

A Study on Self Esteem Level of World Ranking Women Marathon Runners

Annu* Lt. (Dr.) Vikram Singh**

*Research Scholar, Shri Venkateshwara University, Gajraula, Amroha (UP)

**Associate Professor, Department of Physical Education, BHU, Varanasi

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Abstract

The **marathon** is a long-distance race, completed by running, walking, or a run/walk strategy. There are also wheelchair divisions. The marathon has an official distance of 42.195 kilometers (26.219 miles; 26 miles 385 yards),^[1] usually run as a road race. The event was instituted in commemoration of the fabled run of the Greek soldier Pheidippides, a messenger from the Battle of Marathon to Athens, who reported the victory. The marathon was one of the original modern Olympic events in 1896, though the distance did not become standardized until 1921. More than 800 marathons are held throughout the world each year, with the vast majority of competitors being recreational athletes, as larger marathons can have tens of thousands of participants

In athletics long distance running is a maximum time and distance consuming event wself esteem play a prominent role in there sports participation. The study was aimed to assess the Self Esteem level of world ranking women marathon runners.

Data for the present study was collected from sixteen elite world ranking women marathon runners from IAAF Golden labeled Standard Chartered Mumbai Marathon 2014 by applying the Rosenberg's Self Esteem Scale (RSES) and Sports Competition Anxiety Test - (SCAT). The data was collected a day before the event..

In this study, to analysis and assess the psychological mindset of the elite world ranking women marathon runners, Descriptive Statistical calculation were used- Mean and Standard Deviation. On the basis of findings, the study was shown that there is no significant role of Self Esteem in marathon runners, through high/low aSelf Esteem doesn't play very important role as athlete is involved in neither for friction of second no acyclic movement (42.195 km).

Keywords: Self Esteem, World Ranking, Marathon, Runners

INTRODUCTION

Athletics event in India are considered to be one of the oldest games in the nation, as it started its journey during the Vedic era. Indians have practiced different athletic events since the distant past as part of a physical exercise regimen.

The name Marathon comes from the legend of Pheidippides, a Greek messenger. The legend states that he was sent from the battlefield of Marathon to Athens to announce that the Persians had been defeated in the Battle of Marathon (in which he had just fought, which took place in August or September, 490 BC. It is said that he ran the entire distance without stopping and burst into the assembly, exclaiming $\nu\epsilon\iota\kappa\eta\kappa\alpha\mu\epsilon\nu$ (nenikekamen, "we have won"), before collapsing and dying.. The account of the run from Marathon to Athens first appears in Plutarch's On the Glory of Athens in the 1st century AD that Quotes from Heraclides Ponticus's lost work, giving the runner's name as either Thersipus of Erchius or Eucles. Lucian of Samosata (2nd century AD) also gives the story but names the runner Philippides (not Pheidippides).

Athletes are especially vulnerable to this problem of attaching self-esteem to one's performances because you are judged by how well you perform. However, society sends subtle signals that you must achieve in your sport to feel worthy as a person and that is the trap that many athletes fall into. In addition, if you are a perfectionist, it does not help your self-esteem because you have such high expectations and are always so critical and hard on yourself. If you fall into this trap, your emotions, and how you feel about yourself, are heavily influenced by the perceptions of your performance, which can naturally vary from day to day. Thus, one day you have self-esteem and the next day it erodes due to what you think is a poor performance or practice. One athlete in my seminar stated: "Even if I felt I had a flawless performance, if I did not get a good reaction or the reaction I was looking for, I feel like a failure." This statement highlights how out of control one can feel about his or her success or failure, and thus make negative judgments about one's performance.

Self-esteem is the regard you hold for yourself. All of you have a concept of your person (self-concept). If you like your self-concept (who you think you are), then you have self-esteem. Self-confidence is different. Self-confidence is the belief in your ability to perform a task - it is not a judgment. You can have self-confidence, but not self-esteem, and vice versa. Optimally, you want both high self-confidence in your abilities and self-esteem.

