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**ASSESSMENT OF SELF-CONCEPT OF  
BADMINTON PLAYERS BELONGING TO HIGH  
AND LOW PERFORMANCE ABILITY**

# Assessment of Self-Concept of Badminton Players Belonging To High And Low Performance Ability

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**Abstract – The purpose of this study was to assess the self-concept of badminton players of low and high performance ability. Thirty male badminton players (fifteen districts level and fifteen state level) were randomly selected for this study. All the players were residing in Lucknow city and their age ranged from 19-25 years. For measuring the self-concept, a questionnaire prepared by Dr. G. P. Sherry was used. To compare the self-concept of badminton players “t-ratio” was employed and the level of significance was set at 0.05. On the basis of the results no significant difference was found among high and low performance ability pertaining to self-concept.**

## INTRODUCTION

Badminton is a game which although played in a relatively small area, involves almost continuous movements in the court and thereby puts considerable demands on the cardio-vascular system of the players. To enable badminton players to maintain their speed, reflections and agility for long duration at high level of competition, cardio-vascular fitness plays an important role.

Success in competitive sports places high psychological demand on the participants. Physical fitness at one hand and psychological at other are equally important to maintain the equilibrium of the individual. Self concept is the most important single attribute and key to understand the behaviour of an individual, the importance and role of self concept as a determinate of human behaviour and its acceptance as a critical factor of performance is increasingly realized.

The teams are prepared not only to play the game but to win the game and for winning the game it is not only the cardio-vascular fitness which brings victory but more important is the spirit of the players with which they play and perform their best in the competition.

## METHOD

Thirty male badminton players (fifteen district level and fifteen state level) who had participated recently in their respective competitions were randomly selected for this study. All the players were residing at lucknow city and their age ranged from 19-25 years

For finding the self concept of badminton players a questionnaire prepared by G. P. Sherry and others

was used, which has 48 questions, each having 5 possible answers and corresponding scores. The scores made by subject on the 48 questions were added to obtain his final self concept scores. To compare the self concept of high and low level badminton players “t-ratio” was applied and the level of significance was set at 0.05 levels.

## FINDINGS

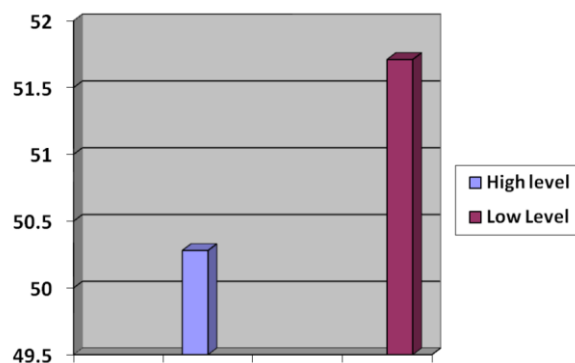


Figure 1 Mean value on self-concept on Badminton players

Findings related to self-concept of high and low level badminton players are presented below.

Table1

## SIGNIFICANCE OF DIFFERENCE OF MEAN OF HIGH AND LOW LEVEL

## BADMINTON PLAYERS IN THEIR SELF CONCEPT

Group	Mean	Mean Difference	S.E. of Difference of Mean	't' ratio
High Level Badminton Players	50.28			
		1.43	10.30	0.14
Low level badminton players	51.71			

\* Significant at 0.05 level

N = 30

't' ratio needed to be significant at 0.05 level with 28 degrees of freedom is 2.05.

The analysis of data in table-1 shows that there is no significant difference between high and low level badminton players of Lucknow district in their self-concept as obtained 't' ratio of 0.14 is less than the required 't' value of 2.05.

## DISCUSSIONS

Basically badminton is an expensive game; hence, mostly players from high and upper middle class play this game. As they belong to almost same socio-economic status, they acquire almost same experience on and off the field, which are responsible for the development of self-concept of an individual. Hence, their way of thinking, attitudes and behaviour pattern develop in the same direction. This may be the reason for the insignificant difference in self-concept of high and low performance level badminton players.

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