



Comparison of self-concept among sports and non-sports persons

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Abstract

The main purpose of this study was to compare the Self-Concept among Sports and Non-Sports Persons. The data obtained from the responses given by sports and non-sports persons on the Self-concept scale questionnaire prepared by (Dr. Mukta Rani Rastogi) questionnaire was used. The data was collected from 120 male subjects such as Sports Persons And Non-Sports Persons Of Kashmir University, Kashmir on the basis of responses given by the subjects on various self-concept characteristics like Health And Sex Appropriateness, Abilities, Self-Confidence, Self-Acceptance, Worthiness, Present Past And Future, Beliefs And Convictions, Feeling Of Shame And Guilt, sociability and Emotional and after that the collected data was analyzed by comparing the means of Sports Persons And Non-Sports Persons groups and was again statistically analyzed by applying t-test to check the significant difference among selected variables. The subjects for the present undertaken study were selected by a standard sampling technique called as simple random sampling method. On the basis of experience and knowledge of the researcher, it was hypothesized that there would be significant difference of Self-Concept of sports persons and non-sports persons of Kashmir University.

Keywords: self-concept, sports and non-sports persons

Introduction

A healthy self-concept is necessary for overall Physical and mental wellness. Three basic components of self-concept are the ideal self, the public self, and the real self. The ideal selfish the person the client would like to be, such as a good, moral, and well-respected person. Sometimes, this ideal view of how a client would like to be conflicts with the real self (how the client really thinks about oneself, such as "I try to be good and do what's right, but I'm not well respected"). A positive self-concept is an important part of client's. Happiness and success, Individuals with a positive Self-Concept have self-confidence and set goals they can achieve. Achieving their goals reinforces their positive self-concept. A client with a positive self-concept is more likely to change unhealthy habits (such as sedentary lifestyle and smoking) to promote health than a client with a negative self-concept. A person's self-concept is composed of evolving subjective conscious and unconscious self-assessments. Physical attributes, occupation, knowledge, and abilities of the person will change throughout the life span, contributing to changes in one's self concept.

A sports person (North America: athlete), (gendered as sports or sports woman) is a person trained to compete in a sport involving physical strength, speed or endurance. Sports people may be professional or amateur. Most professional sports people have particularly well-developed physiques obtained by extensive physical training and strict exercise accompanied by a strict dietary regimen.

A person who doesn't know about physical education or sports. There thinking about the sports is wasting time they says that we must share our precious time in literature books

we must read the theories because that types of people have experimental mind they never try to participate in sports. They are not interested in games or physical activities the moral comes out they became very lazy and they and their life goes boring their strength, Passions, endurance, tolerance, level goes down and down.

Methodology

The main purpose of this study was to compare the Self-Concept among Sports and Non-Sports Persons. It was hypothesized that there would be significant difference of Self-Concept of sports persons and non-sports persons of Kashmir University.

Source of data

Sports Persons and Non-Sports Persons of Kashmir University is source of data.

Selection of subject

One hundred Twenty subjects were selected for the collection of data which include sixty as sports persons and sixty as non-sports persons from various departments of Kashmir University, Kashmir.

Sampling Method

The subjects were selected by simple random sampling method.

Criterion Measures

Following are the criterion measures which were responsible for collection of data, to testing the hypothesis.

Self-Concept

The data pertaining to Self-Concept was collected via standard questionnaire prepared by *Dr. Mukta Rani Rastogi*. It contains 51 items.

