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INFLUENCE OF SELF CONCEPT ON THE MOTOR FITNESS AMONG SPORTS PLAYERS

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ABSTRACT:

The research studies center of the attention is influence of the self concept level on the physical or motor fitness levels among the sports players of Gulbarga University Karnataka India.

The self concept is the most dominant element of the personality of an individual and it has consisted the physical, emotional, educational, social, moral and intellectual dimensions which can show the level and total self concept of sports players in the study. The self concept most needed element in the sports field without the self concept we never imaging the sports or competitions. The objectives of the research to measure the self concept level among the sports players, and also forming two groups of high and low levels of self concept status on the bases of score of psychological tests, after that conducting the motor fitness tests between groups on speed endurance, agility and strength factors. Finally compare the motor fitness test data between high and low self concept groups The research hypothesis stated that there would be influence of the self concept on the motor fitness of the sports players. There would be significance difference in motor fitness levels among high and low groups of self concept, To measure the self-concept the Self-Concept Questionnaire by Dr. R. K. Saraswat (1971) was used in the present study, Total one hundred sports players selected randomly as sample of the study after testing of the self concept factor, the sports players divided into two groups like high and low self concept groups on the basis of their score in the self concept test, the motor fitness tests compared among the high and low groups of self concept to find out the influence of self concept on motor fitness. The statistical techniques mean, standard deviation and t tests are used to find out the result of the research study.

KEYWORDS :

Self Concept, Motor Fitness.

INTRODUCTION:

Self-concept The self-concept as an organizer of behaviour is of great importance. Self concept refers to the experience of one's own being. It includes what people come to know about themselves

through experience, reflection and feedback from others. It is an organized cognitive structure comprised of a set of attitudes, beliefs, values, variety of habits, abilities, out looks, ideas and feelings of a person. Consistency of behaviour and continuity of identity are two of the chief properties of the self-concept. Wylie 1974, Brook over 1988 and

Mishra 1989 indicates that self-concept is positively related with their school achievement. Self-concept is a factor which helps to study the human behaviour and personality. There are several different components of self-concept: physical, academic, social, and transpersonal. The physical aspect of self-concept relates to

that which is concrete: what we look like, our sex, height, weight, etc.; what kind of clothes we wear; what kind of car we drive; what kind of home we live in; and so forth. Our academic self-concept relates to how well we do in school or how well we learn. There are two levels: a general academic self-concept of how good we are overall and a set of specific content-related self-concepts that describe how good we are in math, science, language arts, social science, etc. The social self-concept describes how we relate ourselves to other people and the transpersonal self-concept describes how we relate to the supernatural or unknown.

Definitions and meaning of self-concept Self-concept, an ignored and neglected area in psychology and education for long, has now been recognized to play a vital role in personality development. It has been established by contemporary researches that the way an individual perceives himself goes to shape his behaviour patterns. There is growing awareness that of all the perceptions we experience in the course of living, none has more profound significance than the perceptions we hold regarding our own personal existence-our concept regarding the point, which we are and how we fit into the world.

Franken (1994) states that "There is a great deal of research which shows that the self-concept is, perhaps, the basis for all motivated behaviour. It is the self-concept that gives rise to possible selves, and it is possible selves that create the motivation for behaviour.'

' Franken (1994) suggests that self-concept is related to self-esteem in that, "People who have good self-esteem have a clearly differentiated selfconcept... When people know themselves they can maximize outcomes because they know what they can and cannot do"

METHOD OF THE STUDY

The present research based on the comparative method, the researcher divided the sports players into two equal groups on the basis of scores of self concept test and conducted the motor fitness tests on speed, endurance, agility and strength. After completion of the all tests the motor fitness tests data compared with high and low groups of self concept of the study. The main aim of the study to find out the influence of self concept on the motor fitness of sports players Gulbarga University.

OBJECTIVES OF THE STUDY

- ❖ To test the self concept of sports players and divide them into two groups.
- ❖ To test the motor fitness levels among high and low self concept groups of the study.
- ❖ To compare the speed, endurance, agility and strength among high and low self concept groups of the study.
- ❖ To find out the influence of the self concept on the motor fitness among sports players.

