

## A comparative study of self-esteem among different game female players

Suman Rani

Research Scholar, Department of Physical Education, MDU, Rohtak, Haryana, India

### Abstract

The present study has been designed to investigate Self-esteem among wrestling, Kabaddi and badminton female players who participated at inter-university level. For accomplish the study 30 female players from wrestling, 30 female players from Kabaddi and 30 female players from badminton were randomly selected as sample. The age of all samples was ranged 18-28 year. Female Sports persons who participate at inter-university level were selected as samples. To accomplish the study Rosenberg self-esteem scale was used in the study. All samples were selected from the Maharshi Dayanand University Rohtak. The obtained data were analyzed by applying one way analysis of variance. The level of significance was set at 0.05. We find out that there are equal level of self-esteem exists among Wrestling, Kabaddi and Badminton players.

**Keywords:** self-esteem, sports persons

### Introduction

Self-esteem reflects a person's overall subjective emotional evaluation of his or her own worth. It is a judgment of oneself as well as an attitude toward the self. Self- encompasses beliefs about oneself, as well as emotional states, such as triumph, despair, pride, and shame. Smith and Mackie (2007) [2] defined it by saying "The self-concept is what we think about the self; self-esteem is the positive or negative evaluations of the self, as in how we feel about it." Self-esteem is characterized by the degree worth and ability that we credit to ourselves. Through game, we may upgrade our self-esteem by having a positive picture of our bodies and the physical aptitudes and capacities that we create. We feel positive self-esteem through the acknowledgment that we get from family and companions and the social connections that create because of our contribution in don and physical movement. However, we might be powerless against low self-esteem in don and physical movement in the event that we see our body to be insufficient, unfit or unseemly for our chose action. We may feel that our self-esteem is judged on our misfortunes and wins versus our capacities and aims. The concentrated interest in game may prompt social seclusion and absence of family bolster. These negative feelings should be refocused with a specific end goal to manufacture positive self-confidence.

### Objectives of the Study

To compare the level of self-esteem among wrestling, Kabaddi and badminton female players.

### Hypothesis of the Study

There would be no significant difference among wrestling, Kabaddi and badminton female players in their self-esteem.

### Research Process and Methodology

The sample for the present study was 30 female players from wrestling, 30 female players from Kabaddi and 30 female players from badminton were randomly selected as sample. The age of all samples was ranged 18-28 year. Female Sports person who participate at inter-university level were selected as samples.

### Tools and Techniques

To accomplish the study Rosenberg self-esteem scale was used in the study.

### Statistical Method

The obtained data were analyzed by applying one way analysis of variance in order to determine the self-esteem among wrestling, Kabaddi and badminton female players. The level of significance was set at 0.05. For obtaining reliable result special statistics software (SPSS-20) was used.

**Table 1:** Descriptive statistics

	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
					Lower Bound	Upper Bound		
Wrestling	30	20.8000	2.46912	.45080	19.8780	21.7220	16.00	25.00
Kabaddi	30	20.7000	3.13105	.57165	19.5308	21.8692	15.00	25.00
Badminton	30	20.6000	2.72409	.49735	19.5828	21.6172	15.00	25.00
Total	90	20.7000	2.75783	.29070	20.1224	21.2776	15.00	25.00

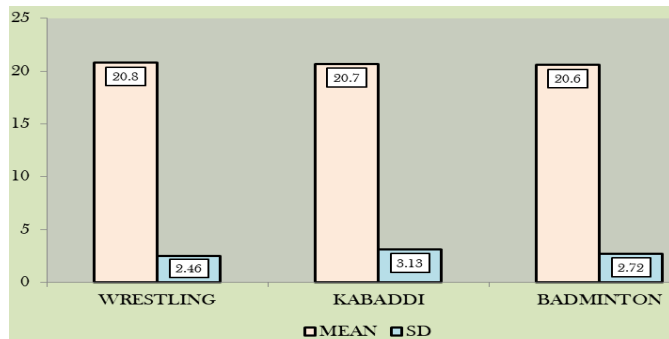
The table no 1 shows the characteristic of selected sample among all discipline and it was observed that mean of Wrestling players were  $20.8 \pm 2.46$  and Kabaddi players were  $20.7 \pm 3.13$  and mean and standard deviation of Badminton players were  $20.6 \pm 2.72$  respectively. The minimum std. error was observed which shows homogeneity between selected samples. So, now we can perform our parametric statistics.

**Table 2:** Analysis of Variance Self-esteem

	Sum of squares	df	Mean square	F	Sig.
Between Groups	.600	2	.300	.039	.962
Within Groups	676.300	87	7.774		
Total	676.900	89			

Significant at 0.05 level

An analysis of table no.2 reveals that there is no significant difference between Kabaddi, Wrestling and Badminton players on their self-esteem level. Because significant value is not less than level of significance which is 0.05 since the calculated significance value is found not significant, therefore no need to perform Post-hoc analysis.



**Fig 1:** The score of mean and standard deviation of Wrestling, Kabaddi and Badminton players of their Self-Esteem level

**Conclusion**

After analysis the obtained results it was observed there was no significant difference found between the players of selected disciplines. It means that there are equal level of self-esteem exists among Wrestling, Kabaddi and Badminton players.

**References**

1. Hewitt John P. Oxford Handbook of Positive Psychology. Oxford University Press, ISBN 978-0-19-518724-3. 2009, 217-224.
2. Smith ER. Mackie D, M. Jump up to: a b c, Social Psychology (Third ed.). Hove: Psychology Press. ISBN 978-1-84169-408-5, 2007. Retriwed from [http://www.caaws.ca/e/wpcontent/uploads/2013/02/Self\\_Esteem.pdf](http://www.caaws.ca/e/wpcontent/uploads/2013/02/Self_Esteem.pdf).
3. Parveen. Assessment of the status of injury knowledge prevention and management at various levels of sports persons. International Journal of Physiology, Nutrition and Physical Education, 2017, 505-507.