A STUDY OF SELF CONCEPT OF YOUNG ATHLETES IN RELATION TO PERFORMANCE AND AGE

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Abstract: The self concept of the individual affects the work performance in general and competition in particular. Self perception intersects with other psychological variables to influence ones efforts and behavior. The self concept of an athlete can affect the outcome of his sports performance. The study was to investigate the levels of self concept and its effect on the sports performance and age of young athletes. Whether the national level athletes differ from interschool level athletes on self concept and whether the age has interference on the development of self concept. The sample for the present study consisted of 30 male athletes who had participated in the NVS national games in various games viz. archery, kho-kho, kabaddi, basketball, wrestling were taken as High performance group and football and 30 male athletes who had participated at the interschool level only were selected randomly and taken as low performance group. The sample was divided into two age groups 14 to 16 years as lower age group and 17 to 19 years as higher age group. 30 male athlete in 1st group and 30 male athletes in 2nd group were selected. The subjects selected were of JNV Panipat. Self concept questionnaire by Dr. RAJ Kumar Saraswat 2000 Hindi version was used for the study. Analysis of variance ANOVA was used to analyze the data. Results relating to the young athletes of national level of JNV's and interschool level athletes of the same institution demonstrate that national level athletes scored significantly higher than the interschool level athletes on the physical, social and temperamental components of self-concept in particular and total self concept as a whole. However no significant difference was found between these groups on the variables educational, intellectual and moral self concept. The young athletes of higher age group (17-19yrs) were found significantly better on physical and educational components of the self concept than the lower age group (14-16 yrs). The other variables and components were not found significantly different

INDEX TERMS: physical, social, intellectual, moral, educational and temperamental self concept, athletes

INTRODUCTION

Sports performance has increased in leaps and bounds in the recent past. Scientific training along with technical development and help from the various psychological and physiological research works has been one of the important factors for this increase. The self concept of the individual affects the work performance in general and competition in particular. Self perception intersects with other psychological variables to influence ones efforts and behavior. The self concept of an athlete can affect the outcome of his sports performance.

A study on interrelationship among physical fitness, body esteem, perception and self concept for female participants in non competitive sport was conducted by O'Donoghue and Rapheal (1989).the results of their study suggested that the effects of fitness on self concept are mediated by perception of fitness and body-esteem. It was concluded that fitness might not have a direct effect on females self concept.

 A study on self concept of female athletes in relation to their performance and age was conducted by J. K. Gill and G.S. Sandhu (1999) and found that the results indicate that the university female athletes were found significantly better on physical, social, temperamental, educational and total self concept as compared to college level female athletes.

Research in the field of self concept appears to be limited as it does not cover comprehensively various sports disciplines and are scarce where studies of self concept in relation to sports performance of young athletes is considered. The purpose of the study was to investigate the levels of self concept and its effect on the sports performance and age of young athletes. Whether the national level athletes differ from interschool level athletes on self concept and whether the age has interference on the development of self concept. The Hypothesis formulated were-

1. National level athletes would not differ significantly on the variables of self concept from interschool level athletes.
2. Male athletes of different age groups (14-16 yrs. and17-19 yrs.) would not differ from each other variable of self concept.
3. The performance by age interaction effects would be significant with respect to the variables of self concept.

METHODOLOGY

The sample for the present study consisted of 30 male athletes who had participated in the NVS national games in various games viz. archery, kho-kho, kabaddi, basketball, wrestling were taken as High performance group and football and 30 male athletes who had participated at the interschool level only were selected randomly and taken as low performance group. The sample was divided into two age groups 14 to 16 years as lower age group and 17 to 19 years as higher age group. 30 male athlete in 1st group and 30 male athletes in 2nd group were selected. The subjects selected were of JNV Panipat. Games and sports has been a vital component of JNV s since its inception 1985. Every day compulsory morning P.T. for at least half an hour and evening games for an hour is organized under the supervision of physical education teachers. School team is selected on the basis of performance at the school level matches. Games & sports competitions are conducted at cluster level meet in which 10 to 15 JNVs take part. The next levels are regional level meet and National level meets. Students are selected from national games for formation of NVS Team to participate in the National School Games conducted by School Games Federation of India, where NVS participates as a separate state. The subjects of JNV were selected to keep the other variables constant.

