

An evaluation of the self-esteem of women sports participant in various games

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Abstract

The present study was conducted in Tamil Nadu state, India with the objective of studying self-esteem of women sports participant in different games. Exploratory research design was adopted for the study. The total sample comprised of 90 playing women in which 30 were Kho - Kho / Kabaddi players, 30 were Badminton / Ball Badminton / Volley Ball players and 30 were Squash Rackets / Table Tennis / Fencing / Tennis players. Self esteem scale developed by Verma and Kapadia was used to collect the data. The investigators personally met the respondents by going to their place and administered the tests and collected the data. Among all the three categories of women sports participants, the Squash Rackets / Table Tennis / Fencing / Tennis were having high level of self esteem followed by Badminton / Ball Badminton and Kho - Kho / Kabaddi players. Collectively as one group, most of them were having high and medium level of self esteem reflecting that sports performance of women promotes esteem of women. Through correlation it was found that education and playing experience were significantly and positively related to self esteem of women sports participants. Hence women with higher education and higher playing experience had higher self esteem.

Keywords: Please Provide atleast 3 Key words

INTRODUCTION

Self esteem is one dimension of self concept and refers specifically to our self evaluations. It is also termed as self worth and is understood as generalized feelings of adequacy or inadequacy on the part of the individual. It refers to the value one places on self indent representing the degree of congruency between the perceived self and ideal self, reflecting the sense of dissatisfaction or a feeling of low self esteem. Such a feeling of low self esteem leads to inferiority complex. (Coopersmith, 1981) defined self esteem as a positive or negative attitude and value by which a person view the self image and the evaluation or judgment he makes about it from the person's self esteem. In psychological terms it provides a mental set that prepares a person to respond according to the expectations of success, acceptance and personal strength. Self esteem is also a social product. It emerges within the framework of social interaction and is acquired from the views, attitudes, opinions regarding the self which are derived from the interactions with children and significant adults.

Self esteem is one of the dimensions of personality which will help in knowing the personal satisfaction and effective functioning whether people's self esteem is high or low has a tremendous impact on their ability to derive joy and satisfaction from life. It affects how they anticipate on how others will respond to them and what they

think they can accomplish (Gecas, 1971). People who value their competence and worth in terms of positive terms are said to have high self esteem and those whose self evaluations are poor described as having low self esteem, (Pestonjee, 1995). An important aspect of self esteem is self confidence. Self esteem provides a mental set that provides a person to respond according to expectation to success, acceptance and personal strength. Hence, the present study was undertaken with the following objectives to find out the self esteem and the self and vocational variables of women in different sports and games.

1. To study the self esteem of women sports participants in various games.
2. To find out the differences among the three categories of women players in levels of self esteem.
3. To study the relationship between selected independent variables and self esteem of women players.

METHODOLOGY

Research design

Based on the nature of problem and objective, exploratory research design was adopted to conduct the study. The study was conducted in Tamil Nadu State, India.

Criteria for sample selection:

Age range of the sample should 15 – 35 years.

According to the profile of the levels, 30 Kho - Kho / Kabaddi players, 30 Badminton / Ball Badminton / Volley Ball players and Squash Rackets / Table Tennis / Fencing / Tennis players should be selected.

The women sports participants should have been playing and

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studying in the same institution for the last three years.

Selection of the sample

The total sample comprised of 90 women sports participants, out of which 30 were Kho - Kho / Kabaddi players, 30 were Badminton / Ball Badminton / Volley Ball players and 30 were Squash Rackets / Table Tennis / Fencing / Tennis players.

Tools and techniques

Two tools were used to collect data. They were (1) self esteem scale developed by was used to collect the data on self esteem. (2) Interview schedule developed for the study was used to collect the data on background profile of the respondents.

Self esteem scale

These scales consist of 41 statements, 16 were positive and 25 statements were negative. Each statement consists of 3 alternatives. The positive statements were assigned with weight age in the reverse order as 1 for most often, 2 for sometimes and 3 for rare response.

Method of data collection

The women sports participants were interviewed by the investigator to get reliable information. Thus the investigator personally contacted the sample respondents and the data were collected using the individual interview schedule and self esteem scale. It took 2 – 3 hours to conduct the interview with the respondent women sports participants.

