



**IGNITED MINDS**  
Journals

*International Journal of  
Physical Education and  
Sports Sciences*

*Vol. IX, Issue No. XVI,  
January-2016, ISSN 2231-  
3745*

**A STUDY OF SELF-CONCEPT BETWEEN  
SPORTSMEN AND NON-SPORTSMEN**

AN  
INTERNATIONALLY  
INDEXED PEER  
REVIEWED &  
REFEREED JOURNAL

# A Study of Self-Concept between Sportsmen and Non-Sportsmen

Akhilesh Kumar Soni<sup>1\*</sup> Dr. Minakshi Pathak<sup>2</sup>

<sup>1</sup>Research Scholar, Sri Satya Sai University of Technology and Medical Sciences, Sehore (MP)

<sup>2</sup>Deen of Physical Education, Sri Satya Sai University of Technology and Medical Sciences, Sehore (MP)

**Abstract – The purpose of the study was to compare the self-Concept of sportsman and non-sportsman players of Jain Public Schools. For this total sportsman (200 sportsman players, and 200 non-sportsman players) who had participated at Jain Public Schools level and aged between 14 to 18 yrs. were selected using purposive sampling technique. The collected data was analyzed using Independent sample's test. The results of the study showed that there was a no significant difference in self-Concept sportsman and Non- sportsman Players at 0.05 level of confidence. It was concluded that Non- sportsman players showed significantly more self- Concept than the sportsman Players.**

**Keywords: Sportsmen, Non-Sportsmen, Behavior, Sports, Psychology, Human Behavior, Generation, Health, Important, Skills, Game, Players, etc.**

## INTRODUCTION:-

Self-concept can be define or an organized configuration of perceptions of the self which are admirable to awareness. It is compared to such elements as perceptions of ones characteristics and abilities, the percepts and concepts of the self in relation to others and to environment, the value qualities which are perceived as associated with expenses and objects and the goals and ideals which are perceived as having positive or negative aspects. A physical educator plays an important role in enhancing a player's self-concept. There is a highly positive relationship between self-concept and physical achievement. As the individual learns to move more skill fully, he or she also tends to develop as stronger self-concept.

In general self-concept means those perceptions, belief, attitudes and feelings which the individual views as part of characteristics of him. It is his own concept of his health and physique, intellectual abilities, mental health, habits and behavior emotional tendencies and socio-economic status etc. The notion of the self-concept is a concept similar in origin and development to any other.

The elements are closely connected with the original egoistic instincts and receive constant additions by the development of new ideals and new habits. The concept probably always represented activities rather than mental status. In its developed from it is the representative in thought of the continuity of

consciousness, of the fact that the different experience all belong to same individual and that the acts of the individual are consistent of the concept is largely social as the need for the idea is social. Society must know to what extend and individual is to be realized upon and how he will act in all respects in any set of circumstances. Singer postulates that self-concept is learned by an individual's inferences from his unique experiences. The individual's perception of the feelings of others towards himself strongly influences his self-image, in turn, self-concept may provide that most powerful motivation for specific behavior it depends upon what one feels is capable of and appropriate to his need. The behavior pattern of an individual resembles the relationship between the egg and chick.

The importance of role of self-concept as a determinant to the human behavior and critical factor of personality is increasingly realized. In terms of how a person perceives himself, what he thinks of himself, how he attempts through various actions to enhance or defend himself. Further the concept may be identified in terms of personality traits. Such as self-confidence, self-assurance, self-assertiveness, self-esteem, self-regard, self-consistency, self-enhancement and self-respect. Ibrahim and Morrison<sup>7</sup> have given a concise definition of self-concept as a composite of numerous self-perception encompassing the values, attitudes and behavior towards one-self in relation to environment.

## REVIEW OF LITERATURE:

**Graves** found relationship of speed with physical self, social self, and total personality and strength with the physical self, while total 'I' score of physical attributes correlated with physical self, social self, and total personality.' (Graves James, 1972).

**Ibriahim and Morrison** have given a concise definition of self-concept as composite of numerous self-perceptions encompassing the values, attitudes and behavior towards one-self relation to environment (Hilmi and Nattie, 1976).

Clayton found several low but significant co-relations between attitudes towards physical activity and some of the personality factors and significant co-relations between scores of the personality factors and three of the self-concept variables (Hilmi and Nattie, 1981).

**Hilmi and Morrison** has studied on athletes (N=100) representing men and women from both high school and women from both high school and colleges, were compared to 100 non-athletes in their self-concept actualizing traits. In general, athletes were found to be average in their self-concept, while male high school athletes differ to same extent, from the non-athlete in both self-concept and self-actualization, female college athletes differ from the non-athletes in self-actualization only. Female high school athlete and male college athletes did not differ significantly from their counterparts (Rothmass, 1972).

**Sakers** administered the Scott motor ability physical self, social self, and total personality and strength with physical self, while total I-score of physical attributes - - correlated with physical self, social self and total personality.<sup>5</sup>

## STATEMENT OF THE PROBLEM:

The purpose of the study is to find out the self-concept between sportsmen and non-sportsmen.

## OBJECTIVES OF THE STUDY:

1. To access the self-concept of sportsmen and non-sportsmen.
2. To compare the self-concept of sportsmen and non-sportsmen.
3. To compare various aspects of self-concept between sportsmen and non-sportsmen.

