

A Comparative Study of Self Esteem amongst Individual and Team Sports: Female Players, Kerala

Lamlun Buhril

SAI, LNCPE, Trivandrum, Kerala

Abstract: *The purpose of this study was to evaluate and compare the self-esteem between individual and team sports female players, Kerala. 50/50 each female player between 16 to 25 years of individual and team sports state level sportsperson, were selected for the study and based on questionnaire. The purposive sampling technique was used to attain the objectives of the study. The Descriptive statistics (mean and standard deviation) and 't-test were employed. The self-esteem between the individual and team sport female players was not significantly different.*

Keywords: Self-Esteem, Individual, Team, Questionnaire, Purposive

1. Introduction

Sport psychology is an important factor in sport which may mark an athlete's performance, and even their psychological well-being, either an individual performance or a team performance due to be uncovered that the right support can be put in place for athletes where necessary. The progressively competitive nature of sport self-esteem, play an energetic role in the achievement of an athlete and the upkeep of their psychological well-being. Positive performance has been exposed through extensive research in the field of performance psychology. Constructive connection between self-esteem and sports participation is expected due to the positive health and social appearances associated with existence involved in sport like the increase in body image and physical competence.

The most imperative zeal of sports should lies in the heart and minds of the nations to have a healthy physical structure and improve mentally psychologically which learn and develop the skills and leadership abilities. Self-esteem is a basic human need or motivation.

1.1 Hypothesis

It is hypothesised that, athletes involved in Individual sport will have higher self-esteem than Team sport.

1.2 Delimitations

The following can be considered as the delimitation of the present study:

- 1) The study is delimited to senior female level players, Kerala.
- 2) The study is delimited to Players participated in District, University and state level competitions only.
- 3) The study is delimited to the age group 16 to 25 years.

1.3 Limitations

- 1) No control over subject's response in Questionnaire.
- 2) No control over subject's state of mind and Emotions.

1.4 Significance of the study

- 1) The result of the study will help to identify the difference of self-esteem level between athletes involved in individual and team sport.
- 2) The result of the study will help to identify the personality trait of the athletes, to some extent.

2. Methodology

The research method used on survey and based on questionnaire 5-point scale of State Self-Esteem scale. 50/50 each female player Individual and Team sports, Kerala were selected for the study of the age group arranging from 18-25 years participating above district level. The Descriptive statistics (mean and standard deviation) of the participants' answers given to Self Esteem score and Independent 't' test were employed using SPSS Software to compare the variables.

3. Results

There was no significant difference in the level of Self-Esteem of Female sports persons involved in Team and Individual sports as indicated in Table 1. The Mean score obtained was 69.46, SD was 6.6 ± 0.93 for Individual sports and Team sports Mean score was 68.56, SD was 6.77 ± 0.96 . The t-value was 0.673, which was not significant at 0.05 levels. From the mean it was clear that there was no significant difference in their self-esteem levels. This may be due to the better self-concept and self-respect of the female players and also may be because of the homogeneity of the age group.

Table 1: Comparison of Female players, Thiruvananthapuram, Kerala between the Self-Esteem level of Individual and Team sports

| Groups | Mean | Std. Deviation | t-test |
|------------------------------|-------|-----------------|--------|
| Players of Individual Sports | 69.46 | 6.6 ± 0.93 | 0.673 |
| Players of Team Sports | 68.56 | 6.77 ± 0.96 | |

* Significant level 0.05%

4. Recommendations

The study may be recommended as a similar study may be conducted on other states of India.

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