Statistical analysis and interpretation of data

The data obtained from the responses given by sports and non-sports persons on the Self-concept scale questionnaire prepared by *Dr. Mukta Rani Rastogi*. questionnaire was used. The data was collected from 120 male subjects such as Sports Persons And Non-Sports Persons Of Kashmir University, Kashmir on the basis of responses given by the subjects on various self-concept characteristics like Health And Sex Appropriateness, Abilities, Self-Confidence, Self-Acceptance, Worthiness, Present Past And Future, Beliefs And Convictions, Feeling Of Shame And Guilt, sociability and Emotional and after that the collected data was analyzed by

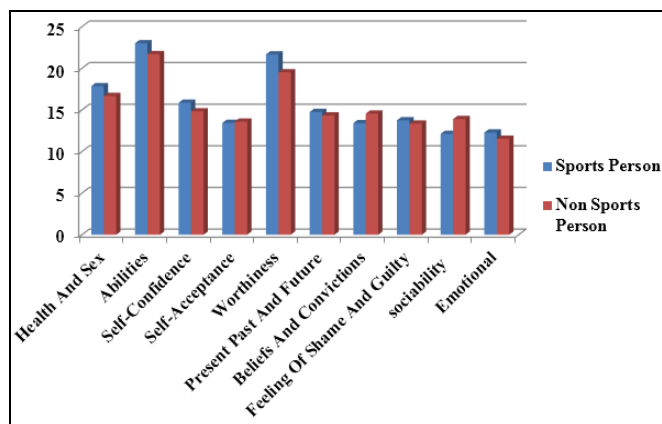
comparing the means of Sports Persons And Non-Sports Persons groups and was again statistically analyzed by applying t-test to check the significant difference among selected variables.

Findings

For the present study, the data was collected from male sports and non- sports person subjects selected from Kashmir University, Kashmir. The statistical result of the taken from by sports and non- sports persons Kashmir University, Kashmir. The data collected from the subjects has been statistically analyzed and has been shown in separate tables given below. The analysis and interpretation of data pertaining to the score of self-concept, of sports and non- sports persons has been presented in this chapter. To find out comparative difference of self-concept of sports and non- sports persons t-test was applied and which is given below.

Table: Comparison of self-concept among sports person and non-sports persons

Self-Concept	Group	Mean	S.D.	S.E	M.D.	D.F.	O.T.	T.T.
Health and Sex Appropriateness	Sports Person	17.5	3.28	0.61	1.18	118	1.93	2.00
	Non-Sports Persons	16.66	3.40					
Abilities	Sports Person	23	4.26	0.66	1.3	118	1.95	2.00
	Non-Sports Persons	21.7	2.88					
Self-Confidence	Sports Person	15.86	2.22	0.35	1.03	118	2.90	2.00
	Non-Sports Persons	14.83	1.62					
Self-Acceptance	Sports Person	13.43	1.88	0.33	0.15	118	0.44	2.00
	Non-Sports Persons	13.58	1.81					
Worthiness	Sports Person	21.66	3.73	0.62	2.15	118	3.42	2.00
	Non-Sports Persons	19.51	3.49					
Present Past And Future	Sports Person	14.75	2.56	0.50	0.41	118	0.82	2.00
	Non-Sports Persons	14.33	2.96					
Beliefs And Convictions	Sports Person	13.4	4.82	1.16	1.16	118	1.41	2.00
	Non-Sports Persons	14.56	4.15					
Feeling Of Shame And Guilty	Sports Person	13.75	4.10	0.74	0.4	118	0.53	2.00
	Non-Sports Persons	13.35	4.03					
sociability	Sports Person	12.11	3.51	0.58	1.78	118	3.06	2.00
	Non-Sports Persons	13.9	2.80					
Emotional	Sports Person	12.28	2.13	0.39	0.75	118	1.88	2.00
	Non-Sports Persons	11.53	2.22					



Graph: Graphical representation of self concept among sports person and non-sports persons

While taking Self-Concept part in to consideration There was insignificant difference in all areas of Self-Concept that is Health And Sex Appropriateness, Abilities, Self-Confidence, Self-Acceptance, Worthiness, Present Past And Future, Beliefs And Convictions, Feeling Of Shame And Guilt, sociability and Emotional between Sports and Non-Sports Persons of Kashmir University, Kashmir. But found significant difference in Self-Confidence, Worthiness, Hence the researchers pre-assumed Hypothesis has been rejected, because in major cases the calculated ‘t’ found less than that tabulated ‘t’ at 0.05 level of significance.

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Conclusion

The researcher initially that there is significant difference

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