The Rosenberg Self-Esteem Scale, a widely used self-report instrument for evaluating individual self-esteem, was investigated using item response theory. Factor analysis identified a single common factor, contrary to some previous studies that extracted separate Self-Confidence and Self-Depreciation factors. A unidimensional model for graded item responses was fit to the data. A model that constrained the 10 items to equal discrimination was contrasted with a model allowing the discriminations to be estimated freely. The test of significance indicated that the unconstrained model better fit the data-that is, the 10 items of the Rosenberg Self-Esteem Scale are not equally discriminating and are differentially related to self-esteem. The pattern of functioning of the items was examined with respect to their content, and observations are offered with implications for validating and developing future personality instruments.

Procedure and Methodology

For the purpose of the study the subjects selected were associated with Marathon running (athletics). All selected subjects were world ranked marathon runners. The questionnaire of the selected variable will be taken from Rosenberg, M. (1965) Self Esteem scale questionnaire. In this study, to analysis and assess the Self Esteem level of marathon runners, the following coefficient of variation.

Results and Discussion

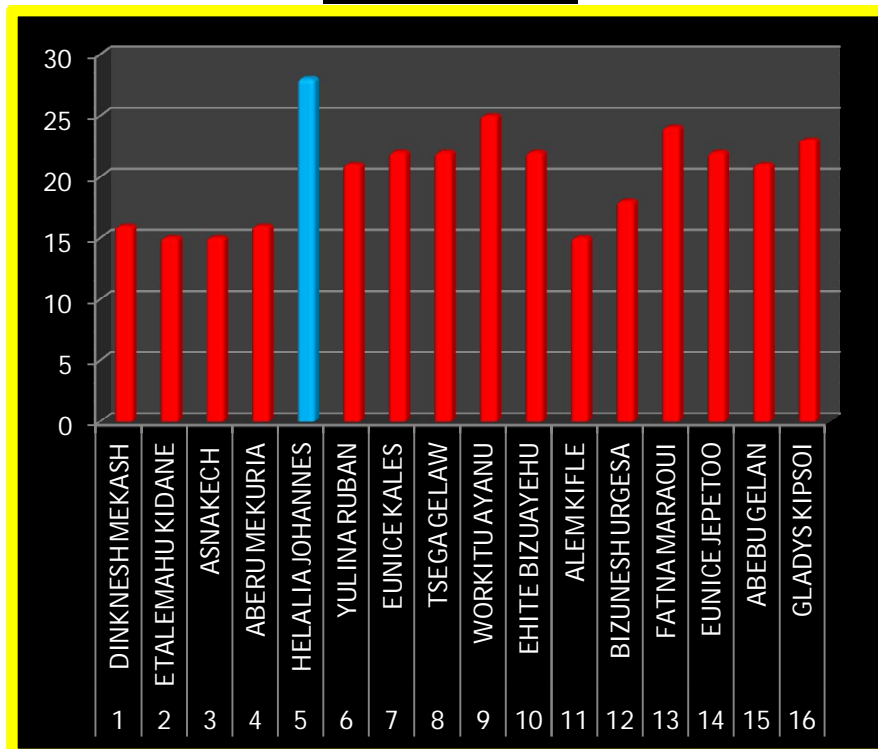
For the purpose of the study, the scholar had administrated the Rosenberg, Self Esteem questionnaire on selected subjects. After collecting the data, the scoring was done with the help of Answer key of the respective questionnaire. The data was converted into the norms as mentioned in the key as the author of the questionnaire has already developed the norms of the questionnaire. The variables namely Self Esteem and their score with the norms, which is presented in the table and graph, form.

