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A comparative study on self-esteem among hockey and football players

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Abstract

The aim of the study was to compare self esteem among Hockey Players and Football Players. For this study 40 subject in which 20 Hockey Players and 20 Football Players. The age group of samples ranged From 18 - 25 Years. All the samples selected on random basis. The selected samples from A.C.P.E. Mastuana Sahib, Sangrur, (Punjab) to measure Self Esteem between Hockey Players and Football Players. To assess self esteem level of selected subjects, Self Esteem Inventory developed by A.S. & Noonan was used. This inventory is high reliable and valid to measure the Self Esteem of selected samples. To compare the Self Esteem level of selected samples, 't'- test was used. Result of the study have found that Self Esteem of Football Players have better as compare Hockey Players.

Keywords: Self-esteem, hockey players, football players etc.

Introduction

Self-esteem is an individual's subjective evaluation of their own worth. Self-esteem encompasses beliefs about oneself (for example, "I am unloved", "I am worthy") as well as emotional states, such as triumph, despair, pride, and shame. Smith and Mackie (2007) defined it by saying "The self-concept is what we think about the self; self-esteem is the positive or negative evaluations of the self, as in how we feel about it."

Self-esteem is an attractive psychological construct because it predicts certain outcomes, such as academic achievement, happiness, satisfaction in marriage and relationships, and criminal behavior. Self-esteem can apply to a specific attribute (for example, "I believe I am a good writer and I feel happy about that") or globally (for example, "I believe I am a bad person, and I feel bad about myself in general"). Psychologists usually regard self-esteem as an enduring personality characteristic (trait self-esteem), though normal, short-term variations (state self-esteem) also exist. Synonyms or near-synonyms of self-esteem include many things: self-worth, self-regard, self-respect, and self-integrity.

The psychological theory of self-esteem grew out of the research of Albert Bandura. He noticed that there was a mechanism that played a huge role in people's lives that, up to that point, hadn't really been defined or systematically observed. This mechanism was the beliefs that people have in their ability to influence the events of their own lives. Bandura proposed that perceived self-efficacy influences what coping behavior is initiated when an individual is met with stress and challenges, along with determining how much effort will be expended to reach one's goals and for how long those goals will be pursued (1999). He posited that self-efficacy is a self-sustaining trait; when a person is driven to work through their problems on their own terms, they gain positive experiences that in turn boost their self-efficacy even more. Self-esteem is the belief we have in our own abilities, specifically our ability to meet the challenges ahead of us and complete a task successfully (Akhtar, 2008). General self-efficacy refers to our overall belief in our ability to succeed, but there are many more specific forms of self-efficacy as well (e.g., academic, parenting, sports).

Although self-esteem is related to our sense of self-worth or value as a human being, there is at least one important distinction. Self-esteem is conceptualized as a sort of general or overall feeling of one's worth or value (Neill, 2005). While self is focused more on "being" (e.g., feeling that you are perfectly acceptable as you are), self-efficacy is more focused on "doing" (e.g., feeling that you are up to a challenge).

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The importance of self-esteem gained endorsement from some government and non-government groups starting around the 1970s, such that one can speak of a self-esteem movement. This movement can be used as an example of promising evidence that psychological research can have an effect on forming public policy. The underlying idea of the movement was that low self-esteem was the root of the problem for individuals, making it the root of societal problems and dysfunctions. A leading figure of the movement, psychologist Nathaniel Branden, stated: "[I] cannot think of a single psychological problem – from anxiety and depression, to fear of intimacy or of success, to spouse battery or child molestation – that is not traced back to the problem of low self-esteem".

Methodology

The subject for the study 40 players in which 20 Hockey Players and 20 Football Players, selected from A.C.P.E. Mastuana Sahib, Sangrur, Punjab. The age group of sample ranged from 18-25 Years. To measure self esteem level, Self Esteem Inventory prepared by A.S. & Noonan was used. This inventory is highly reliable and valid to measure the Self Esteem, of selected samples, and to compare both the group 't'- test was used.

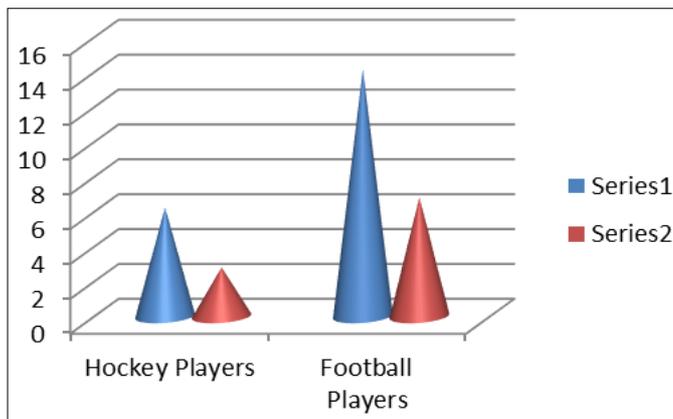
Results

The raw data of selected subject of Self Esteem was subject to appropriate statistical and the results of both group presented in the table no. 1:

Table 1: Mean difference of positive self esteem of hockey and football players

Group	N	Mean	S.D.	M.D.	't'
Hockey Players	20	10.2	4.96	11.3	3.29*
Football Players	20	21.5	9.5		

't' at 0.05 =2.02

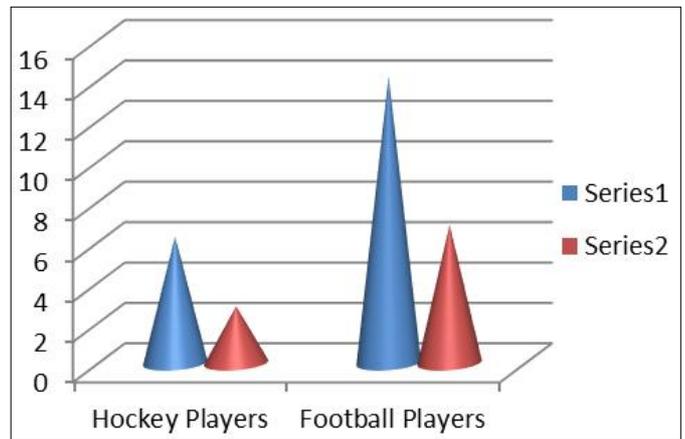


From table no.1; results found that football players have shown positive self esteem (M=21.5, SD=9.5) as compare to hockey players (M=10.2, SD=4.96). The calculated value of 't' is 3.29 which is greater than the tabulated value; so that there is high significance difference has been found at 0.05 level.

Table 2: Mean difference of negative self esteem of hockey and football players

Group	N	Mean	S.D.	M.D.	't'
Hockey Players	20	6.25	2.81	7.95	2.94*
Football Players	20	14.2	6.83		

't' at 0.05 =2.02



From table no.2; results found that hockey players have shown low negative self esteem level (M=6.25, SD=2.81) as compare to football players (M=14.2, SD=6.83). The calculated value of 't' is 2.94 which is greater than the tabulated value, so that there is significance difference has been found at 0.05 level.

Conclusion

It is concluded that football players have shown better Self Esteem level as compare to hockey Players.

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