



# LEVEL OF SEL-ESTEEM BETWEEN SHORT-DISTANS, MIDDAL DISTANS AND LONG DISTANS MEN ATHLETES

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**Abstract:** The purpose of the present study was to compare the level of Self esteem short-distance middle distance and long distance men athletes 'To achieve the purpose of the study 285 short-distance,226middle distance and 210 long distance athletes for men were selected from different University, participating all India inter university competition India in the year of 2021-22. The Subjects age ranges from 18-25 years. The data for the study were collected by using questionnaire technique. The scores on self esteem were collected by administrating Rosenberg self esteem scale. This survey was taken by the investigator presence and Necessary instruction was given by him and there was no use of any motivational technique. It was clearly explained to the subjects that overall purpose of the study was to compare the self-esteem between men athletes. However the subjects were made to respond as quickly as possible without any confusion. Statistical techniqueSPSS20.0, ANOVA, post hoc tests, multiple comparisons was used to compare the self-esteem between selected groups. The results revealed that there was a significant difference found in athletes.

**Keywords:** *short-distance, middle distance and long distance athletes 'and self esteem*

## **Introduction**

Physical education is the most important factor of common education. It is the education through physical activities it means in physical education how much importance goes to physical factor; the same importance goes to psychological factors also. The aim of the education is overall development of human. The aim of the physical education is not out of common education it helps to overall development of child through physical activities.

Today sports are considered as international discipline as it develops international understanding and universal brotherhood. Sports develop national character and also it provides to fullest self expression to man and it is one of the fundamental needs. Human being is considered as an intellectual animal that wants to participate in physical activities to attain personal achieve growth and development and to maintain good health. It is natural is both quality and a child to participate in activities like running, jumping, throwing etc.

Sports the word Sports occasionally denotes either to a pleasant part time or somewhat hazardous recreation. Sports are psycho-social activity. Sports have a very important role in modern society. It is important to an individual, a group, a nation and indeed the world. The word sports have a popular appeal among people of all ages and both sexes, much of the attraction of sports comes from the wide variety of experience and feelings that result from participation of joy, anguish, success, failure, exhaustion pain relief and a feeling of belonging.

Self-esteem reflects a person's overall subjective emotional evaluation of his or her own worth. It is a judgment of oneself as well as an attitude toward the self. Self-esteem encompasses beliefs and emotions such as triumph, despair, pride, and shame. Smith and Mackie (2007) defined it by

Saying "The self-concept is what we think about the self; self-esteem is the positive or negative evaluations of the self, as in how we feel about it. Self-esteem is attractive as a social psychological construct because researchers have conceptualized it as an influential predictor of certain outcomes, such as academic achievement, happiness, satisfaction in marriage and relationships and criminal behaviors. Self-esteem can apply specifically to a particular dimension or a global extent. Psychologists usually regard self-esteem as an enduring personality characteristic ("trait" self-esteem), though normal, short-term variations ("state" self-esteem) also exist. Synonyms or near-synonyms of self-esteem include: self-worth, self-regard, self-respect and self integration.

**Purpose of the study:** The main purpose of this study was to analyze the level of Self esteem between short-distance middle distance and long distance men athletes .

**Statement of the problem:** To check whether any differences short-distance middle distance and long distance mn athletes in the level of self esteem?

**Hypothesis:** There was no significant difference between the level of Self esteem in short-distance middle distance and long distance athletes

**Limitations:**

- Can't control the environment/surrounding of the subjects.
- Non consideration of daily routine activities, training, and food habits of the subjects.
- Can't control of the psychological Status / condition of subjects.
- Family background of the subject was not considered.
- The response of the subject to the questionnaire might not be honest in all cases and this was recognized as a limitation.

**Delimitation:**

- In this study we selected the subject's from different University, participating all India inter university competition India in the year of 2021-22
- This study contains the age of a sportsman between 18-25 years

## Methodology:

As discussed earlier the main purpose of the study was investigating the varying level of Self esteem between short-distance middle distance and long distance athletes for men'. For this purposes the standardized "Self esteem" Questionnaire was administered. The selection of the subject and procedure followed by the collection of data and analysis used in this study are described in the following sections. Subjects For the study 285 short-distance,226 middle distance and 210 long distance athletes for men who participated all India inter university competition India in the year of 2021-22.were chosen.

