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Self-esteem between male basketball and football players: A cross-sectional study

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Abstract

The objective of this research was to assess the variation between Basketball and Football players on the variable Self-Esteem. A total of 40 male inter-college level subjects were selected from the various colleges of Guru Nanak Dev University, Amritsar. 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. Data was analysed by using independent t-test. Significant differences were found between the two groups on the variable Socially Perceived Self-Esteem and overall self-esteem. Hence, it can be concluded that Basketball players possess more Self-esteem than Football players.

Keywords: Self-esteem, football, basketball

Introduction

Self Esteem refers to an individual's sense of his or her value or worth, or the extent to which a person values, approves of, appreciates, prizes or likes him or herself. The most broad and frequently cited definition of self esteem is by Rosenberg (1965) ^[9], who described it as a favourable or unfavourable attitude towards the self. Self esteem is generally considered the evaluative component of the self concept, a broader representation of the self that includes cognitive and behavioral aspects as well as evaluative or affective ones. While the construct is most often used to refer to a global sense of self worth, narrower concepts such as self confidence or body esteem are used to imply a sense of self esteem in more specific domains. It is also widely assumed that self esteem functions as a trait, that is, it is stable across time within individuals (Blascovich & Tomaka, 1991) ^[1].

An individual's personality development involves three basic determinants – genetic inheritance, socio-cultural inheritance, and self-structure. This influence is most noticeable in physical features, such as eyes, colour, hair, health etc. that directly influence our self-concept and self-esteem. Self-esteem means a favourable opinion of oneself. Developing good self-esteem involves encouraging a positive (of course realistic) attitude towards ourselves and the world around us and appreciates our worth. Self-esteem is the way one feels about one-self including the degree to which one possesses self respect and self-acceptance. Self-esteem, in very general term, means the value ascribed by the individual to himself, the way he views or evaluates himself. Like the other aspects of the self it is learnt and builds up by interacting with the others significant factors.

Self-esteem is your over all opinion of yourself, how you honestly feel about and value yourself. Self-esteem involves judging your worth as a person. Athletes with low self-esteem, on the other hand, put little value on their opinion and ideas and constantly think that they are not good enough and not perform well. Self-esteem has been the subject of social research. The effort to boost the self- esteem of athletes through special social and psychological training with opponents believing it would lead to enhance the top level performance in the competitions. Self-esteem is shaped by your relationships, experiences and thoughts.

Athletes with high and positive views of themselves feel that they are better or worthy more than others. They may become prideful and arrogant. They may become self-indulgent and believe that they deserve special privileges. Athletes with negative self-esteem are worthless than others. They put little value on their opinions, ideas and performance, often feel ashamed of themselves.

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Healthy self-esteem promotes mental well-being and assertiveness. Healthy self-esteem lies in the middle of the two extremes. It means having a balanced, accurate view of yourself. With healthy self-esteem, athletes are confident and think positively about their strength, abilities and physical appearance, which help them to improve all the aspects of their performance.

Methodology

Selection of Subjects

For this purpose, the investigator had selected Forty (N=40) male inter-college level basketball and football players of 20 to 25 years of age to act as subjects. The purposive sampling technique was used to select the subjects.

Self-esteem Inventory (SEI)

To measure the level of self-esteem of subjects for the present study, the Self-Esteem Inventory (SEI) developed by 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.

Before administering the test, the investigator instructed them that there are some statements in Part-I about how a person thinks about himself and in Part-II the statements are related to your opinion as to how the other persons think about you. Read each statement and decide your response in one of the following seven options totally correct, correct to a large extent, partially correct, uncertain, partially wrong, wrong to a large extent, totally wrong.

Results

Table 1: Significant differences in the Mean scores of Basketball and Football players on the sub-variable of Self-Esteem i.e., Personally Perceived Self-Esteem

Variable	Basketball Players (N=20)			Football Players (N=20)			t-value
	Mean	SD	SEM	Mean	SD	SEM	
Personally Perceived Self-Esteem	92.45	9.76	1.37	95.78	12.54	1.67	0.190

*Significant at 0.05 level
Degree of freedom= 38

Personally Perceived Self-Esteem

Table-1 presents the results of basketball and football players with regard to the variable Personally Perceived Self-Esteem. The descriptive statistics shows the Mean and SD values of basketball players on the sub-variable Personally Perceived Self-Esteem as 92.45 and 9.76 respectively. However,

football players had Mean and SD values as 95.78 and 12.54 respectively. The ‘t’-value 0.190 as shown in the table above was found statistically insignificant (P>.05). But while comparing the mean values of both the groups, it has been observed that Football players have demonstrated better Personally Perceived Self-Esteem than the basketball players.



