



Comparative study of self-esteem scale among the players of different games

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Abstract

The purpose of the present study was to investigate the level of self-esteem among the players of different games. For accomplish the study total 80 players were selected as sample from different games such as basketball, handball, kho-kho and cricket through simple random sampling technique. The researcher find that there is no significant difference among players of different games in their self-esteem. It means the players of selected games have equal in self-esteem scale. Key terms: self-esteem.

Keywords: cement emissions, environmental pollution, atmospheric changes, human health

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-esteem encompasses beliefs and emotions such as triumph, despair, pride, and shame. Smith and Mackie 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 attractive as a social psychological construct because researchers have conceptualized it as an influential predictor of certain outcomes, such as academic achievement, happiness, satisfaction in marriage and relationships, and criminal behavior. Self-esteem can apply specifically to a particular dimension or a global extent. Psychologists usually regard self-esteem as an enduring personality characteristic, though normal, short-term variations also exist. High self-esteem underpins every positive experience in your life. It helps you to see the positive in every situation; to cope with adversity and to fully appreciate the good times. In the modern, fast-paced society that we live in, there is always someone or something demanding your time and attention. When you are constantly responding to these demands you are meeting the needs of others. While it is good to help others, this can sometimes happen at the expense of taking time for you. When you do not take time for you, your self-esteem starts to drop. Sadly, many people do not notice their self-esteem declining until they experience some real difficulties. Self-esteem refers to a person's beliefs about their own worth and value. It also has to do with the feelings people experiences that follow from their sense of worthiness or unworthiness. Self-esteem is important because it heavily influences people's choices and decisions. In other words, self-esteem serves a motivational function by making it more or less likely that people will take care of themselves and explore their full potential. People with high self-esteem are also people who are motivated to take care of themselves and to persistently strive towards the fulfillment of personal goals and aspirations. People with lower self-esteem don't tend to regard themselves as worthy of happy outcomes

or capable of achieving them and so tend to let important things slide and to be less persistent and resilient in terms of overcoming adversity. They may have the same kinds of goals as people with higher self-esteem, but they are generally less motivated to pursue them to their conclusion. Self-esteem is a somewhat abstract concept; it's hard for someone who doesn't already have it to know what it would be like to have it. Key word definition: self-esteem Smith and Mackie 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".

Selection of the Subjects

The present study has been designed to compare the self esteem scale among the players of different games such as basketball, handball, cricket, and kho-kho. Total 80 players were selected as sample (N=80), (20 players from each discipline) through random sampling. The age of all players were ranged from 18 to 28. The competition level of all players was inter-university and national level.

Variables of the Study

To compare the self-esteem Rosenbers Self –Esteem Scale (1965) was used as variable for this study. The scale is a ten item Likert scale with items answered on a four point scale - from strongly agree to strongly disagree. The original sample for which the scale was developed consisted of 5,024 High School Juniors and Seniors from 10 randomly selected schools in New York State Statistical Analysis of the Data Analysis of variance ANOVA was used to find out the significant difference among the mean score of self esteem of players of different games. Graphical method was used to determine the difference of mean score of different discipline. The significant level was set as 0.05 level of significance.

Hypothesis

- It would be hypothesized that there would be no significant difference between the players of exist games in their self esteem scale.

Table 1: Mean and SD

Sr. No.	Game	N	Mean	SD
1.	Kho-kho	20	21.0	2.27
2.	Handball	20	20.5	3.20
3.	Cricket	20	21.7	2.86
4.	Basketball	20	20.4	2.85

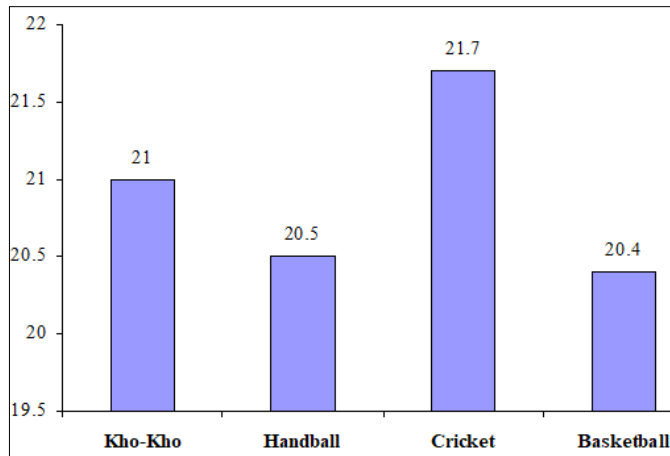


Fig 1: Mean Difference

The table 1 and figure 1 shows the difference among players of different games in their mean score of self-esteem scale. The cricket players have highest mean score of self-esteem and basketball has lowest score. But these score does shows the significant difference among them.

Table 2: Analysis of variance (ANOVA)

	Sum of Square	df	Mean square	F	Sig.
Between groups	20.437	3	6.812	.857	.467
With in groups	603.950	76	7.947	—	—
Total	624.387	79			

Significant at 0.05 (2.72) with df 3 (80) level of significance.

Results and Discussion

Table 2 reveals that f ratio is lower than the 0.05 level of significance which is assumed at 2.72. It means the hypothesis which was formulated earlier that “there would be no significant difference among the players of different games in their self esteem was fail to reject”.

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