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## Self-perception of body image between male and kabaddi players at school level

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### Abstract

The purpose of this study was to know the differences of self-perception of body image between male and female kabaddi Players at school level. A sample of fifty kabaddi players was selected randomly for this study. The total sample was divided into two equal groups' i.e. twenty five male and twenty five female kabaddi players. The required data for this study was collected by applying Doudlah Body Image test during kabaddi Inter zone school Championship held at Jammu from twenty one to twenty five august, 2018. In statistical techniques mean, SD, SED and 't' ratio was used to know the significant differences in self-perception of body image of male and female kabaddi Players. The results showed significant differences in self-perception of body image of male and female kabaddi Players at school level.

**Keywords:** Self-perception, body image, kabaddi, school players.

### Introduction

Self-perception of body image is the perception that a person has of their physical self and the thoughts and feelings that result from the perception. These feelings can be positive, negative or both and are influenced by individual and environmental factors.

Self-Perception of body image occurs when a person is able to accept, appreciate and respect their body or it refers to image we form of our body. A positive image of body is important because it is one of the protective factor that improve self-esteem, self-acceptance and health outlook and behaviour.

When a person has negative feelings & thoughts about his/her own body, body dissatisfaction can develop. Body dissatisfaction is an internal process but can be influenced by several external factors such as family, friends and media. All of these have an impact on how a person sees/feels about themselves and their appearances Davis Darib and Cowles (1991) <sup>[1]</sup> observed that women were found to be more dissatisfied with their body and give more importance on their appearances. Huddy & Cash (1997) <sup>[3]</sup>

### Objectives of the Study

The main objective of this study was to find out the differences in self-perception of body Image of male and female kabaddi Players at school level.

### Methods and Materials

#### Sample

The sample for the present study was selected on the basis of random sampling. Total fifty kabaddi Players were selected randomly during Inter-zonal kabaddi Championship held from twenty one to twenty five august, 2018 at Jammu city. Total sample was divided into two equal groups (twenty five male and twenty five female Kabaddi Players). The player's age ranged from 14 to 23 years.

#### Tools used

To achieve the objectives of the study Doudlah's Body Image Test was used which is having fifty statements. These statements have five choices like (i) very much like this (ii) much like this (iii) studied the body image attitude among male marathon runner and found that runners

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had more favourable evaluation of their appearances and their fitness and health.

Psychological wellbeing appears to be more closely related to people emphasizing on fitness and health. Keeping in mid the body image the investigator has try to investigate the differences in male and female kabaddi Players at school level uncertain (iv) Not like this (v) not at all like this. It is a five point scale having split half reliability co-efficient equal to 0.78.

**Administration of Test**

The test was administered on kabaddi male and female players during inter school kabaddi Championship held at Jammu. The purpose of the study was explained to the players in order to get the responses after due permission from their

team in charge and coaches. The questionnaire was distributed to the players. The scoring was done with the help of scoring key provided with the test.

**Analysis of data and results of the study**

The collected data was tabulated and computerized to find out the differences in self-perception of body image between male and female Kabaddi Players playing at Inter-zonal school level.

**Results and Discussion**

**Results of the Study**

Mean, standard deviation, standard error of the mean and ‘t’ ratio was calculated on body image is presented in table I.

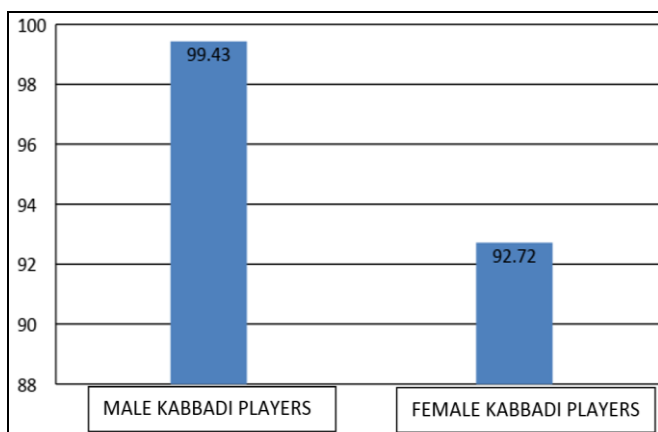
**Table 1:** Comparison of Self Perception of Body Image of Male and Female Judo Players

S.N.	Sex	Mean	SD	SED	‘t’ RATIO
1	Male Kabaddi Players	99.43	11.31	0.638	5.487
2	Female Kabaddi Players	92.72	13.08		

\*Significant at 0.1 level of confidence

Table-I show that mean scores of male and female kabaddi Players are 99.43 & 92.72 respectively. The SD of male and female kabaddi Players are 11.31 and 13.08 respectively. The ‘t’ ratio is 5.487 which is significant at 0.1 levels. It implies that male kabaddi Players have higher self-perception of body image than their counterpart female players.

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**Fig 1:** Diagram Showing the Mean Values of Body Image between Male and Female Judo Players

**Discussion on Findings**

After analysis of collected data and results obtained, the main finding of this study was that male kabaddi Players has higher level of self-perception of body image than their counterpart female kabaddi Players at inter zonal school level.

**Conclusion**

It is concluded that male kabaddi Players have higher self-perception of body image than female kabaddi Players at school level.

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