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Analysis of self-esteem and self-confidence between women handball and volleyball players in Pondicherry

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Abstract

Background: Self-esteem and self-confidence reflects individual's emotional evaluation of their own worth. It helps the evaluation of individual by their own potential and helps to explore themselves. Therefore, this study was initiated to compare women handball and volleyball players on their self-esteem and self-confidence.

Method: In the study the investigator selected 18 to 25 years women handball and volleyball players and they are randomly selected from the affiliated colleges of Pondicherry University for the subjects. Rosenberg self-esteem scale and Philipa Davies sports confidence questionnaire used to assess self-esteem and self-confidence to all the participants of the study. The questionnaire elicited the scores on self-esteem and self-confidence of each and every participant. The data was analysed statistically by T Test.

Findings: The study reveals that self-esteem and self-confidence is higher in Handball than Volleyball players.

Keywords: Handball, volleyball, self-confidence, self-esteem, women

Introduction

Self esteem

A person's emotional assessment of their own value is known as their self-esteem, which also refers to their attitude towards themselves. The early years of a child's life have a big impact on their self-esteem and are crucial for developing healthy self-esteem. Personality, parenting methods, and role modelling can all have an impact. Another crucial time for the growth and maintenance of high self-esteem, particularly for young women, is adolescence. A child grows up with positive feelings of self-confidence and self-worth if parents, teachers, coaches, and other adults express their acceptance, like, and respect. Adolescent women with low self-esteem are more likely to engage in high-risk behaviours, suffer from mental health issues (such as depression and eating disorders), struggle in school and in their relationships, have obsessions with weight, body size, and shape, and drop out of physical education. While self-esteem is most strongly developed at a young age, individuals and society continue to affect and influence self-esteem throughout our lives. Self-confidence in women Due to the fact that performance is the main criterion by which players are rated, they are particularly susceptible to this issue of attaching self-esteem to one's performances. An athlete can feel good about themselves when they excel or feel accomplished. However, society subtly suggests that you must succeed in your sport in order to feel deserving as a person, and many athletes fall into that trap.

Self Confidence

The definition of self-confidence is having faith in oneself. It is a self-belief with a positive outlook that aids in achieving their own goals. Self-Esteem is an assessment of one's own value, but self-confidence is more particularly the belief in one's capacity to accomplish a particular task. Self-confidence has been linked by psychologists to various psychological factors in people. Experience boosts self-confidence, which also helps you believe in your abilities and carry out the tasks in a successful manner.

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Methodology

Twenty female volleyball and handball players and twenty volleyball players from colleges connected to Pondicherry University were randomly chosen for the study. Female volleyball and handball players between the ages of 18 and 25 were chosen as the subject. The self-esteem and confidence scales developed by Philipa Davies and the Rosenberg self-esteem measure were employed, respectively. T Test was used to statistically examine the data. For the study, all variables had a fixed significance level of 0.05.

Results

Table 1: Self-esteem between women athlete and non-athlete

Variable	Group	N	Mean	SD	DF	'T'
Self-Esteem	Handball	20	29	3.14	19	1.460
	Volleyball	20	27.5	3.18		

Results of the self-esteem survey taken by female volleyball and handball players are shown in Table 1. According to the descriptive statistics, the mean and standard deviation of the self-esteem of handball players are 29 and 3.14, respectively. However, the average and standard deviation for volleyball players are 27.5 and 3.18, respectively. The preceding table's 't' value of 1.46 was determined to be statistically insignificant. Women who play handball have higher self-esteem than women who play volleyball.

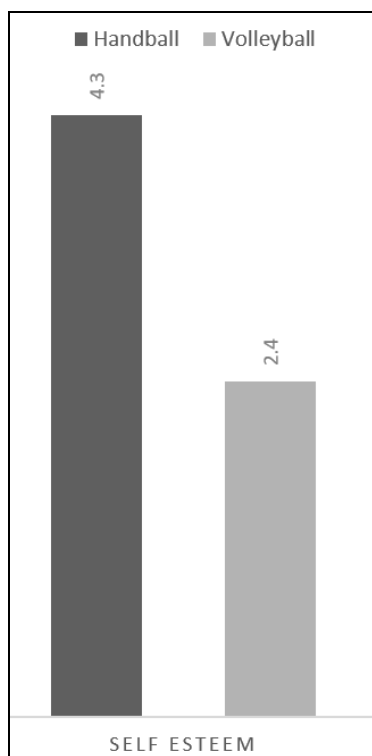


Fig 1: Bar diagram showing self-esteem of women handball and volleyball players

Table 2: Self-confidence between women handball and volleyball players

Variable	Group	N	Mean	SD	DF	'T'
Self-confidence	Handball	20	66.25	9.69	19	1.828
	Volleyball	20	61.1	7.53		

Results of the self-confidence survey taken by female volleyball and handball players are shown in Table 2. According to the descriptive statistics, the mean and standard

deviation of self-confidence among handball players are 66.25 and 9.69, respectively. The mean value and standard deviation for a volleyball player, however, are 61.1 and 7.53, respectively. According to the above table, the 't' value of 1.828 was determined to be statistically insignificant. Handball players have been found to have higher levels of self-confidence than volleyball players.

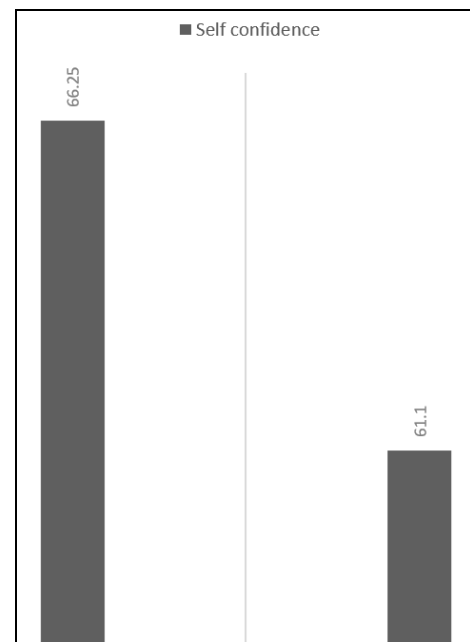


Fig 2: Handball and volleyball players on self-confidence

Findings

- The conclusion is that women's handball players have better self-esteem scores than women's volleyball players (Mean=27.5, SD=3.18), (Mean=29, SD=3.14).
- The conclusion indicates that handball players have better self-confidence scores than volleyball players (Mean=61.1, SD=7.53), (Mean=66.25, SD=9.69).
- Self-esteem of female volleyball and handball players (T=1.46).
- Female handball and volleyball players' self-confidence (T=1.828).

Conclusions

Data research revealed that female handball players had higher levels of confidence and self-worth.

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