Analysis

The responses were classified on the basis of frequencies for each category and presented in Tables.

Frequencies and percentages were calculated to find out the level of self esteem.

One way analysis of variance (F ratio) was done to find out the differences among the three groups of women sports participants.

Person's product moment correlation method was used to find out the relationship between self esteem (Dependent Variable) and selected independent variables like age, education, playing experience and extent of family / spousal support

RESULTS AND DISCUSSION

Relationship between self esteem of women sports participant and selected independent variables of them were taken into consideration and the results were interpreted and discussed.

Table 1. Profile of the Women Sports Participant

S.No	Variable	Kho – Kho / Kabaddi Players		Badminton / Ball Badminton / Volley Ball Players		Squash Rackets / Table Tennis / Fencing / Tennis Players	
		Number	%	Number	%	Number	%
1.	Age of the Sports Participant						
	21 – 25 Years	8	26.7	10	33.3	9	30
	26 – 30 Years	14	46.6	9	30.0	15	50
	31 – 35 Years	8	26.7	9	30.0	3	10
2.	Level of Sports Participant / Status						
	State	24	80.0	24	80.0	24	80.0
	University	4	13.4	3	10.0	4	13.6
	National	2	6.6	3	10.0	2	6.4
3.	Educational Qualification						
	Illiterate	11	30.7	-	-	-	-
	Primary School	18	60.0	-	-	-	-
	High School	1	6.6	-	-	-	-
	Intermediate / Diploma			12	40.0	8	26.7
	Graduation			16	53.3	13	43.3
	Post Graduation / Ph. D.,			2	6.7	9	30.0
4.	Playing Experience						
	Less than 5 Years	5	16.7	6	20.0	4	13.0
	5 – 10 Years	15	50.0	13	43.3	19	63.3
	More than 10 Years	10	33.3	11	36.7	7	23.7

➤ Background Information

The personal information obtained from the playing women sports participants in different Games i.e. Kho - Kho / Kabaddi, Badminton / Ball Badminton / Volley Ball and Squash Racket / Table Tennis / Fencing / Tennis was tabulated and percentages were calculated to obtain the general profile of the respondents. Half of Kho - Kho / Kabaddi players were in the age range of 26 – 30 years,

Badminton / Ball Badminton / Volley Ball players were more or less evenly distributed in the range of 21 – 25 years, 26 – 30 years, and 31 – 35 years and among Squash Tennis / Table Tennis / Fencing / Tennis, exactly half of the members were in age range of 26 – 30. Majority of the respondents (80%) in all three sports participants were state level and rest of them were University and National level. Regarding the educational qualifications among Kho – Kho / Kabaddi players, most of them were only educated up to primary school. In the case of Badminton / Ball Badminton / Volley Ball players more

than half of the members (53.3%) were graduates. Regarding the playing experience, majority of them in all three categories were having 5 – 15 years experience.

➤ Self – Esteem of the Respondents

Self esteem of women sports participants is presented in the following Table – 2. From the above table it was evident that regarding self – esteem of Kho – Kho / Kabaddi players, more than half of them (53.3%) had low level of self esteem. This might be because of their low level of education. Among Badminton / Ball Badminton / Volley Ball players exactly half of the respondents had high level of self esteem. In the category of Badminton / Ball Badminton / Volley Ball players, they were having higher education

compared to Kho – Kho / Kabaddi players. Because of their better educational status, they might have had comparatively better social status than Kho – Kho / Kabaddi players which might have helped them to improve their self esteem. Regarding self esteem of Squash Racket / Table Tennis / Fencing / Tennis players, majority of them (70%) had high level of self esteem. This might be because of their high educational qualification which might have resulted in high social status and respect from others. Because of very good status, more playing experience and they had higher self esteem which helped them to have more self confidence and positive attitude towards their sports participation, (Table – 2). As the background information reflected, higher income and higher educational facilities lead women to have better self esteem.

