



“Relationship of Self-Importance and Self-Esteem with the Performance of Contact and Non Contact Sports”

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Abstract

The purpose of the study was to investigate the relationship of Self-Importance and Self-Esteem with the performance in contact and non-contact sports. One hundred (100) subjects were selected from contact and non-contact sports for this study. Their age ranged from 18 to 25 years. These subjects belonged to intercollegiate first three-position holders and for relay events that finished in first eight positions. 50 male subjects selected from (Hockey and Football) as contact sports. In the same way the scholar chose 50 male subjects from (Cricket, Track & Field (relay events) as non-contact sports. To determine the performance of the contact and non-contact sportsmen, subjective judgment was made with the help of three judges. The Self-Importance and Self-Esteem Questionnaire by administered to find out the relationship of cohesion with the performance in contact and non-contact sports. For statistical analysis of the data, the Pearson's Moment Correlation was used. The analysis of data reveals a significant relationship of Self-Importance and Self-Esteem with performance in contact sports and non-contact sports.

KEYWORDS: Self-Importance, Self-Esteem and Performance

Introduction

Although adolescents become increasingly accurate in understanding, which they are (self-concept), this knowledge does not guarantee that they like themselves (their Self Importance and Self-Esteem) and better. In fact, their increasing accuracy in understanding themselves permits them to see themselves fully- one and all. This study investigates the psychological effect of involvement in extracurricular activities on the level of Self- Importance and Self-Esteem. I expect to find that there is a positive significance between extracurricular and Self-Importance. Collective Self- Importance, membership Self- Importance and Self-Esteem, private Self- Importance and Self-Esteem, and public Self- Importance and Self-Esteem were positively and significantly correlated with general and social self-efficacy. Scores were found to be similar to scores from the normative samples. Thus although Self- Importance and Self-Esteem were significantly related to each other, they were largely unrelated to disability status. Posavac (2002, 153) have expended significant effort trying to delineate determinants of body image disturbance in young women, in part because of the potential of body image disturbance to precipitate eating disordered behavior. In this research researcher demonstrate that the extent of the discrepancy women perceive between their own attractiveness and body shape and images representative of ideal feminine attractiveness presented in advertising and the broader media (i e., self-media ideal discrepancy) predicts how concerned they are with their weight (a measure of body image disturbance). Perhaps more importantly, we also show that perceived self-media ideal discrepancy is a construct independent of global Self-Importance and Self-Esteem Specifically, our results demonstrate that perceived self-media ideal discrepancy is related to women's weight concern even when Self-Importance and Self-Esteem is statistically controlled. Implications for theory and clinical intervention are discussed. This study explored the relationship between the self-perceptions of cricketers aged 13-15 years (N=50) and their perceptions of their coaches' application of 10 instructional strategies. Data collection included: (a) pre and post-season (10 weeks) measures of players' Self- Importance and Self-Esteem using Harter's (1985) Self-Perception Profile for Children; (b) preened post-season measures of players' cricket self-perceptions, affective outcomes derived from cricket participation, and cricket motivation orientation using a cricket-specific adaptation of Klint's (1988) affect inventory; and (c) players' post-

season perceptions of their coaches' application of 10 coaching strategies using an inventory designed by the author. Pearson product moment correlations (r) were used to measure the strength and direction of the relationships between the variables (Vincent, 1995). Results revealed: (a) significant correlations between dimensions of Self-Importance and Self-Esteem, cricket self-perceptions and the affective outcomes of pride, excitement and happiness, and (b) significant correlations between the cricketers' perceptions of their coaches application of the instructional strategies and dimensions of their post-season Self-Importance and Self-Esteem, cricket self-perceptions, affective outcomes and intrinsic motivation orientation. These findings provide further insights for coaches seeking to develop athlete Self-Importance and Self-Esteem on the sports field the previous researchers presented individuals with a Self-Importance and Self-Esteem scale, scored the scale, and then used that data to compare to their involvement in sports, and they also used Self-Importance scales to determine that a high sense of Self-Importance and Self-Esteem correlates strongly to a high G.P.A. This study investigates the psychological effect of involvement in extracurricular activities on the level of Self-Importance and Self-Esteem. The second variable researcher will be observing is the effect of high Self-Importance on G.P.A. Researcher expect to find that there is a positive significance between extracurricular and Self-Importance and Self-Esteem. Researchers further expect to find a positive significance between Self-Importance and Self-Esteem. Body fat was negatively related to athletic competence and body image, which in turn were positively related to general Self-Importance and Self-Esteem.

Statement of the problem

The purpose of this study was to determine the relationship of Self-Importance and Self-Esteem with performance in contact and non-contact sports.

