

A Comparative Study of Self Esteem between Winners and Losers Female Hockey Players

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Abstract – The purpose of the study was to compare the self-esteem between Winners and Losers Female Hockey Players who participated All India Inter University Hockey tournament at Lakshmibai National Institute of Physical Education, Gwalior. The study was conducted on 60 (Sixty) female players, age ranged from 18 to 26 years were selected from All India Inter University Hockey tournament, 30 (Thirty) from losers and 30 (Thirty) From Winners total 60 player. To collect the data Rosenberg's self-esteem scale was used and the score were recorded numerically. Collected data was analyzed by using t-test at 0.05 level of significance and no significant difference was found between means of Winners and Losers Female Hockey Players.

Key words: Self-esteem, Winners, Losers, Female, & Hockey Players.

INTRODUCTION

We all know that self-esteem can be an important part of success. Too little self-esteem can leave people feeling defeated or depressed. It can also lead people to make bad choices, fall into destructive relationships, or fail to live up to their full potential. In sociology and psychology, self-esteem reflects a person's overall subjective emotional evaluation of his or her own worth. It is a judgment of oneself as well as an attitude toward the self. Self-esteem is often seen as a personality trait, which means that it tends to be stable and enduring. According to one definition (Branden, 1969), there are three key components of self-esteem 1- Self-esteem is an essential human need that is vital for survival and normal, healthy development. 2-Self-esteem arises automatically from within based on a person's beliefs and consciousness. 3-Self-esteem occurs in conjunction with a person's thoughts, behaviors, feelings, and actions.

The need for self-esteem plays an important role in psychologist Abraham Maslow's hierarchy, which depicts self-esteem as one of the basic human motivations. Maslow suggested that people need both esteem from other people as well as inner self-respect. Both of these needs must be fulfilled in order for an individual to grow as a person and achieve self-actualization.

Self-esteem is an essential human need that is vital for survival and normal, healthy development that arises automatically from within based upon a person's beliefs and consciousness and occurs in conjunction with a person's thoughts, behaviors, feelings and actions. Self-esteem requires "a self-

evaluation process in which individuals compare their description of themselves as they are (Real Self) with their description of themselves as they would like to become (Ideal Self) and as they fear becoming (Dreaded Self)."

METHOD AND MATERIAL:

The selections of subjects, procedure of collection of data and statistical technique have been described under below given headings.

SELECTION OF PARTICIPANTS:

For the purpose of study a total of 60 (Sixty) female players, age ranged from 18 to 26 years were selected from All India Inter University Hockey tournament, 30 (Thirty) from losers and 30 (Thirty) From Winners total 60 player. Loser Player were those eliminated from tournament in first round of tournament and Winner players were those who were in first three rank in tournament. All of them participated All India Inter University Hockey tournament 2017 at Lakshmibai National Institute of Physical Education, Gwalior. Purposive sampling technique was adapted for the selection of subject for the present study.

RESULTS:

In order to compare the self-esteem between the Winners and Losers Female Hockey Players t-test was applied at 0.05 level of significance.

TABLE-1

DESCRIPTIVE STATISTICS OF SELF ESTEEM BETWEEN WINNERS AND LOSERS FEMALE HOCKEY PLAYERS

Variable	Groups	N	Mean	S.D.	St. Error of Mean
Self Esteem	Winners	30	19.14	3.18	0.45
Losers	30	18.6	3.83	0.485	

Table 1 depicts total mean, standard deviation and standard error of mean pertaining to both groups.

The graphical representation of mean scores of individual sports and team sports athletes is exhibited in figure 1.

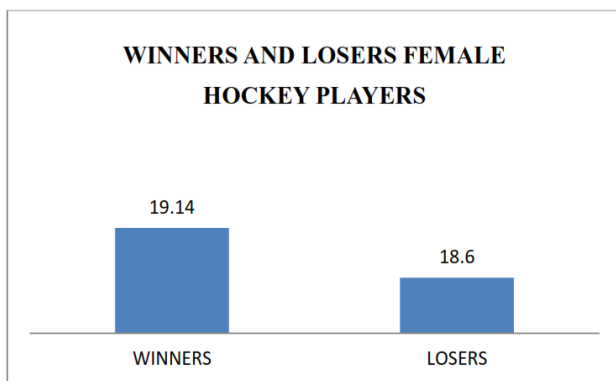


Figure- 1

The independent t- test was applied between the Winners and Losers Female Hockey Players with regard to self-esteem and the result is presented in table-2.

Table-2

Comparison of Self-esteem of Winners and Losers Female Hockey Players

	Levene's Test for Equality of Variances		t-test for Equality of Means					95% Confidence Interval of the Difference	
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper
Self Esteem	.221	.658	-1.99	58	.241	-.46022	.50424	-1.78282	.42725

DISCUSSION

The above mentioned tables showed that the t ratio ($t = -1.99$) is not significant at .05 level of significance. There is no significant difference in self-esteem between the Winners and Losers Female Hockey Players. It was also observed that the mean value of self-esteem of Winners mean value is 19.14 which is greater than the mean value of Losers is 18.6.

CONCLUSION

Within the limitation of the present study, conclusion was drawn that there was no significant difference in self-esteem between Winners and Losers Female Hockey Players. In present study selected subjects are from the same event, and all of them are winner their zonal tournament that is why they may not have significant deference in self-esteem. But here this also can be concluded that the mean value of self-esteem of Winners mean value is 19.14 which is greater than the mean value of Losers that is 18.6 though this deference is not significant.

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