Tool Self-esteem is typically assessed using self-report inventories. One of the most widely used instruments, the RSES (Rosenberg, 1960) is a 10-item self-esteem scale scores that requires participants to indicate their level of agreement with a series of statements about themselves and it is generally considered as the standard against which other measures of self-esteem has compared. This questionnaire has four point rating scale, response ranging from strongly disagree to strongly agree.

Administration of Test The standardized self esteem questionnaire was personally administered to the subjects by investigator. The researcher has briefly explained about the purpose of conducting the study. The sufficient time was given to the subjects to carefully read, understand the questions before making response, after those respondent sheets were collected immediately.

To score the items, assign a value to each of the 10 items as follows For items 1,2,4,6,7: Strongly Agree=3, Agree=2, Disagree=1, and Strongly Disagree=0. For items 3,5,8,9,10 (which are reversed in valence, and noted with the asterisks\*\* below): Strongly Agree=0, Agree=1, Disagree=2, and Strongly Disagree=3.

To measure sports related self esteem of the esteem short-distance middle distance and long distance athletes for men Questionnaire test (That is developed by Rosenberg, 1960) was introduced. Then each subject's composite score was found .Then that scores was analyzed according to scale. All 1500 subjects were first of all provided to following self esteem questionnaire and they were asked to give their opinion strictly independent manner. It contains 10 items.

Table 1: Demographic representation of short-distance middle distance and long distance athletes

Athletes type	Frequency	Percent	Valid Percent	Cumulative Percent
Short Distance	285	39.5	39.5	39.5
Middle Distance	227	31.4	31.4	70.9
Long distance	210	29.1	29.1	100.0
Total	722	100.0	100.0	

### Statistical Techniques:

The data that was collected from the subjects was treated statistically. To test the hypotheses data was analysed to Statistical technique SPSS27, ANOVA, post hoc tests, and multiple comparisons were used. The level of significance was fixed at 0.05.

### Analysis of the Data:

Table 2: Analysis of ANOVA for the Self-Esteem among short-distance middle distance and long distance men athletes.

Athlete's type	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	59.061	20	2.953	4.835	0.000
Within Groups	428.148	701	0.611		

Table two shows the ANOVA result for the self-esteem. it was hypothesized that there will be no significant difference in self-esteem short, middle and long distance runners .the null hypothesis is rejected and the alternative hypothesis is accepted that t there is a significant difference in self-esteem between the groups. There is a difference in mean for long distance, middle dance, and short distance runners

Table 3: Analysis of post hoc tests for the Self-Esteem among short-distance middle distance an long-distance athletes

Post Hoc Tests, Multiple Comparisons						
(I) Athlete's type	Mean Difference (I-J)	Std. Error	Sig.	(I) Athlete's type	95% Confidence Interval	
					Lower Bound	Upper Bound
Short Distance	Middle Distance	-0.373	0.276	Short Distance	-1.02	0.27
	Long distance	-.888*	0.282		-1.55	-0.23
Middle Distance	Short Distance	0.373	0.276	Middle Distance	-0.27	1.02
	Long distance	-0.515	0.297		-1.21	0.18
Long distance	Short Distance	.888*	0.282	Long distance	0.23	1.55
	Middle Distance	0.515	0.297		-0.18	1.21

\*. The mean difference is significant at the 0.05 level.

Table 3 shows the post -hoc test results for the short distance middle distance and long-distance runner for self-esteem. There is a significant no significant difference in means when comparing the short distance runner with middle distance. Furthermore when comparing short distance with long distance there is a significant difference in the mean for self esteem at 0.005.

**Discussion:**

One of the major objectives of the present study was to assess the Self Esteem between short-distance middle distance and long-distance men athletes. As anticipated long distance players were having significantly higher Self Esteem level than short distance players

**Conclusion:**

Concluded based on the findings of this study that Long distance showed higher Self Esteem as compared to short distance players. The study found that there were significant differences between long distance and short distance with respect to Self Esteem .a further research is recommended for this type of study as only the males were studied in this research ,

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