



A STUDY OF SELF CONCEPT OF COLLEGE MEN PLAYERS OF FAIZABAD DISTRICT

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Abstract

Performance of any player is affected many psychological conditioning, out of which self concept is quite important. Individual's self concept is an important factor affecting any individual's performance. Self concept prefers to how a person views about his own self. The present study was taken to see the difference among the Basketball, Handball and volleyball players in the terms of self-concept. The data was collected from different colleges of Faizabad District. For the purpose of this study total 60 undergraduate students (20 men players of Basketball, Handball and Volleyball each) from 18 to 23 years of age were selected by using method of random sampling. Self Concept has been assessed using Self Concept Scale. The study reveals that significant differences exist between basketball & volleyball players and handball & volleyball players. Whereas the basketball & handball players was not found significantly related. The study shows that basketball players has better self concept followed by handball and volleyball players. This may be because the basketball players are anxious for their performance and achievement, their mental status is more stable, have more control on their emotions and more mature.

Key words: Self Concept, Basketball, Handball and Volleyball

Introduction

Personality traits like self concept, self assurance, self assertiveness, self esteem, self regard, self consistency, self enhancement, and self respect are some of the manifestation of self concept. In the case of players level of self concept is very important as a factor effecting their performance. Physical characteristic, skills and training of the players are extremely important but they also indicate the good mental preparation for competition, which is necessary component of success. The modern sport training lays greater emphasis on preparing the athletes psychologically. Lots of emphasis is being given to the psychological research dealing with different psychological variables and mental rehearsals of the training of the top level athletes. Performance of any player is affected many psychological conditioning, out of which self concept is quite important. Individual's self concept is an important factor affecting any individual's performance. Self concept prefers to how a person views about his own self. It consists of a number of psychological constructs which seem to be having more or less similar meaning. A study conducted by Bryer (1969) regarding self concept and academic aptitudes, he concluded that high fitness group appeared to be more group dependent while the low fitness group was more self sufficient. Also the subjects in high fitness group appeared to be more trusting and free of jealousy whereas, those in the low fitness



group same suspicious and self opinionated. The present study was taken to see the difference among the Basketball, Handball and Volleyball players as well as the self-concept is concerned.

Methodology

For the purpose of this study Sixty [N=60] undergraduate students (20 men players of Basketball, Handball and Volleyball each) from 18 to 23 years of age were selected by using random sampling method. The data was collected from players after practice session. Self Concept has been assessed using Self Concept Scale. This questionnaire was constructed by Vierr-Harris. The tool consisted of 12 test items to be answered by putting a mark of tick on Yes/No. The scoring is done by giving 1 point for positive answer and 1 point reduced for each negative answer.

Results

In the processing of the data mean, sum of squares, degree of freedom, and mean squares were computed in order to estimate the differences among the groups using 'F' test (Analysis of Variance). In order to locate the pairs where significant differences exist the L.S.D test has been applied.

TABLE - 1
ANOVA RESULTS OF SELF-CONCEPT

Source of Variation	Sum of Squares	d.f.	Mean Squares	F
Between	452.9	2	226.5	10.68*
Error	1208	57	21.20	
Total	1661	59		

*Significant at 0.05 level of significance (3.15)

An observation of the table-1 reveals that obtained 'F' value is 10.68 which are statistically significant as it is more than tabulated value of 3.15. Thus the hypothesis was rejected. In order to locate the pairs

where significant differences exist L.S.D test has been applied. The results are presented in Table- 2.

TABLE -2
L.S.D ANALYSIS OF SELF-CONCEPT

Basketball	Handball	Volleyball	MD	CD at 0.05 level
16.50	13.70		2.80	2.91
16.50		9.80	6.70	2.91*
	13.70	9.80	3.90	2.91*

*Significant at 0.05 level of significance

An observation of table-2 reveals that significant differences exist between basketball & volleyball players and handball & volleyball players. Whereas the basketball & handball players was not found significantly related.

Discussion of Findings

The study shows that basketball players has better self concept followed by handball and volleyball players. This may be because the basketball players are anxious for their performance and achievement, their mental status is more stable, have more control on their emotions and more mature.

Conclusion

The level of Self-Concept of the sample has been assessed and a comparison has been made among various groups taken two groups together. A significant difference was found among the college players of different games selected for the study, since the obtained "F" value 10.68 was found higher than the tabulated value of 3.15. at 0.05 level of significance.



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