



COMPARISON OF SELF ESTEEM AND SELF EFFICACY BETWEEN NATIONAL LEVEL WEIGHTLIFTERS AND BOXERS

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ABSTRACT

The purpose of the study was to compare the self esteem and self efficacy between national level weightlifters and boxers. The subjects of the study were the boxers and weight lifters from various weight categories, who represented Kerala state in 64th School national championship during the year 2018 - 19. Only U-17 category was considered as the subjects. Total number of the subjects were N=47 (27 from boxers and 20 from weight lifters). The variables selected for the study were self esteem and self efficacy. The tools used for the study were Rosenberg Self Esteem Scale and Self Efficacy Questionnaire for Children (SEQ-C) by Muris, 2001. To compare between the groups, independent 't' test was used. After analyzing the data it is found that there is significant difference in self esteem between boxers and weight lifters and there is no significant difference in self efficacy between boxers and weight lifters.

Keywords: Sports, Boxers, Weightlifters, Self esteem and Self efficacy

INTRODUCTION

Self esteem and self efficacy are two psychological qualities that are important for successful performance in sports. According to Morris Rosenberg (1965), self-esteem is quite simply one's attitude toward oneself. He described it as a "favourable or unfavourable attitude towards the self". Self-esteem refers to an individual's sense of value or self-worth, or the extent to which people value, appreciate or

like themselves. It is the positive or negative evaluations of the self. People with high self esteem may have many positive qualities and life outcomes. Self-efficacy can be defined as the levels of confidence individuals have in their ability to execute certain courses of action, or achieve specific outcomes (Bandura, 1977). It is a personal judgment of a person that how well he can perform in a particular situation. Self-efficacy is the internal sense, or belief that we can accomplish a variety of tasks or goals throughout life. So self efficacy is the capability of a person to execute specific tasks. Bandura (1977) used self-efficacy to denote a situational specific variable which influences performance and determines how much efforts individual will expand and how long they will persist in the face of obstacles and difficult experiences. Therefore, higher the self-efficacy more will be the intensive effort while lower the self efficacy less will be the effort and difficult tasks will be viewed as threats. Individuals who have high self-efficacy will exert sufficient effort that, if well executed, leads to successful outcomes, whereas those with low self-efficacy are likely to cease effort early and fail. Feltz (1988) stated that self-efficacy is one of the most effective psychological elements which are supposed to have significant impact on getting result in sports competitions.

Both Boxing and Weightlifting are individual sport. Boxing is a combat sport in which two people engage in a contest of strength, speed, reflexes, endurance, and will by throwing



punches with gloved hands against each other. It is inherently violent because they involve deliberate and forceful impacts. In Weightlifting the athlete attempts a maximum-weight single lift of a barbell loaded with weight plates. It requires more of maximum strength. As it is a non-contact sport is not guaranteed to be injury-free, but is relatively or completely contact-free.

METHODOLOGY

The subjects for this study were the boxers and weight lifters from various weight categories, who represented Kerala state in 64th School national championship during the year 2018 - 19. Only U-17 category was considered as the subjects. Total number of the subjects were N=47 (27 from boxers and 20 from weight lifters). The variables selected for the study were self esteem and self efficacy. The tools used for the study were Rosenberg Self Esteem Scale and Self Efficacy Questionnaire for Children (SEQ-C) by Muris, 2001. The data was collected for each variable by administering the respective questionnaire personally. To compare between the groups, independent 't' test was used.

RESULTS AND FINDINGS

TABLE 1
COMPARISON OF SELF ESTEM BETWEEN BOXERS
AND WEIGHT LIFTER

| Group | Mean | SD | t ratio | df | Sig |
|----------------|--------|-------|---------|----|--------|
| Boxers | 22.037 | 4.941 | 2.617 | 45 | 0.012* |
| Weight lifters | 18.600 | 3.676 | | | |

*Significant at the 0.05 level.

Table no.1 shows that there is significant difference in self esteem between boxers and weight lifters as the obtained 't' value 2.617 is significantly higher than the tabulated 't' value 2.013 at the 0.05 level of significance.

TABLE 2
COMPARISON OF SELF EFFICACY BETWEEN BOXERS
AND WEIGHT LIFTERS

| Group | Mean | SD | t ratio | df | Sig |
|----------------|--------|-------|---------|----|-------|
| Boxers | 82.925 | 8.104 | 1.672 | 45 | 0.101 |
| Weight lifters | 86.8 | 7.494 | | | |

*Significant at the 0.05 level.

Table no.2 shows that there is no significant difference in self efficacy between boxers and weight lifters as the obtained 't' value 1.672 is significantly lesser than the tabulated 't' value 2.013 at the 0.05 level of significance.

DISCUSSION ON FINDINGS

After applying Independent 't' statistics in the present study, it was revealed that there is significant difference in self esteem between boxers and weight lifters as the obtained 't' value 2.617 is significantly higher than the tabulated 't' value 2.013 at the 0.05 level of significance. Participating in Boxing can improve self confidence and self esteem. It is a body contact game and an extremely challenging sport which helps to overcome physical and mental obstacles (K Rajesh, 2015). And in weight lifting the competitor is competing alone but in boxing he or she has an opponent in the ring and if they possess a good self esteem, it helps them in winning. This may be the reason that the boxers having high self esteem.

The study also shows that there was no significant difference in self efficacy between boxers and weight lifters, as the obtained 't' value 1.672 is significantly lesser than the tabulated 't' value 2.013 at the 0.05 level of significance. Bandura (1997) suggested that past sports experiences and repeated successes increase and build self-efficacy. As Bandura suggested that the experience is very important for the players to have higher self-



efficacy and in the present study the subject selected in both the groups had similar level of experience. This could be the reason that there was no significant difference found in the self-efficacy between boxers and weightlifters.

CONCLUSION

The study reveals some of great findings. On the aspect of self esteem, the boxers having high score than the weight lifters. If we can enhance the self esteem level much more in both groups they can perform well in competition. Moving to the self efficacy aspects, both the groups having similar level of scores. This may be due to the similar level of experience. Athlete's self esteem and self-efficacy are important psychological factors in increasing the motivation for success and participation rate of sports. The coaches can help the athlete's to progress their self-efficacy levels using situations such as appreciating the positive aspects of the athlete, or simply following a way from simple to complex. They can improve the athlete's overall self-efficacy levels by teaching new training techniques that will lead to success and creating active learning environments.

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