RESEARCH HYPOTHESIS

The research hypothesis stated that

- ❖ There would be influence of the self concept on the motor fitness of the sports players.
- ❖ There would be significance difference in motor fitness levels among high and low groups of self concept,

Sample

Total one hundred sports players selected randomly from degree colleges students who had participated in collegiate sports competition conducted by Gulbarga University as sample of the study. after testing of the self concept factor the sports players divided into two groups like high and low self concept groups on the basis of their score in the self concept test, the motor fitness tests compared among the high and low groups of self concept to find out the influence of self concept on motor fitness.

Self-concept Questionnaire:

To measure the self-concept the Self-Concept Questionnaire by Dr. R. K. Saraswat (1971) was used which provides six dimensions viz. Physical, Social, Intellectual, Moral, Educational, and

Temperamental as well as a Total Self-Concept score. It is a 5-Point scale with 48-item questionnaire. Test – Retest reliability of this questionnaire is 0.91. Reliability coefficients of its dimensions vary from 0.67 to 0.80. Responses are obtained on the test booklet itself. There is no time limit but generally 20 minutes have been found sufficient for responding to all the items. The operational definitions of SelfConcept dimensions measured by this inventory.

Four Moto fitness tests

The study not taken flexibility test

SL.No	Motor Ability Tests (AAHPER)	Tests	Unit of Measurement
1	Speed	50 yard dash	Time
2	Endurance	12 min. Run & Walk	Distance
4	Agility	Shuttle run 10x4 yards	Time
5	Strength	Pull ups	Score

Statistical procedures

- ▶ Mean
- ▶ Standard deviation
- ▶ T test used to find out the research result

DATA ANALYSIS & INTERPRETATION

THE TABLE NO -1 SHOWING THE LEVELS OF SELF CONCEPT AMONG SPORTS PLAYERS.

Sports Players	N	Mean	SD	T value
High Self Concept	50	156.96	17.254	9.924**
Low Self Concept	50	124.44	18.713	

Significant at 0.01**

The sports players are better in the self concept tests but the researcher made only two groups like high and low, in actually the scale has five categories like high self concept above average, average, below average and low self concept. Above average score considered as high self concept and average and below score considered as low self concept group the sports players of high and low group of self concept compared in motor fitness tests.

TABLE NO- 2 SHOWING THE SIGNIFICANCE DIFFERENCE IN MOTOR FITNESS BETWEEN HIGH AND LOW SELF CONCEPT GROUPS (N 100)

Groups	Speed		Endurance		Agility		Strength	
High Self Concept 50	Mean	6.971	Mean	2120.12	Mean	11.73	Mean	17.72
	SD	1.41	SD	220.	SD	1.20	SD	4.17
Low Self Concept 50	Mean	8.01	Mean	1862.32	Mean	13.15	Mean	12.64
	SD	1.53	SD	355	SD	1.18	SD	3.65
T Values	2.450**		3.262**		3.513**		4.139**	

Significant at 0.01 levels **

The motor fitness compared to high and low self concept in the study as follows,

In speed test high self concept groups mean score is 6.971 and the low self concept groups mean score is 8.01 seconds which is showing the difference, the t value is 2.450** showing significant difference. In endurance tests the high self concept groups mean score is 2120.12 meters and the low self concept groups mean score is 1862.32 meters the t value is 3.262** showing which is significantly difference in groups. In agility tests the means score are 11.73 related to high group and 13.15 mean score given by low groups of self concept. The t value is 3.513** showing the significant difference in the strength tests the high self concept groups mean score is 17.72 and 12.64 mean score of low self concept groups, the t value 4,139** significant at 0.01 levels

The research study showing that there is influence of self concept on the motor fitness of sports players, the higher self concept group has better in the motor fitness tests than the low self concept group, like, speed, endurance, agility and strength components. There is significance difference among the high and low groups of self concept in motor fitness tests.

CONCLUSION OF THE STUDY

The present research study showing that the significance difference in self concept among sports players. The results also showing the influence of self concept on the motor fitness abilities of sports players.

- ❖ There is significance influence of self concept on speed ability among sports players.
- ❖ There is significance influence of self concept on endurance ability of sports players of the study.
- ❖ There is influence of self concept of self concept on agility and strength abilities of sports players of the study.
- ❖ The self concept is the most importance factor in the personality of sports players

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