TABLE NO-1
INDIVIDUAL PLAYER RANKING DURING STANDARD CHARTED MUMBAI FULL
MARATHON, MUMBAI AND THEIR RSES (ROSENBERG SELF ESTEEM SCALE)
SCORES

RANKING	NAME	COUNTRY	SCORE OF SELF ESTEEM & THEIR INTERPRETATION	
1	DINKNESH MEKASH	ETHIOPIA	16	NORMAL SELF ESTEEM
2	ETALEMAHU KIDANE	ETHIOPIA	15	NORMAL SELF ESTEEM
3	ASNAKECH	ETHIOPIA	15	NORMAL SELF ESTEEM
4	ABERU MEKURIA	ETHIOPIA	16	NORMAL SELF ESTEEM
5	HELALIA JOHANNES	NAMIBIA	28	HIGH SELF ESTEEM
6	YULINA RUBAN	UKRAINE	21	NORMAL SELF ESTEEM
7	EUNICE KALES	KENYA	22	NORMAL SELF ESTEEM
8	TSEGA GELAW	ETHIOPIA	22	NORMAL SELF ESTEEM
9	WORKITU AYANU	ETHIOPIA	25	NORMAL SELF ESTEEM
10	EHITE BIZUAYEHU	ETHIOPIA	22	NORMAL SELF ESTEEM
11	ALEM KIFLE	ETHIOPIA	15	NORMAL SELF ESTEEM
12	BIZUNESH URGESA	ETHIOPIA	18	NORMAL SELF ESTEEM
13	FATNA MARAOUI	ITALY	24	NORMAL SELF ESTEEM
14	EUNICE JEPETOO	KENYA	22	NORMAL SELF ESTEEM
15	ABEBU GELAN	ETHIOPIA	21	NORMAL SELF ESTEEM
16	GLADYS KIPSOI	KENYA	23	NORMAL SELF ESTEEM

RED.....Normal Self Esteem
BLUE.....High Self Esteem

GRAPH NO-1
ALL PLAYER RANKING DURING STANDARD CHARTED INTERNATIONAL
MUMBAI MARATHON, MUMBAI AND THEIR RSES (ROSENBERG SELF ESTEEM
SCALE) SCORES.



RED.....Normal Self Esteem
BLUE.....High Self Esteem

Explanation of Table No.-1- The above mentioned Table represents the Self Esteem Score of Marathon runners of Mumbai International Marathon. Self Esteem Score of various players was interpreted as per their rank; 16- Normal Self Esteem, 15- Normal Self Esteem, 15- Normal Self Esteem, 16- Normal Self Esteem, 28- High Self Esteem, 21- Normal Self Esteem, 22- Normal Self Esteem, 22- Normal Self Esteem, 25- Normal Self Esteem, 22- Normal Self Esteem, 15 Normal Self Esteem, 18- Normal Self Esteem, 24- Normal Self Esteem, 22- Normal Self Esteem, 21- Normal Self Esteem, 23- Normal Self Esteem name of all the players in Table No-3. Their graphical representation has been as follows in Graph No.-4.3.

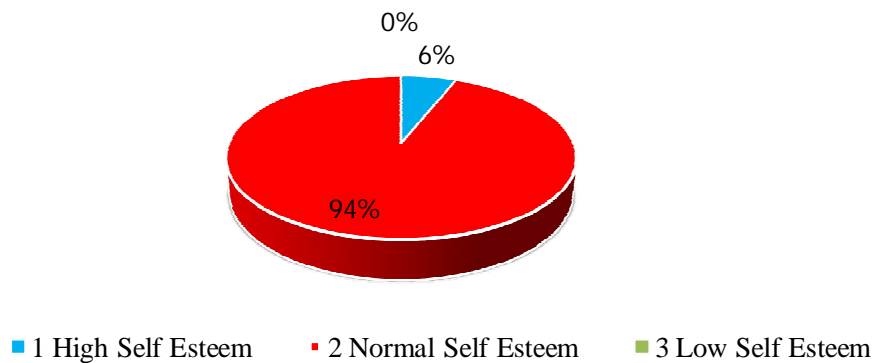
TABLE NO-2
ALL PLAYER NUMBER AND THEIR PERCENTAGE FOR HIGH, NORMAL AND
LOW LEVEL OF SELF ESTEEM