Significance of the study

It appears that the concept of Self-Importance and Self-Esteem in relation with performance in sports is a complex and important area of research for the sports psychologists and coaches.

Selection of subjects

One hundred (100) male subjects were selected from contact and noncontact sports for this study. Their age ranged from 18 to 25 years. These subjects belonged to intercollegiate first three position holders and for relay events (Track & Field) that finished in first eight positions. The scholar chose 50 male subjects from Hockey and Football as contact sports. In the same way the scholar chose 50 male subjects from Cricket, Track & Field (relay events) non-contact sports.

Collection of data

The data pertaining to Self Importance and Self-Esteem was collected by administrating “Self Importance and Self-Esteem Scale”. The data was collected on One hundred (100) intercollegiate men players belonging to contact sports (Hockey and Football,) and non-contact sports (Cricket, and Track & field relay events). Before administrating the questionnaire the purpose of the study was explained to the subjects and the researcher solicited their co-operation which all of them readily agreed to extend. The questionnaire was administered one day before the intercollegiate tournaments.

Assessment of the performance

To determine the performance of the contact and non-contact sportsmen, subjective judgment was adopted with the help of three judges. Selected three judges were the coach/trainer of the particular team and other experts from participating in Intercollegiate Competition. Judges were asked to grade the performance of the players with the 10 point scale. The average score awarded by three judges was considered as the best performance of the player.

Statistical Technique

Pearson Product Moment Correlation Coefficient was used to find out the relationship of Self Importance and Self-Esteem with the performance in contact and non-contact sports.

$$\text{Formula: } r = \frac{n\sum xy - (\sum x)(\sum y)}{\sqrt{n(\sum x^2) - (\sum x)^2} \sqrt{n(\sum y^2) - (\sum y)^2}}$$

Level of Significance

For testing the hypothesis that there might be a significant relationship of Self Importance and Self-Esteem with the performance in contact and non-contact sports. The level of significance was set at 0.5 level of confidence.

Analysis of data

The various data of Self Importance and Self-Esteem was analyzed by the Pearson's Product Moment Correlation. The Self Importance and Self-Esteem was correlated with the performance in contact and non contact sports. Analysis of Self Importance and Self-Esteem with performance Self Importance and Self-Esteem was correlated with the performance in contact sports and non-contact sports. Coefficient of correlation is given at Table-1.

Table-1 RELATIONSHIP BETWEEN SELF-IMPORTANCE AND SELF-ESTEEM WITH THE PERFORMANCE IN CONTACT AND NON-CONTACT SPORTS.

Sr.No.	Variable Correlated	Team	'r'
1	Self Importance and Self-Esteem with Performance	Contact	0.32414
2	Self Importance and Self-Esteem with Performance	Non-Contact	0.16987

Table-1 indicate that the relationship between Self Importance and Self-Esteem with performance in contact sports as the obtained value of $(r) = 0.324$ is high as compared to tabulated value of correlation $(r) = 0.1325$. The above-mentioned value indicates that there is a significant relation between Self Importance and Self-Esteem with performance in contact sports. Further, Table-1 indicate that the relationship between Self Importance and Self-Esteem with performance in non-contact sports as the obtained value of $(r) = 0.176987$ is high as compared to tabulated value of correlation $(r) = 0.1325$. The above mentioned value indicates that there is a significant relationship between Self Importance and Self-Esteem with performance in non-contact sports.

Discussion of Findings

The analysis of data reveals a significant relationship of Self Importance and Self-Esteem with performance in contact sports. It means that Self Importance and Self-Esteem is positively related to the performance in contact sports. It shows that performance of contact sports mostly depends upon the Self Importance and Self-

Esteem with performance of the players i.e. if the players know each other very well, understand each other, have full self confidence to achieve the goal and try whole heartedly towards the common goal of the team, they will definitely improve their performance as individual players as well as that of the team as a whole. It further shows that the Self Importance and Self-Esteem with performance is positively related to the performance in non-contact sports. It means that Self Importance and Self-Esteem does affect the performance of the non-contact sports. So it is clear from the results of this study that if the players collectively try to achieve the aim with the positive Self Importance and Self-Esteem with performance, Mutual Understanding, Self-Confidence, and Self-Possession, they will definitely improve the performance of the team. Therefore, the hypothesis that there would not be significant relationship between Self Importance and Self-Esteem with performance in contact and non-contact sports is rejected at 0.05 level of confidence with 222 degree of freedom.

Conclusion

Within the limitation of the present study the following conclusions are drawn. Contact Sports the Self Importance and Self-Esteem has a significant relationship with performance. Non-contact sports there are significant correlation between the Self Importance and Self-Esteem performance.

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