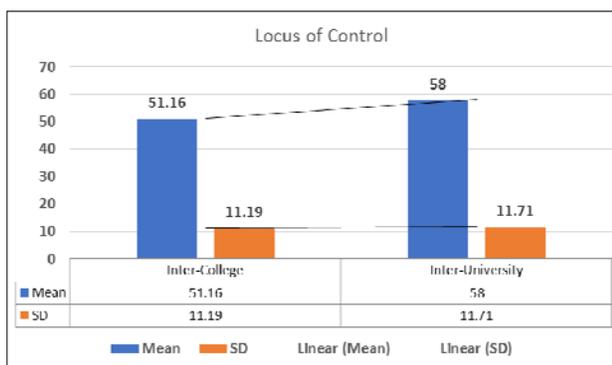


Fig 3: Graphical Representation of Mean Values and ±SD between Inter-College and Inter-University Level Boxers with regards to Locus of Control.

Discussion of results

The objective of this study was to determine the significant difference self-esteem and locus of control between inter-college and inter-varsity boxers. It was observed that inter university players had demonstrated significantly better locus of control as compared to inter college players. The outcome of results might be because inter-university players can control the extent to which an individual possesses internal and external reinforcement beliefs. They have the clarity of their priorities, can build rapport and control over their

feelings/emotions in the uncomfortable conditions which enable them to outdo their opponents. However, the results of the locus of control is not in line with the results of Bal, Singh, Baljinder et. al (2010) [1]. They found no significance between group differences among the players of individual and team sports on the variable locus of control. It happened may be due to same level of players. The present study has also highlighted that there are no significance differences with regard to self-esteem between inter-college and inter-university boxer. While calculating the mean values of inter-college and inter-university group, it was observed that inter-university and inter-college boxers had almost same level of self-esteem.

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