S. No.	Level Of SELF ESTEEM	No Of Female Marathon Runner	Percentage Of Marathon Runner

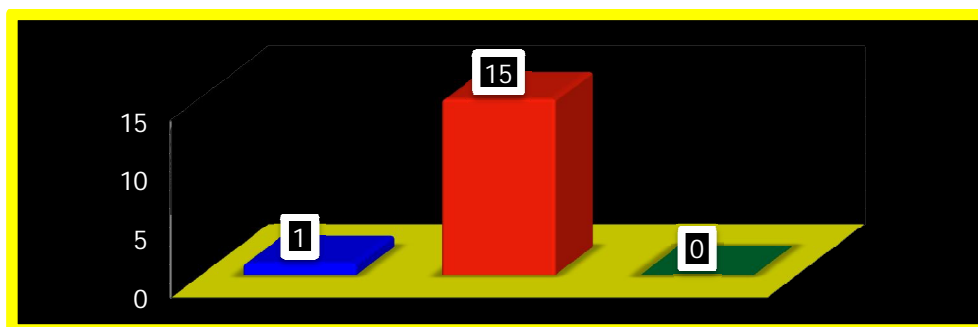
1	High Self Esteem	1	6%
2	Normal Self Esteem	15	94%
3	Low Self Esteem	0	0%

Explanation of Table No.2- The above table conveys that the maximum number of players which is 15, were having Normal Self Esteem, only 1 player has a High Self Esteem and no one fell under the category of Low Self Esteem. The percentage for High Self Esteem is 6% Normal Self Esteem is 94 and for Low Self Esteem is 0%. Their graphical representation shown in Graph 4.4.1 & 4.4.2.

GRAPH NO.-2
GRAPHICAL REPRESENTATION OF ALL PLAYER HIGH, AVERAGE AND LOW LEVEL OF RSES (ROSENBERG SELF ESTEEM SCALE) PERCENTAGE



GRAPH NO.-3
GRAPHICAL REPRESENTATION OF ALL PLAYER NUMBER FOR HIGH, AVERAGE AND LOW LEVEL OF SELF ESTEEM



BLUE.....High Level of Anxiety
RED.....Average Level of Anxiety
GREEN..... Low Level of Anxiety

Discussion of Finding

Scholar has made an attempt and succeeded in collecting the data from Elite Female Marathon Runners of the world, who were participating during IAAF Gold labeled Standard Chartered Mumbai Marathon from Rosenberg Self Esteem Scale. Scores for self-esteem ranges from 0-30. Scores between 15-25 are within normal ranges; scores below 15 suggest low self-esteem and above 25 is high self-esteem, which can be further explained in the manner, higher the scores, the higher is self esteem.

Author details the ranking and scores discussion which can be seen in illustration No- 1 to 3 in chapter -5. It is astonishing that rank 5 Helalia Johannes is the only athlete with score of 28 out of 30 that represented high self-esteem whereas, the rest of 15 players have Normal self-esteem. Scholar has an opinion that Self esteem cannot be considered as a criteria for performance, where as general opinion can be formed that higher ranked athlete should have higher self esteem, but this phenomena is proved to be a failed. Rank 1- Dinknesh Mekash, Rank 2- Etalemeahu Kidane, Rank 4- Asnakech, Rank 7 Eunice kales, Rank 9- Workitu Ayanu, Rank 13- Fatna Maraoui were having average anxiety with score of 17-24.

Author has a strong opinion that Self Esteem don't have much co-relation with long distance performance, whereas when both the data has been considered a person Rank 5 with High Self Esteem falls in a high anxiety but is a border case, which means if her anxiety is reduced defiantly her Rank will be better. Rests of the entire player have normal Self Esteem. Out of sixteen, first nine has normal self-esteem. If a psychological training to enhance Self Esteem is executed, it will defiantly improve the performance.

As per the Author's opinion, such uncorrelated results of self-esteem and ranking of athletes are, because the athletes belongs to different demographic, life style, society and their believes etc. also can be a strong factor to design their Self Esteem as psychological phenomena.

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