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Self-concept in relation to male and female athletes

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Abstract

We are all well aware that self-concept regulates the behavior of every individual and hence everyone must have higher self-concept of oneself. It is the higher self-concept which generates the feeling of confidence and courage. So, one must keep in mind the importance of self-concept as it can play an effective role for performance enhancement. An attempt was made to compare male and female athletes on various dimensions of self-concept.

Total two hundred forty (N=240) athlete (males=120 and female=120) from various disciplines such as handball, volleyball, Kho-Kho, and Kabaddi, from different, colleges like physical education, engineering, teacher education, architecture and arts and science group of colleges of sir remugambal education trust of Polur thiruvannamalai district (TN), were selected randomly to act as subjects self-concept questionnaire developed by Saraswat (1984) was applied for the collection of data. The t-test was applied to find out Significant difference between the mean scores of male and female athletes.

The results revealed that there has been significant difference between male female athletes on difference Dimensions of self-concept. However male athletes registered their upper hand on the Variable social self-concept. No significant differences were found on physical, temperamental and self-concept (total).

Keywords: Sports, attitude, traits, behavior, confidence, performance

Introduction

In Modern Scientific era it is believed that sports psychology plays an important role to achieve excellence in sports. Since psychology help us to know and understand the reality about man in general, it also enables us to develop an approximates understanding about athletes and their behavior, in stress provoking situations in particular. This is conducive to prepare the sportsperson and ensure effective performance enhancement. Along with the other psychological factors self-concept also plays an important role in achieving excellence in sports. Self-concept implies what an individual thinks about himself. Believing in oneself is the most vital part while performing in the actual competition. A player may have devoted considerable time in training to enhance the performance but even then may find it difficult to display better if he does not believe in himself. Symonds (1951) defines the self as the way in which the individual reacts to himself. The self consists of four aspects:

1. How a person's perceives himself.
2. What he thinks of himself.
3. How he values himself and
4. How he attempts through various actions to enhance or defend himself.

Hall and Lindsey (1957)^[1] say that self-concept has two different meaning. It usually refers to a person's attitude and feeling about himself smith (1961)^[6] explains, "we all own traits and our behavior is organized in layers, like those of an onion, some being external and peripheral and some being internal and central". Sutherland (1956)^[7] defines self-concept as the attitudes, perceptions, traits, thoughts, feeling and other characteristics which an individual perceives to be a part of himself. Since the self changes gradually, integration of the self is, a slow, long and difficult process.

The self is not a finished product at birth but is something, which develops. According to sage (1977)^[4], the scientists studying motor behavior have a two-fold purpose in seeking to understand the behavioral development of human movement: predication and behavioral control.

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As a result of this understanding and being able to predict behavior, the present study is in line with the above thinking since competitive behavior of an athlete, to a large extent, is associated with his self-concept.

Ibrahim and Morrison (1975) [2], the other two authors have found that athletes' were average in their self-actualizing traits and less than average in self-concept. Male high school athletes differed from non-athlete in both self-concept and actualization while female athletes differed in self-actualization only. Langford, in 1981, has compared self-perceived physical abilities, attitudes towards activities selected measures of physical fitness and self-concept. Fifteen female and fifteen male physical education majors, along with 15 female and 15 male non-majors, served as subjects for the study. He found female majors possessed higher values of self-concept as compared to female Nan majors and female and male majors and male non majors were not different on the subscales of self- concept.

Methodology

To achieve the objective of study, total two hundred forty (N=240) athletes male=120 and female=120) from various discipline such as Handball, Volleyball Kho-Kho, and Kabaddi, from Different Colleges of Sri Remugambal Education Trust of Polur, from Thiruvannamalai District (TN) were randomly selected to act as subjects self-concept questionnaire developed by saraswat, in 1984, was considered to be most appropriate tool to be applied on the selected subjects for the collection of data. The collected data was tabulated, which was subsequently subjected to statistical treatment. The t-test was applied to analyze and interpret the data. The calculations were obtained through statistical package for social science (SPSS).

