



ISSN: 2456-0057
IJPNPE 2019; 4(2): 100-102
© 2019 IJPNPE
www.journalofsports.com
Received: 06-05-2019
Accepted: 08-06-2019

Vishnula BM
Department of Physical,
Education and Sports,
Pondicherry University,
Puducherry, India

Analysis of self-concept between football players and non-football players

Vishnula BM

Abstract

The purpose of the study was to compare the psychological variable among Football players and Non-football players. To achieve the purpose of the study, forty (n=40) students were selected from the Kerala University, and their age ranged from 18 to 25 years. The selected participants were divided into two groups. Group, I consist of 20 football players and group II consisted of 20 non-football players. The psychological variable selected for the study was self-concept. All the participants were tested on the selected psychological variable through the questionnaire. The experimental design used for this study was a static group comparison design. The collected data were statistically analyzed for the significant difference using independent 't' test. In all the case, the level of significance was fixed at 0.05. Result: Self-concept of football players was better than non-football players.

Keywords: Self-concept

1. Introduction

Psychology is the study of mind and behavior. The discipline embraces all aspects of the human experience from the functions of the brain to the actions of nations, from child development to care for the aged. In every conceivable setting from scientific research centers to mental healthcare services, "the understanding of behavior" is the enterprise of psychologists.

Sports psychology is an interdisciplinary science that draws on knowledge from many related fields including biomechanics, physiology, kinesiology, and psychology. It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors. It is the study of how psychology influences sports, athletic performance, exercise, and physical activity. Some sports psychologists work with professional football players and coaches to improve performance and increase motivation. Other professionals utilize exercise and sports to enhance people's lives and well-being throughout the entire lifespan.

The term self-concept is a general term used to refer to how someone thinks about, evaluates or perceives themselves. To be aware of oneself is to have a concept of oneself. Baumeister (1999) provides the following self-concept definition: "the individual's belief about himself or herself, including the person's attributes and who and what the self is". Self-concept is an important term for both social psychology and humanism. Self-concept develops confidence and courage and it changes according to this success and failure. Success enhances the child's self-concept and he is, therefore, likely to seek areas when success can be found and to avoid areas where failure is likely. If the child anticipates that he will not do well he tends to give up easily, whereas if thinks will do well he tends to give up easily, whereas if thinks will do well tends to persist. There is general acceptance, which their children and adults with poor self-concept are more anxious, tense and less adjusted than those who gave a greater level of self-concept.

2. Methodology

Research methodology involves the systematic procedure by which the researcher starts from the initial identification of the problem to its final conclusion. The role of the methodology is to carry out the research work in a scientific and valid manner. The purpose of the study was to

Correspondence
Vishnula BM
Department of Physical,
Education and Sports,
Pondicherry University,
Puducherry, India

compare the self-concept of football players and non- football players. To achieve the purpose of this study the investigator selected 20 football players and 20 non-football players at random from Kerala University, Kerala. Their age ranged from 18 to 25 years. They extended their full co-operation to the investigator for the successful conduct of the program. Psychology and Physical fitness is an essential factor for performance and it requires the ideal combination of numerous abilities which are to be developed to a certain level. According to the discussion with the experts, the feasibility of instrument, equipment, and relevance of the variables to the present study, the following selected variables were selected.

2.1 Questionnaire used

The questionnaire used to collect the data for self-concept were standard and more reliable. Muktha Rani Rastodi’s self-concept scale was used to analyze the self-concept.

2.2 Procedure

This scale was scored with the help of a scoring key. A separate scoring method was followed for positive and negative statements. The score obtained for both positive and negative statement were added and it was treated as an individual score. The total score constitutes the self-concept score.

2.3 Scoring Key:

S. No	Response	Score for Positive Statement	Score for Negative Statement
1.	Strongly Agree	5	1
2.	Agree	4	2
3.	Undecided	3	3
4.	Disagree	2	4
5.	Strongly disagree	1	5

Positive statement numbers

1, 2, 4, 6, 7, 8, 18, 20, 24, 26, 27, 34, 36, 37, 40, 42, 43, 44, 47, 48, 49.

Negative statement number

3, 5, 10, 11, 12, 13, 14, 15, 16, 17, 19, 21, 22, 23, 25, 28, 29, 30, 31, 32, 33, 35, 38, 39, 41, 45, 50, 51.

3. Statistical analysis

The following statistical procedure was followed to estimate the differences in psychological variables among football players and non-football players. The data were analyzed by applying the ‘t’ ratio to find out the difference between Football players and Non-football players. The level of significance was fixed at 0.05 level of confidence.