Fig 1: Graphical Representation of Mean Values (±SD), Standard Error of Mean and Test Statistic ‘t’ between Basketball Players and Football Players with regard to the variable Personally Perceived Self-Esteem.

Table 2: Significant differences in the Mean scores of Basketball and Football players on the sub-variable of Self-Esteem i.e., Socially Perceived Self-Esteem

Variable	Basketball Players (N=20)			Football Players (N=20)			t-value
	Mean	SD	SEM	Mean	SD	SEM	
Socially Perceived Self-Esteem	138.26	13.75	1.47	145.65	11.45	1.59	3.52*

*Significant at 0.05 level, Degree of freedom= 38

Socially Perceived Self-Esteem

Table-2 presents the results of basketball and football players with regard to the variable Socially Perceived Self-Esteem. The descriptive statistics shows the Mean and SD values of basketball players on the sub-variable Socially Perceived Self-Esteem as 138.26 and 13.75 respectively. However,

football players had Mean and SD values as 145.65 and 11.45 respectively. The 't'-value 3.52 as shown in the table above was found statistically insignificant ($P < .05$). While comparing the mean values of both the groups, it has been observed that Football players have demonstrated better Socially Perceived Self-Esteem than the basketball players.

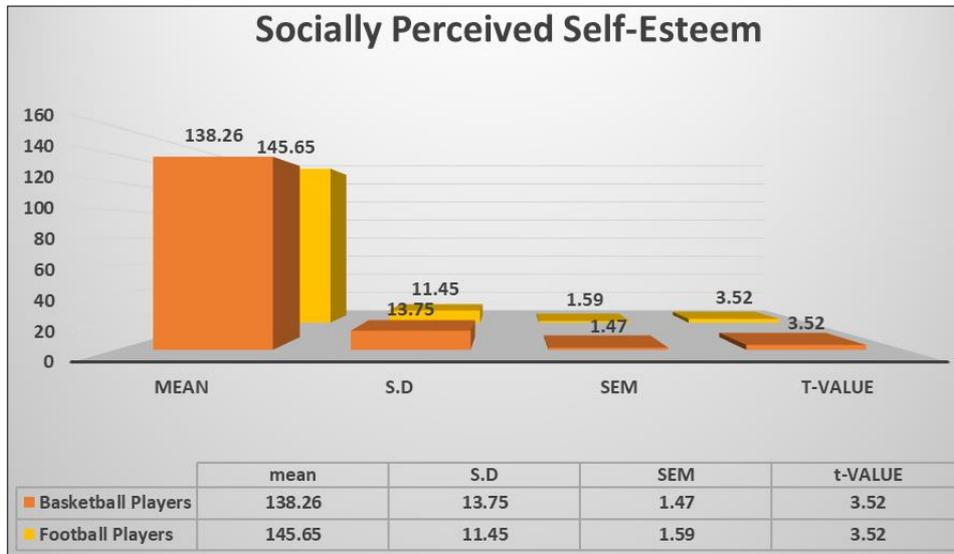


Fig 2: Graphical Representation of Mean Values (\pm SD), Standard Error of Mean and Test Statistic 't' between Basketball Players and Football Players with regard to the variable Socially Perceived Self-Esteem.

Table 3: Significant differences in the Mean scores of Basketball and Football players on the variable Self-Esteem

Variable	Basketball Players (N=20)			Football Players (N=20)			t-value
	Mean	SD	SEM	Mean	SD	SEM	
Self-Esteem	225.25	15.26	1.14	239.89	18.60	1.34	2.72

*Significant at 0.05 level, Degree of freedom= 38

Self-Esteem

Table-3 presents the results of basketball and football players with regard to the variable Self-Esteem. The descriptive statistics shows the Mean and SD values of basketball players on the variable Self-Esteem as 225.25 and 15.26 respectively. However, football players had Mean and SD values as 239.89

and 18.60 respectively. The 't'-value 2.72 as shown in the table above was found statistically significant ($P < .05$). While comparing the mean values of both the groups, it has been observed that Football players have demonstrated better Self-Esteem than the basketball players.



Fig 3: Graphical Representation of Mean Values (\pm SD), Standard Error of Mean and Test Statistic 't' between Basketball Players and Football Players with regard to the variable Self-Esteem.

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