Self concept questionnaire by Dr. RAJ Kumar Saraswat 2000 Hindi version was used for the study. The inventory provides six separate dimensions of self concept viz. physical, social, intellectual, moral, educational and temperamental self concept. It also gives a total self concept score. The investigator divided the subjects in batches of 10 each and administered the test at a distraction free place. The subjects were told about the purpose of the test and test instruction were readout to the students and told to follow the instructions. Subjects were asked to list their first response. The data was collected and statistical calculations done.

RESULTS AND DISCUSSIONS OF THE FINDINGS

The results of the study are presented in the tables below followed by the discussions of the findings.

Table – 1
RESULTS OF ANOVA OF GROUPS BASED ON PERFORMANCE (NATIONAL LEVEL AND INTERSCHOOL LEVEL) AND AGE (LOWER AND UPPER GROUP) AND THEIR INTERACTION EFFECTS WITH MEAN AND SD VALUES ON THE VARIABLE PHYSICAL SELF CONCEPT

Mean	S D	Source of Variance	SS	DF	MS	F-Value	significance
		Performance level					
31.74	3.15	National Level	92.256	1	92.256	8.854	P<0.05
29.26	3.34	Interschool level					
		AGE					
30.17	2.48	Lower group (14-16 yrs.)	150.733	1	150.733	17.968	P<0.05
33.34	3.26	Upper group (17-19 yrs.)					
		Performance x age	0.15	1	0.15	2.76	ns
		Within group	0.54				

Table 1 reveals that F value demonstrates significant difference between the National level athletes and interschool level athletes on the variable Physical Self concept (p<0.05).The national level athletes have scored higher than the interschool level athletes with the mean value 31.74 as compared to 29.26 of the later. Significant difference was also found between the two age groups (p<0.05).The results indicate that the older athletes score higher as compared to the younger athletes with mean value 33.34 and 30.17 respectively. The performance by age interaction is also significant.

Table – 2
RESULTS OF ANOVA OF GROUPS BASED ON PERFORMANCE (NATIONAL LEVEL AND INTERSCHOOL LEVEL) AND AGE (LOWER AND UPPER GROUP) AND THEIR INTERACTION EFFECTS WITH MEAN AND SD VALUES ON THE VARIABLE INTELLECTUAL SELF CONCEPT

Mean	S D	Source of Variance	SS	DF	MS	F-Value	significance
		Performance level					
32.33	2.95	National Level	17.174	1	17.17	1.673	n s
31.26	3.44	Interschool level					

		AGE					
31.59	3.11	Lower group (14-16 yrs.)	23.064	1	23.064	2.246	ns
32.83	3.62	Upper group (17-19 yrs.)					
		Performance x age	0.02	1	0.02	1.06	ns
		Within group	0.409				

Table 2 reveals that the national level athletes have scored higher than the interschool level athletes with the mean value 32.33 as compared to 31.26 of the later. F value demonstrates that there is no significant difference between the National level athletes and interschool level athletes on the variable Intellectual Self concept. Further the performance by age interaction is also not significant. No Significant difference was found between the two age groups .The results indicate that the older athletes score higher as compared to the younger athletes with mean value 32.83 and 31.59 respectively.

