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Exploration of five domains of self-concept between body builders and power lifters a comparative study

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Abstract

The purpose of the study was to compare of domains of self-concept between body builders and power lifters male players. Total 60 players selected 30 each from body builders and power lifters game. The subjects were selected from Jammu district during state championship. The age ranged from 18-25 years. The Physical Self Perception Profile (PSPP) questionnaire developed by Fox, 1990 was used for the collection of the data. The between-group differences were assessed by using independent 't' test. The level of $p \leq 0.05$ was considered significant. The results revealed that power lifting players were better in sports competence, body attractiveness, physical condition and self-worth as compared to power lifting players. The power lifting players were found better in physical strength as compared to body building players. These differences may be due to nature of sports and the basic physical and psychological requirement of the sports.

Keywords: Body builders, power lifters, physical self perception profile

Introduction

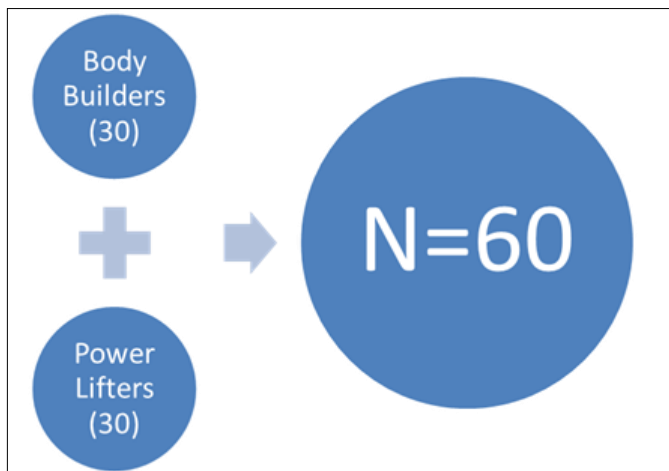
Self-concept may be defined as the totality of a complex, organized, and dynamic system of learned beliefs, attitudes and opinions that each person holds to be true about his or her personal existence. Self-concept is different from self-esteem (feelings of personal worth and level of satisfaction regarding one's self) or self-report (what a person is willing and able to disclose). It has been established by contemporary researches that the way an individual perceives himself goes to shape his behavior patterns. Kearney (2010) [1] stated students in the gifted sample scored higher on indexes of resilience, self-concepts and self-efficacy, as well as different racial identity levels. As expected, findings also indicated students in the gifted sample reported higher grades and GPA's than did the non-gifted sample. These findings are discussed in terms of implications for educational policy and service practices for school psychology to improve the retention and persistence in gifted programs. Renee (2010) [2] found positive correlation between students' scholastic competence, self-perception scores and cognitive skills and academic achievement in reading, language arts, and mathematics. Azizi, Jamaludin, Yusof, Ghaffar and Zakariya (2009) [3] stated that show that there is a strong relationship between self-concept and family cohesiveness and a moderate relationship between self-concept and the religious/moral aspect. However, there is no relationship between self-concept and freedom. Marte and Wilde (2008) [4] that carried out research that focused on the relationship between self-concept, self-esteem, and relational aggression in relation to preadolescent girls' participation in a ten-week empowerment program. This empowerment group was based on team building, healthy assertiveness, and safety for girls, bullying, conflict resolution, peer relations, body image, leadership, and career development. Konstantinos (2008) [5]. that boys had higher levels of perceived competence and greater self-confidence that did the girls in relation to sport activities, whereas the girls had a more favourable perception of their physical appearance and physical strength than did boys.

Methods

Total 60 players selected 30 each from body builders and power lifters game.

The subjects were selected from Jammu district during state championship. The age ranged from 18-25 years. The Physical Self Perception Profile (PSP) questionnaire developed by Fox, 1990 was used for the collection of the data.

Flow chart of sampling

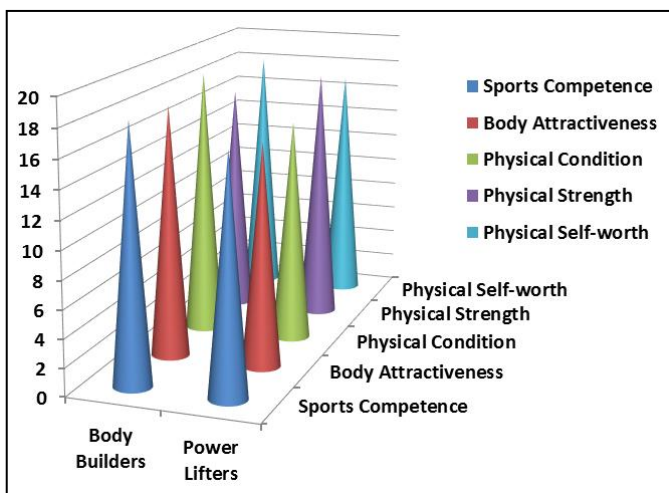


Results

Table 1: Revealed that there were significant differences between the Self-concept and its sub-variables

Variables	Body Builders		Power Lifters		T value
	Mean	S.D	Mean	S.D	
Sports Competence	18.20	1.95	16.75	2.32	5.33*
Body Attractiveness	17.88	2.24	15.84	2.49	6.77*
Physical Condition	19.05	2.08	15.96	2.24	11.28*
Physical Strength	16.65	2.25	18.17	2.23	5.34*
Physical Self-worth	18.07	2.65	16.95	2.75	3.27*

*Significant at 0.05 level of significance Tab t = 1.960



Graph 1: Showing graphical representation of comparison of means of the five domains of self-concept between Body Builders and Power Lifters.

Table-1 shows that the mean of the Sports Competence of body builders and power lifting Players is 18.20 and 16.75 respectively. Whereas, ‘t’ value is 5.33*. The result reveals a statistically significant difference in sports competence between builders and power lifting players. Power lifter players were found better in sports competence as compare to power lifting players. The mean of the body attractiveness of body builders and power lifting Players is 17.88 and 15.84

respectively. Whereas, ‘t’ value is 6.77*. The result reveals a statistically significant difference in body attractiveness between builders and power lifting players. Body building players were found better in body attractiveness as compare to power lifting players. The mean of the physical condition of body builders and power lifting Players is 19.05 and 15.96 respectively. Whereas, ‘t’ value is 11.28*. The result reveals a statistically significant difference in physical condition between builders and power lifting players. Body building players were found better in physical condition as compare to power lifting players. The mean of the physical strength of body builders and power lifting Players is 16.65 and 17.18 respectively. Whereas, ‘t’ value is 5.34*. The result reveals a statistically significant difference in physical strength between builders and power lifting players. Power lifting players were found better in physical strength as compare to power lifting players. The mean of the physical self -worth of body builders and power lifting Players is 18.07 and 16.95 respectively. Whereas, ‘t’ value is 3.27*. The result reveals a statistically significant difference in physical self -worth between builders and power lifting players. Body building players were found better in physical self -worth as compare to power lifting players.

Discussion and Conclusion

The data were analyzed as per the purpose of the study. The results revealed that power lifting players were better in sports competence, body attractiveness, physical condition and self-worth as compared to power lifting players. The power lifting players were found better in physical strength as compared to body building players. These differences may be due to nature of sports and the basic physical and psychological requirement of the sports.

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