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Self–Concept among Inter-Collegiate Cricket, Softball and Football Men Players

Dr. Praveenkumar M K
College Director of Physical Education
Govt First Grade College
Kadur-577548
Chikkamagalore (Dist)
Karnataka State

Sports is considered as a psycho-social activity. Along with physical, physiological and technical aspects sports has a psychological and social dimension. The most of the people share a common interest in sports competitions. But, the quality of sports participation of the athletes and sportsmen is determined by their psychological factors. In the field of exercise and science the role of sports psychology has been considered. Sports psychology as a branch of sports and exercise science focuses on the psychological aspects. Thus sports psychology incorporates the theoretical models and approaches of psychology.

In recent years importance of self-concept has been realized for understanding and predicting human behavior which plays an important role in sports performance. Self-concept selected for the investigation is not an inherited quality but it is formed as a result of one's experience and reaction to the environment. Self-concept is the most important single attribute and key to understand the behavior of an individual in sports.

The application of psychological principles to the improvement of performance in sports has received greater attention in these days. There are certain accepted psychological principles which have to be applied so that the athletes and players are able to show their performance. Coaches, physical educationists and sports scientists have always expressed a great need to know more about those psychological principles which are helpful in improving the motor skills of the players.

Sports psychology is concerned with analyzing human behavior in various types of sports situations. This aims at understanding the learning potentials for the development of skillful competitive performance. A major part of an individual personality can often be inferred from how that person behaves towards oneself. Consistent patterns of self-deprecation or self-aggrandizement are readily apparent even to casual observers. How people perceive, evaluate and behave toward themselves is related to self-concept.

In general self–concept is derived from self-perceptions. Self-concept depends increasingly on specific situations and becomes less stable. There is a requirement of many situational experiences for the change in general self-concept. Evaluation of character is another important characteristic of self-concept. People also judge themselves with respect to perceived evaluations of significant others.

Rosenberg defines the self-concept as “the totality of an individual’s thoughts and feelings having reference to himself as an object”. The role of psychology in selection, training, training materials and rehabilitations would definitely help in achieving sports excellence. Self-image is the one of the most important factors in learning motor skills. It would be postulated that physical fitness reflected through successful learning of a motor skill will enhance self-image. The self-concept is an indication of the person fabricated from the views that one clamp about oneself and reactions of others. The person who is having good self- concept automatically can flourish well in the sports arena. Especially in the game like cricket each player self- concept automatically effects on team performance.

Objectives of the study

The psychological variable self-concept and questionnaire have been chosen for the study. It plays an important role in acquisition of motor skills as well as improving performance in inter-collegiate cricket, softball and football men players.

Methodology

Total Ninety players of intercollegiate cricket, softball and football men players have been selected as subject for the present study. Among them thirty players are from Cricket, thirty players are from Softball and thirty players are form Football. The age of the selected players was between eighteen to twenty two years.

The standard psychological tool constructed by Mukta Rani Rastogi has been used to measure self-concept questionnaire. The test consists of fifty one statements. It includes both positive and negative statements. It is Likert method and each statement consists of five responses like Strongly Agree, Agree, Undecided, Disagree, and Strongly Disagree. Hence the scale in its original form has been used in this study.

Collection of Data

This scale was scored with the help of a scoring key. A separate scoring method was followed for positive and negative statements. The score obtained for both positive and negative statements were added and it was treated as individual score. The total score constitutes the self- concept score. High score indicate the high self-concept.

Scoring Key:

Sl no	Response	Score for Positive statements	Score for negative statements
1	Strongly Agree	5	1
2	Agree	4	2
3	Undecided	3	3
4	Disagree	2	4
5	Strongly Disagree	1	5

The data which was collected from the subject that is self-concept was treated statistically to find out the significance and difference among the inter-collegiate cricket, softball and football men players. Analysis of the variance was used to find out the significant difference among the groups. To find out the paired mean difference the Scheffe’s post hoc test was used.

Results

The psychological variable self- concept questionnaire was selected for the study which plays an important role in the performance of inter-collegiate cricket, softball and football men players.

Table 2:

This is one way analysis of variance for self-concept among Inter-Collegiate Cricket, Softball and Football Men players. (Scores in points)

Sources of Variance	DF	Sum of Squares	Mean Squares	OF	TF
Table(SSt)	89	6494.47	-	-	-
Treatment (SSb)	02	134.97	67.49	.93	3.117
Error(SSw)	87	6359.55	-	-	-

*Insignificant at 0.05 level

The table 2 shows the one way analysis of variance of self-concept level among the Inter-Collegiate Cricket, Softball and Football Men players. From the table it was very clear that the obtained F-ratio was .93 and table F-ratio was 3.117. Hence it was insignificant at 0.05 level of confidence for the degrees of freedom 2 to 87.

Discussion on findings

The study showed that there was no significant difference of self-concept among the Inter-Collegiate Cricket, Softball and Football Men players. It may be due to the similar types of training and levels of competitions. The findings of the study were supported by Jones and Cale.

The hypothesis stated that there might not be any significant difference in self-concept among Inter-Collegiate Cricket, Softball and Football Men players. From this study it was proved that there was no significant difference in self-concept among Inter-Collegiate Cricket, Softball and Football Men players. The hypothesis framed in null form was accepted.

Summary

The purpose of the study was to find out whether there was any significant difference in self-concept among the Inter-Collegiate Cricket, Softball and Football Men players.

In order to achieve this purpose ninety players were selected as subject at random and their age was ranged between 18 to 22 years. Three major groups such as cricket, softball and football were selected as subjects. These each group consists of thirty members. To assess the level of self-concept, Mukta Rani Rostogi's self-concept scale test was used and data were obtained from the subjects.

All filled questionnaire were collected from the subjects and scored according to the scoring key. The total scores obtained were tabulated and statistically treated to arrive at meaningful conclusions. To find out the significant mean difference among the various groups, one way analysis of variance was used. The Scheffe's posthoc test was used to find out the paired mean difference.

The obtained F-ratio of self-concept was .93. The tabulated F-ratio was 3.117 at 0.05 level values of confidence for the degrees of freedom 2 and 87. Hence the study was insignificant.

Conclusion

The following conclusion was drawn. There was no difference in self – concept level among the inter-collegiate cricket, softball and football men players.

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