Table – 3

RESULTS OF ANOVA OF GROUPS BASED ON PERFORMANCE (NATIONAL LEVEL AND INTERSCHOOL LEVEL) AND AGE (LOWER AND UPPER GROUP) AND THEIR INTERACTION EFFECTS WITH MEAN AND SD VALUES ON THE VARIABLE SOCIAL SELF CONCEPT

Mean	S D	Source of Variance	SS	DF	MS	F-Value	significance
		Performance level					
32.33	3.75	National Level	146.01	1	146.01	11.735	P<.05
29.21	3.29	Interschool level					
		AGE					
30.18	2.93	Lower group (14-16 yrs.)	24.961	1	24.961	2.503	ns
31.47	3.37	Upper group (17-19 yrs.)					
		Performance x age	0.38	1	0.38	1.245	ns
		Within group	0.326				

Table 3 reveals that F value demonstrates significant difference between the National level athletes and interschool level athletes on the variable Social Self concept (p<0.05).The national level athletes have scored higher than the interschool level athletes with the mean value 32.33 as compared to 29.21 of the later. However the performance by age interaction is not significant the results indicate that the older athletes score higher as compared to the younger athletes with mean value 31.47 and 30.18 respectively.

Table – 4

RESULTS OF ANOVA OF GROUPS BASED ON PERFORMANCE (NATIONAL LEVEL AND INTERSCHOOL LEVEL) AND AGE (LOWER AND UPPER GROUP) AND THEIR INTERACTION EFFECTS WITH MEAN AND SD VALUES ON THE VARIABLE TEMPRAMENTAL SELF CONCEPT

Mean	S D	Source of Variance	SS	DF	MS	F-Value	significance
		Performance level					
32.34	4.15	National Level	166.33	1	166.33	11.503	P<.05
29.01	3.42	Interschool level					
		AGE					
30.86	3.25	Lower group (14-16 yrs.)	16.537	1	16.537	1.500	ns
31.91	3.32	Upper group (17-19 yrs.)					
		Performance x age	0.29	1	0.29	0.54	ns
		Within group	0.533				

Table 4 reveals that F value demonstrates significant difference between the National level athletes and interschool level athletes on the variable Temperamental Self concept (p<0.05).The national level athletes have scored higher than the interschool level athletes

with the mean value 32.34 as compared to 29.01 of the later. The results indicate that the older athletes score higher as compared to the younger athletes with mean value 31.91 and 30.86 respectively. However the performance by age interaction is not significant.

Table – 5

RESULTS OF ANOVA OF GROUPS BASED ON PERFORMANCE (NATIONAL LEVEL AND INTERSCHOOL LEVEL) AND AGE (LOWER AND UPPER GROUP) AND THEIR INTERACTION EFFECTS WITH MEAN AND SD VALUES ON THE VARIABLE EDUCATIONAL SELF CONCEPT

Mean	S D	Source of Variance	SS	DF	MS	F-Value	significance
		Performance level					
29.35	2.2	National Level	21.96	1	21.96	6.353	Ns
29.56	3.44	Interschool level					
		AGE					
33.61	3.25	Upper group (17-19 yrs.)	96.774	1	96.774	11.04	P<0.05
31.07	2.64	Lower group (14-16 yrs.)					
		Performance x age	0.38	1	0.38	1.36	ns
		Within group	0.342				

Table 5 reveals that F value demonstrates that there is no significant difference between the National level athletes and interschool level athletes on the variable Educational Self concept. The national level athletes have scored lower than the interschool level athletes with the mean value 29.35 as compared to 29.56 of the later. H owever the results indicate that the older athletes score higher as compared to the younger athletes with mean value 31.05 and 29.67 respectively. F value indicates Significant difference between the two age groups (p<0.05).