Table 2. Self Esteem of Women Sports Participant

S.No.	Variable	Kho – Kho / Kabaddi Players		Badminton / Ball Badminton / Volley Ball Players		Squash Rackets / Table Tennis / Fencing / Tennis Players	
		Number	%	Number	%	Number	%
1.	High Self Esteem	2	6.7	15	50	21	70
2.	Medium Self Esteem	12	40	13	43.3	9	30
3.	Low Level Self Esteem	16	53.3	2	6.7	-	-

The self esteem of all the women sports participants as one single group is presented in the following.

Table 3. Self esteem of the entire Women Sports Participant as one single group.

Sl. No.	Level of Self Esteem	Number of Women N = 90	Percentage
1.	High Self Esteem	38	2.2
2.	Medium Self Esteem	34	37.8
3.	Low Level Self Esteem	18	20.0

The self esteem levels of all the sports participation women as one group were 42.2% on the medium level and 20% were on the low level. On the whole majority of the respondents were having high self esteem. This could be to the reason that all of them were playing (Table – 3). The control of resources determine power in the family, hence the sports participation women particularly engaged in higher sports participants have more power than the women engaged in the lower sports participants. In other words,

the greater will be the power to decide important matters regarding the self as well as family and higher will be their level of self esteem. The benefits of empowerment include increased independence, self esteem, approval from other and feelings of accomplishment, (Cotton, Anfill, Cunningham 1989 and Hoffman 1983).

➤ Difference among three categories of Sports Participant Women in the level of self esteem.

Table 4. Difference among three categories of Sports Participant Women with regard to self esteem

Sl. No.	Category of Women Sports Participation	Mean scores + SD On self esteem	F ratio
1.	Kho – Kho / Kabaddi Players	75.67 + 1.5	
2.	Badminton / Ball Badminton / Volley Ball Players	81.57 + 2.3	30.7 **
3.	Squash Rackets / Table Tennis / Fencing / Tennis Players	91.77 + 1.8	

From the Table - 4 it was found that among all three categories of Sports Participant Women, Squash Tennis / Table Tennis / Fencing / Tennis had high mean scores on self esteem scale. It represents that they were having high level of self esteem. All these factors helped them to have higher level of self esteem. (Mirowsky and Goldsteem, 1991) revealed that sports Participants raise women's self esteem and sense of self control. The sports

participant women were less depressed and less anxious than non sports participant women / home makers.

Next to the Squash Rackets / Table Tennis / Fencing / Tennis, Badminton / Ball Badminton / Volley Ball players had higher self esteem when compared to the Kho – Kho / Kabaddi players. Because of less education was Kho – Kho / Kabaddi players were having, lower level of self esteem.

➤ Relationship between self esteem of women sports participants and selected independent variables of them as one single group

Table 5. The relationship between self esteem and other independent variables.

Sl. No.	Independent Variables	Correlation coefficient 'y'
1.	Age of the Sports Participant	-0.09
2.	Level of Participation / Status	-0.08
3.	Education Qualification	0.8 **
4.	Playing Experience	0.5 **

Pearson's product moment correlation coefficient was found out to see the relationship between variables of these women as one single group. It was found that educational qualification had a positive significant relationship with the self esteem of sports women. It was found that educational qualification had apposite significant relationship with the self esteem of women sports participant. As the educational qualification was increasing the esteem was also increasing. Similar findings were revealed by (warner, 1978) were education and playing performance was highly correlated with self esteem. Because of high educational qualification and high playing experience they will have more chances to get what they want which gives more confidence leading to higher self esteem. Age and level of sports participant / status had no significant relationship with self esteem of women sports participation. Women with higher family support had more self esteem. Women feel confident about themselves if they have more family support. Women with more playing experience had more self esteem. It might be due to the reason that women gain more confidence as they gain experience, hence their self esteem was more with advance in experience in paying.

CONCLUSIONS

The findings of the study revealed that among all three categories of women sports participant, Squash Rackets / Table Tennis / Fencing / Tennis had high level of self esteem as compared to Badminton / Ball Badminton / Volley Ball Players and Kho – Kho / Kabaddi players. The study revealed that education and playing

experience were positively related to self esteem of women sports participant. Hence women should be educated and players to enhance their self esteem.

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