## HYPOTHESIS OF THE STUDY:

**H<sub>1</sub>**. It is hypothesized that there will be no significant difference in self-concept of sportsmen and non-sportsmen.

**H<sub>2</sub>**. It is hypothesized that the self-concept of sportsmen and non-sportsmen will be same.

**H<sub>3</sub>**. There will be no significant difference among various aspects of self-concept between sportsmen and non-sportsmen.

## SIGNIFICANCE OF THE STUDY:

1. The study may provide information about self-concept of sportsmen and non-sportsmen.
2. The study may be of interest to physical education teachers, toadies; social scientists and sports psychologists, as it may help to, evaluate self-concept of sportsmen and non-sportsmen.
3. The study may serve as a motivational force to the sportsmen and non-sportsmen of Jain Public Schools. (Group of Schools) to improve their self-concept.
4. The study will provide common frame of reference for comparing the subject in self-concept of sportsmen and non-sportsmen.

## DELIMITATIONS OF THE STUDY:

1. The study will be delimited to randomly selected 200 sportsmen participated up to Divisional level and 200 non-sportsmen students of Jain Public Schools.(Group of Schools),
2. The age group of the subjects will be 14 to 18 years.

## METHODOLOGY:

Methodology is description of procedure or technique adopted in research study. The methodology occupies a very important place in any kind of research the vehicle of research cannot perform its functions without it, since it is methodology which lays out the way of the research purpose. This method provides a method of investigation to study, describe and interpret what exists at present. This study deals with the comparison of study self-concept between sportsman and non-sportsman.

## STATISTICAL TOOLS PROCEDURE:

The t-ration will be applied to compare the self-concept of sportsmen non-sportsmen students of Jain Public School. (Group of Schools)

## DATA ANALYSIS AND INTERPRETATION:

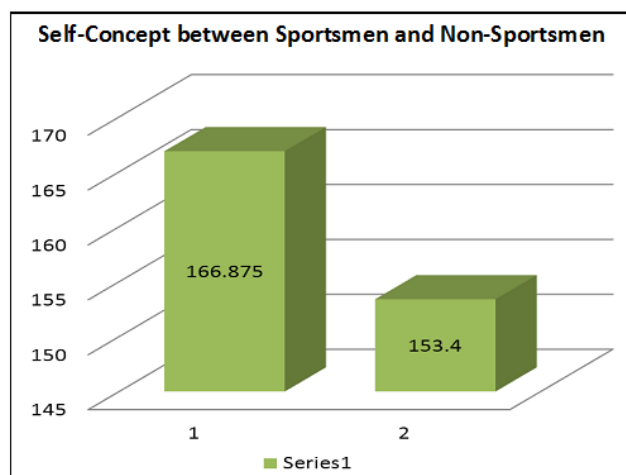
The data collected was analyzed using statistical technique such as t-ration independent. In this

chapter the data will be interpreted under two heads viz.

- Analysis and interpretation of self-concept score of sportsman.
- Analysis and interpretation of self-concept score of non-sportsman.
- Comparative analysis of the score of sportsman and non-sportsman.

**Table 1: Descriptive Statistic of Self-concept between Sportsman and Non Sportsman**

	Type	N	Mean	Std. Deviation	Std. Error Mean
score	sportsman	200	166.8750	21.83409	3.45227
	Non-sportsman	200	153.4000	19.36531	3.06192



**Fig 1: Graph of comparative self-concept between sportsman and non-sportsman Players**

The above Table 1 & Fig-1 shows the mean and standard deviation for self-concept of sportsman as 166.8750 and 21.834 respectively and the mean and standard deviation of self-concept of non-sportsman game 153.4000 and 22.07 respectively.

### CONCLUSION:

On the basis of the result obtained in this study the investigator made the following conclusions:

- In this study, the distribution of self-concept score of sportsmen and non-sportsmen players was nearly normal.
- The research study signifies that there is no significance difference found between the self-efficacy of sportsmen and non-sportsmen players.

- Sex differences between male and female non-sportsmen are found in sociability, mental toughness; and emotional maturity.
- Significant differences are not found between sportsmen and non-sportsmen on many personality traits except emotional stability.

### REFERENCES:

- Graves James M. (1972). The Effect of a Boy Club Programme on the self-concept and selected Physical attributes of 12 and 13 year old Boys, Microcard Doctoral Dissertation, University. of Oregon (1972)
- Ibriahim Hilmi and Morrison Nattie (1976). Self-actualization and Self-concept among athletes Research Quarterly Vol. 47 (October 1976)
- Hilmi Ibriahim and Nattie Morrison (1981). "Self-actualization and Self-concept among athletes" Research Quarterly Vol. 47 (October 1976), p. 8.<sup>5</sup> Bolus RogerEdward "A validation study of self-concept interpretation" A casual models approach: Dissertation Abstract International. Vol. 42 (October 1981), 0419-4209-A.
- Tarbert Marianne Rothmass (1972). Relationship between raptor proficiency and self-concept of sixth grade boys, Dissertation Abstract International Vol.32 (June 1972).

### Corresponding Author

**Akhilesh Kumar Soni\***

Research Scholar, Sri Satya Sai University of Technology and Medical Sciences, Sehore (MP)

E-Mail – [akhilyog@gmail.com](mailto:akhilyog@gmail.com)