Table – 6

RESULTS OF ANOVA OF GROUPS BASED ON PERFORMANCE (NATIONAL LEVEL AND INTERSCHOOL LEVEL) AND AGE (LOWER AND UPPER GROUP) AND THEIR INTERACTION EFFECTS WITH MEAN AND SD VALUES ON THE VARIABLE MORAL SELF CONCEPT

Mean	S D	Source of Variance	SS	DF	MS	F-Value	significance
		Performance level					
30.45	0.72	National Level	12.421	1	12.241	6.58	Ns
29.54	1.44	Interschool level					
		AGE					
30.67	2.63	Upper group (17-19 yrs.)	5.046	1	5.046	0.93	Ns
30.09	1.98	Lower group (14-16 yrs.)					
		Performance x age	0.38	1	0.38	0.67	ns
		Within group	0.533				

Table 6 reveals that F value demonstrates no significant difference between the National level athletes and interschool level athletes on the variable Moral Self concept. The national level athletes have scored higher than the interschool level athletes with the mean value 30.45 as compared to 29.54 of the later. The results indicate that the older athletes score higher as compared to the younger athletes with mean value 30.67 and 30.09 respectively. However the performance by age interaction is not significant.

Table – 7

RESULTS OF ANOVA OF GROUPS BASED ON PERFORMANCE (NATIONAL LEVEL AND INTERSCHOOL LEVEL) AND AGE (LOWER AND UPPER GROUP) AND THEIR INTERACTION EFFECTS WITH MEAN AND SD VALUES ON THE VARIABLE TOTAL SELF CONCEPT

Mean	S D	Source of Variance	SS	DF	MS	F-Value	significance
		Performance level					
181.54	8.57	National Level		1			p<0.02

173.75	9.46	Interschool level **AGE**	910.261		910.261	10.791	
179.46	10.32	Upper group (17-19 yrs.)	197.653	1	197.653	2.06	ns
175.83	9.24	Lower group (14-16 yrs.)					
		Performance x age		1	1.03	0.051	ns
		Within group	1.03 3.365				

Table 7 reveals that F value demonstrates significant difference between the National level athletes and interschool level athletes on the variable Total Self concept (p<0.02).The national level athletes have scored higher than the interschool level athletes with the mean value 181.54 as compared to 173.75 of the later. Tthe results indicate that the older athletes score higher as compared to the younger athletes with mean value 179.46 and 175.83 respectively. However the performance by age interaction is not significant.

DISCUSSION

Results relating to the young athletes of national level of jnv's and interschool level athletes of the same institution demonstrate that national level athletes scored significantly higher than the interschool level athletes on the physical, social and temperamental components of self-concept in particular and total self concept as a whole. However no significant difference was found between these groups on the variables educational, intellectual and moral self concept. This clearly indicates the national level athletes are differentiated from interschool level athletes or in other words higher level athletes are on higher side of self concept than interschool athletes. Athletes with low self esteem usually achieve lower levels than those higher self esteem. Self concept may also affect other psychological factor s of the athlete like goal setting, motivation etc. and interferes with the athletes' performance. The coaches, trainers and other staff associated with the athlete may pay attention to the students who are low on their self concept. Bandura's research (1977) did reveal that a change in perception of one's ability to fulfill the task, task-efficiency, made a strong impact on the outcome.

The young athletes of higher age group (17-19yrs) were found significantly better on physical and educational components of the self concept than the lower age group (14-16 yrs). The other variables and components were not found significantly different. These results lead to the partial rejection and partial retention of the hypothesis (2).these findings indicate that the athletes show improvement in the development in the self concept with age and more predominantly in physical and educational aspects in this young age. The coaches of athletes of this age group can keeps this in mind while formulating the training plans for better results. The hypothesis(3) of the study is totally rejected since the performance by age interaction was not significant with respect to the studied variables.

The findings of the study suggest physical education teachers, trainers and coaches should monitor their students' perceptions of themselves particularly physical, social and temperamental aspects of it. They can help and guide their students and such an observation can be helpful in removing discrepancies between the capabilities of the individual athlete which may in return help in optimizing the process of training and performance in sports competition.

Further studies can be conducted to analyze the effect of self concept on different games. Self concept of the teachers, trainers and coaches may also be studied and understood. Development of self concept of athletes through sports and development of sports through development of self concept of athletes may be understood.

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