Results and Discussion

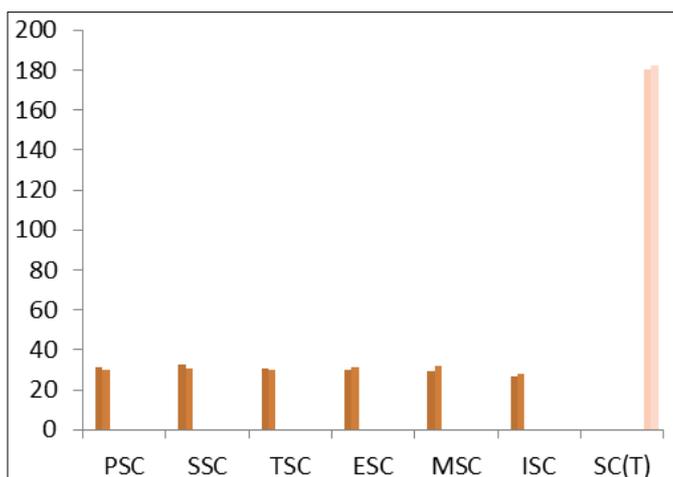
The obtained results, through statistical application, have been presented in the following table and graphical representation.

Table 1: Mean values of male and female athletes on different dimensions of self-concept

S. No	Variables	Male=120		Female=120		Mean Diff	Sed. M	T-Value
		Mean	S.D	Mean	S.D			
1	Physical self-concept	31.10	3.33	30.23	4.41	.87	.50	1.74
2	Social self-concept	32.39	3.22	30.66	4.30	1.73	.49	3.53*
3	Temperamental rational self-concept	30.67	3.68	29.98	3.11	.68	.44	1.55
4	Educational self-concept	29.87	4.24	31.20	3.60	-1.33	.51	2.63*
5	Moral self-concept	29.64	3.3	31.76	3.12	-2.12	.41	5.10
6	Intellectual self-concept	26.53	3.35	27.92	3.84	-1.39	.47	2.99*
7	self-concept(total)	180.45	11.43	182.12	12.59	-1.67	1.55	-1.07

*significant at 01 level t 2.60 (df=238)

The results presented in table 1 revealed that there was significant difference between the mean scores of male and female athletes in four of the seven dimensions of self-concept variables. These differences were pertaining to educational, moral, intellectual, and social self-concept. The obtained t-values were found greater than the table value of 2.60, required to be significant at .01 level of confidence.



PSC = Physical self-concept
 SSC = Social self-concept
 TSC = Temperamental self-concept
 ESC = Educational self-concept
 MSC = Moral self-concept
 ISC = Intellectual self-concept
 SC (T) = self-concept (total)

It was further observed that female athletes registered significantly better on educational, moral and intellectual self-concept; whereas, male athletes registered their upper hand on

social self-concept. However, no significant differences were observed, between both categories of athletes, on physical, temperamental and self-concept (total).

Female athletes have registered significantly upper hands on educational, moral, and intellectual self-concept. The results signify that ability of female being more attentive, conscious, and vigilant at given task. Male athletes were found to be significantly more social than their counterparts. The outcome may be due to the peculiarity of Indian society and its social norms.

As the Indian society and quietly open up for both sexes but still the underlying social process restricts the pace for females becoming more social. The males were enjoying certain privileges in the erstwhile norms of Indian society like freedom of movement, interaction and exchanges of thoughts. Longford (1981) [3] found that female majors processed higher values of self-concept.

It can be safely surmised, from the above study, that self-concept, the confidence an individual perceives in himself, is the most critical factor in taking up, challenges or exhibiting increase efforts in any given task.

Implications

Since female athletes were found significantly better on educational, moral, and intellectual self-concept vis-a-vis their male counterparts. Male athletes were significantly more social than their counterpart female athletes. No significant differences were observed between both categories of athletes on physical, temperamental and self-concept (total). It implies that the females perceive themselves high intellectually, educationally and morally. However, the female, in sports, need more emphasis on physical training; more social competitive exposure and positive reinforcement for their strength which may help them in perceiving athletes need to

be worked upon particularly on those dimensions where they were found inadequate.

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