Table 1: Comparison of the level of self-concept between football players and non-football players

Group	No	Mean	S.D	Mean Difference	“T” Value
Football Players	20	155.65	5.40	4.8	3.30*
Non-Football Players	20	150.85	3.62		

Note: *Significant table value at 0.05 level for 19 df = 2.093

It may be seen from the table above that there is a significant difference in the level of self-concept between the Football

players and Non-football players. Since the calculated “t” value 3.30 is higher than the required table value i.e., 2.093 at 0.05 level of confidence. Hence the hypothesis accepted. It may be concluded that the level of self-concept of the Football players is found to be higher than the Non-football players.

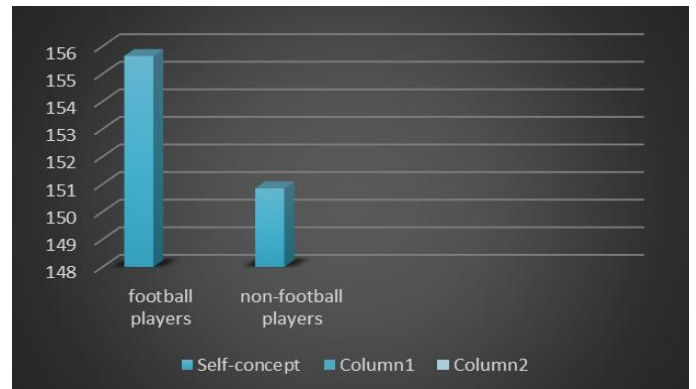


Fig 1: mean difference of self-concept between football players and non-football players

4. Discussion & Conclusion

The present study was attempted to find out the level of self-concept between Football players and Non-football players. In self-concept, the mean value of the Football players is 155.65 and the Non-football players are 150.85. It indicated that the level of Football players is better than the Non-football players.

Within the limitations and delimitations of the study, the following conclusions were drawn.

1. It was concluded that there exists a significant difference in self-concept among football players and non-football players.
2. It was concluded that football players have better self-concept than non-football players.

Reference

1. Aggarwal Reena. “The relationship between sex and general self-concept in grade IX students” Bharatya Shiksha Sdosh Patrika. 1994; 13:17-22
2. Asady, Seyedeh Khadijeh, Zahra Tasaddoghi, Mohadeseh Tavakoli. "Comparing Self-esteem and Self-concept of Athletic and Non-Athletic Students and Finding a Relationship between these two Variables." Annals of Applied Sport Science 1.1 2013; 28-33.
3. Asci F, Hulya *et al.* "Self-concept and body image of Turkish high school male football players and non-football players." Adolescence 32.128, 1997, 959.
4. Bodiba P *et al.* "The relationship between body mass index and self-concept among adolescent black female university students." *Curationis*. 2008; 31(1):77-84.
5. Butki, Davit, Brian, “The relationship between physical activity and multidimensional self-concept among adolescents”, Dissertation Abstract International. 1998, 59(5).
6. Butler, Richard J, Sarah L, Gasson. "Self-esteem/self-concept scales for children and adolescents: A review." Child and Adolescent mental health. 2005; 10(4):190-201.
7. Gordon, Erynn S *et al.* "Nondisease genetic testing: reporting of muscle SNPs shows effects on self-concept and health orientation scales." European Journal of

- Human Genetics. 2005; 13(9):1047.
8. Hemsley, Rita Elizabeth. "Academic self-concept in adolescents: Causes, correlates, and consequences." 1992, 4292-4292.
 9. Hussian, Akbar. "Self-Concept of Physically Challenged Adolescents." Journal of the Indian Academy of applied psychology. 2006; 32(1):43-46.
 10. Ibrahim, Hilmi, Nettie Morrison. "Self-actualization and self-concept among football players." Research Quarterly. American Alliance for Health, Physical Education and Recreation. 1976; 47(1):68-79.
 11. Lawrence AS, Vimala A. "Self-Concept and Achievement Motivation of High School Students." Online Submission. 2013; 1(1):141-146.
 12. Lion, Yann, Jih. "Effect of Gender and type of Sport Participation on Taiwanese Undergraduate Students Physical Self-concept Dissertation", Abstract International, 2001, 62(3).
 13. Marsh, Herbert W, Athanasios Papaioannou, Yannis Theodorakis. "Causal ordering of physical self-concept and exercise behavior: Reciprocal effects model and the influence of physical education teachers." Health Psychology. 2006; 25(3):316.
 14. Mayorga-Vega D *et al.* "Effect of a physical fitness program on physical self-concept and physical fitness elements in primary school students." Perceptual and Motor Skills. 2012; 1153:984-996.