

## Self-Esteem among Hockey and Water Sports Players: A Comparative Analysis

Amolak Singh Bhullar\*

\*Assistant Professor, SGGGS College, Chandigarh. Email: amolakbhullar1@gmail.com

(Received 1 January 2016 – Accepted & Published 9 January 2016)

### Abstract

**Background:** The purpose of present study was to access the Self-Esteem between Position holders of Panjab University Inter-college Hockey and Water Sports male players in the age group of 17-25 years.

**Methods:** In the present study, the subjects for data collection were collected from Panjab University Inter-College male Hockey and Water Sports (rowing, canoeing and kayaking) Championship. The subjects were purposively selected in both cases of Hockey and Water Sports male players. The sample consists of 40 Inter-College Position holder Hockey and Water Sports players. To measure the level of Self-Esteem between Hockey and Water Sports male players, Self-Esteem Inventory developed by Prasad and Thakur (1988) was applied.

**Results:** The result revealed that Statistical insignificant difference were found between the Position Holder Hockey players and Water Sports players on the sub-variables of Self-Esteem ie. Personally Perceived Self-Esteem, Socially Perceived Self-Esteem and Self-Esteem (Total).

**Keywords:** Self-Esteem, Position holder, Hockey and Water Sports players.

### INTRODUCTION

In the present competitive scenario, psychological aspects are given more and more emphasis in order to bring out the optimum level of sports performance. It has become clear over the past two decades that psychological interventions can help teams and athletes to perform their best. These keen struggles for excellence have made sports scientists to explore and emphasize on these psychological determinants. These variables always have path to success and failure in the field of games and sports. Physical and Psychological training programmes are more and more intensive, especially in the case of elite athletes. The role of scientific and systematic preparation has become even more vital as neither physical standard nor skill level decides the performance outcome of an athlete but it is the psychological parameters of an individual which decide the results.

#### Self- Esteem

Self-esteem is related to many forms of behavior. A person who is high in self-esteem tends to report fewer negative emotions and less depression than an individual low in self-esteem. Similarly, an individual high in self-esteem is better able to handle stress and experience fewer negative health effects when exposed to it. An individual high and low in self-esteem seems to respond to positive and negative feed-back in very different ways. High self-esteem individual has no difficulties accepting compliments, success and other forms of positive feed-back. Self-esteem is your over all opinion of yourself, how you honestly feel about and value yourself. Self-esteem involves judging your worth as a person. Athletes with low self-esteem, on the other hand,

put little value on their opinion and ideas and constantly think that they are not good enough and not perform well. Self-esteem has been the subject of social research. The effort to boost the self-esteem of athletes through special social and psychological training with opponents believing it would lead to enhance the top level performance in the competitions. Self-esteem is shaped by your relationships, experiences and thoughts.

Clarke (1998) self-esteem is feeling loveable and capable. They are two sides of the same coin. Self-esteem is both gleaned from those around us (being loved and valued) and earned (becoming a capable, growing person). Both components are equally important.

Crocker et. al.(2004) claims that people do not seek "self-esteem", but basic human needs, and that the contingencies on which they base their self-esteem has more importance than the level of self-esteem itself.

## METHODOLOGY

In the present study, the subjects for data collection were drawn from one level of performance i.e. Panjab University Inter-College Position holding (Hockey male players) and (Water Sports male players) for the session 2014-2015. The subjects were purposively selected in both case of Hockey players and Water Sports players. The sample consisted of 40 male players (Hockey players (20)+ Water Sports players(20)=40) in the age group of 17 to 25 years. Total Forty (40) subjects were drawn from Panjab University Inter-College position holding players. To measure the level of Self-Esteem among the subjects, Self-Esteem Inventory developed by Prasad and Thakur (1988). The Questionnaire is divided into Part-I and Part-II, which consist of 29 and 30 statements respectively. Several Questions are given in this questionnaire. In front of every statement, probable indication is given in seven points which is separated from "Totally Agree" to "Totally Disagree".

## FINDINGS AND DISCUSSION

**Table-1: Mean Difference in the Scores of Self-Esteem of Hockey and Water Sports Male Inter-College Players**

S. No.	Variables	Hockey Players = 20		Water Sports Players = 20		Mean Diff.	SED M	t-value
		Mean	SD	Mean	SD			
1.	Personally Perceived Self-Esteem	96.40	15.30	95.00	16.35	1.40	3.62	0.410
2.	Socially Perceived Self-Esteem	145.81	17.60	143.13	23.63	2.68	5.114	0.356
3.	Self-Esteem (Total)	242.21	25.127	238.13	28.360	4.08	6.147	0.495

Significant at 0.05 level  $t > 2.00$  (df = 38)

### **Personally Perceived Self-Esteem**

Table-1 depicts the results of sub-variable **Personally Perceived Self-Esteem** between male Hockey and Water Sports inter-college players were not found significant as the obtained 't'-value 0.410 was found lesser than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=38). However, while comparing mean, it has been observed from the above results that male Hockey and Water Sports inter-college players have exhibited almost the same Personally Perceived Self-Esteem.

### **Socially Perceived Self-Esteem**

Table-1 projects the results with regard to the sub-variable **Socially Perceived Self-Esteem** between male Hockey and Water Sports Inter-College players. The results were found insignificant as the obtained 't'-value 0.356 was lesser than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=38). However, while comparing mean, it has been observed from the above results that male Hockey and Water Sports inter-college players have exhibited almost the same Socially Perceived Self-Esteem.

### **Self-Esteem (Total)**

The results as shown in Table-1 on the sub-variable **Self-Esteem (Total)** between male Hockey and Water Sports Inter-College players were not found significant as the obtained 't'-value 0.495 was found lesser than the table value 2.00 which was required to be significant at 0.05 level of significance with (df=38). However, while comparing mean, it has been observed from the above results that male Hockey and Water Sports inter-college players have exhibited almost the same Self-Esteem (Total).

### **CONCLUSION**

It is concluded from the above findings that Statistical insignificant difference were found between the Position Holder Hockey players and Water Sports players on the sub-variables of Self-Esteem ie. Personally Perceived Self-Esteem, Socially Perceived Self-Esteem and Self-Esteem (Total).

### **References:**

- Bardel, M.H. Fontayne, P. Colombel, F. (2003). *The "EESES" a French adaptation of the sport-state self-esteem scale*. University of Paris, France.
- Bobbio, A. (2009). Relationship of physical activity and self-esteem, *Perceptual and Motor Skills*, 108(2), 549-557.
- Covington, M. (1989). *Self-esteem and failure in school*. The social importance of self-esteem. U.C. press, Berkeley, C.A.
- Gill, G.S. (2010). A Study of Mental Health, Self-Esteem and Competitive Anxiety Among Players as Related to the Level of Performance. *Unpublished Ph.D. Thesis*, Department of Physical Education, Panjab University, Chandigarh.
- Halpin, G. and Whiddon, T. (1980). The relationship of perceived parental behaviors to locus of control and self-esteem among American Indian and white children, *The Journal of Social Psychology*, 111, 189-195.
- Prasad, M.S. and Thakur, G.P. (1988). *Self-Esteem Inventory*, Psychological Research cell, Agra, (Uttar Pradesh).
- William, L. H. C. Polly, C .S.L., Joyce, C .O .K. and Maureen, C.M. L. (2010). Relationships among mental health, self-esteem and physical health in Chinese adolescents, *Journal of Health Psychology*, 15 (1), 96-106.