



COMPARISON OF SELF - ESTEEM BETWEEN TEAM SPORTS AND INDIVIDUAL SPORTS

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ABSTRACT :

The purpose of this research was to examine and compare the level of psychological variable self-esteem among athletes (players) of two different sports group team sports and individual sports. For this study 25 - 25 each male player aged between 18 to 25 years of team sports and individual sports of state level sportsperson of Lucknow, U.P., were selected on the basis of questionnaire. Self-Esteem is the most important element distinguishing the two groups. The purposive sampling technique was used to obtain the objectives of the study. The mean, standard deviation and t-test were employed to examine self-esteem. The Self-Esteem level between the individual and team sport male players was significantly different. Individual players presented a higher level of Self-Esteem.



KEYWORDS : *Self-Esteem, Team sports, individual sports, Athletes*

INTRODUCTION :

Sport psychology is very important element in sports which deals with athletes, coaches and referees at every level. Sports psychologists investigate how participating in sports can improve optimal performance, health and well-being. There are many psychologists and sports experts dealing with different research areas. Sports psychologist work with athletes on motivation, stress management, visualization, effective teamwork, mental imagery, attention control, goal-setting, and work on interpersonal skills and other psychological factors in athletic performance. Their aim is to look at the factors of success and failure in sports. The progressive and competitive nature of sport self-esteem, play a dynamic role in the achievement of an athlete and sustain their psychological well-being. Constructive connection between self-esteem and sports participation is expected due to the positive health and social existence involved in sport like the increase in body image and physical competence. The most imperative zeal of sports should lie 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 for improving skills and performance in sports.

SPORTS

The word Sports occasionally denotes either to a pleasant part time or somewhat risky and unsafe recreation. Sport is generally recognized as system of activities based on physical ability and skills. Today sports are international event as it is considered as a means of international understanding and universal

brotherhood. Sport relates to any form of competitive physical activity or games, that aims to use, maintain or improve physical ability and skills. Sports also provide enjoyment to participants and entertainment to spectators. Sport is usually governed by a set of rules and regulations or customs, which serve to ensure fair competition. It builds character, teaches and develops positive attitude towards life and its struggles, strategic thinking, analytical thinking, leadership skills, shaping personality, physical and mental fitness, goal setting, self- confidence, self-esteem and risk taking etc. Human being is considered as an intellectual animal that wants to participate in physical activities to attain personal growth and development and to maintain good health.

Sports are psycho-social activity. Sports have a very important role in modern society. It is important to an individual, a family, a group, a society, a nation and the world. Sports provide an opportunity to students to improve their physical and mental health and stay in shape. Sports also improve agility, endurance, flexibility, strength, hand-eye coordination, cooperation and motor skills. The word sports is very popular and have charm among people of all ages (males and females) and the attraction of sports comes from the wide variety of experience and feelings.

INDIVIDUAL SPORTS

An Individual sport is a sports activity in which only one person plays or competes against opponents. The sports in this category usually played alone without teammates. Individual sports give competitors' plenty of options to maximize their skills. The Olympics offer an opportunity in many ways an individual can compete at the highest levels in individual sports. In Individual sports athletes can also aim for personal goals without worrying about hurting the team. In individual sports athletes are often said to be competing against themselves. They do have competitors to beat, but they also attempt to improve on their previous best performances as well. Some examples of individual sports are badminton, golf, swimming, tennis, freestyle soccer, weightlifting, athletics, boxing, swimming, gymnastics, skiing, bowling, wrestling, power lifting, skating, mixed martial arts, cycling, archery etc.

TEAM SPORTS

A team sport is any sport in which two or more players playing or competing together to achieve a common goal. Team member's act together to accomplish specific objective. Team members set goals, take decisions, communicate each other, manage conflicts and solve problems in order to accomplish their objectives. A team sport is an activity in which individuals are grouped into a team's which compete to win. The number of players in the group depends on type of the sports required. The biggest advantage of team sports involves learning to work with others to achieve a common goal. They celebrate wins together and share the burden of a loss. Team sports also teach students to value each teammate's ability and understand how each person contributes to the overall goal. This helps students develop into more supportive, understanding, patient and kind people. Some examples are track and field (Relay) basketball, softball, volleyball, soccer, ice hockey, water polo, handball, baseball, football, rugby, cricket, hockey etc.

SELF- ESTEEM

Self-Esteem refers to a person's overall sense of his or her value or worth. Self-Esteem appears when a person begins to appreciate and give respect for his/her own value and qualities. It is a evaluation of oneself as well as an attitude toward the self. Self-esteem is the positive or negative evaluations of the self. Rosenberg, (1965) and Coopersmith (1967) define self-esteem as a set of qualities which an individual observes within himself/herself. Self-esteem is often understood as a personality trait because it tends to be durable and stable. People with **self-esteem**: feel liked and accepted; are proud of what they do; believe in them. There are four major components of self-esteem you might feel in yourself i.e. self-confidence, identity, feeling of belonging, and feeling of competence. Self-esteem is neither inbuilt, nor genetic, but it is established, and it can be change throughout the lifespan under the influence of changing circumstances.

STATEMENT OF THE PROBLEM

The purpose of this study is to compare Self-Esteem between Team Sports and Individual Sports.

DELIMITATIONS

The study was delimited to the following:

1. The study was delimited to senior level male players of Lucknow, Uttar Pradesh.
2. The study was also delimited to 25- 25 male players participated in District, University and State level competitions only.
3. Further the study was delimited to the age group 18 to 25 years.
4. The study as delimited to selected variable such as Self-Esteem.

SIGNIFICANCE OF THE STUDY

1. The outcome of the study would be a great help to identify the difference of self-esteem level between players playing individual sports and team sports.
2. The outcome of the study would help to identify the personality trait of the players, to some extent, which help them to improve performance.

METHODOLOGY

The present study was conducted on 25 male players of Team sports and 25 male players of Individual sports of Lucknow, Uttar Pradesh and age group ranging from 18-25 years participating in above district level. The Self- Esteem Questionnaire was used for collecting relevant data related to self-esteem.. The most widely used instruments; the RSES (Rosenberg, 1965) is a 10-item self-esteem scale scores was used to obtain players response in the form of statement about themselves. Each test item has three choices Never, Sometime and Always. Give 0 point to "Never", 1 point to "Sometime" and 2 point to "Always". Add scores for all items in the questionnaire. 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.

RESULTS

The statistical analysis of the data collected on 25-25 male players of team sports and individual sports of Lucknow, Uttar Pradesh and "t-test" was used to find the significant comparison of Self-Esteem level between Team Sports and Individual Sports. The level of significance was set at 0.05.

Table 1: Comparison of Self-Esteem level between Team sports and Individual sports

Groups	Mean	Standard Deviation	t-test
Players of Team Sports	28.04	2.645	1.95
Players of Individual Sports	30.16	3.03	

* Significant level 0.05%

There was significant difference in the level of Self -Esteem of male sports persons participated in Team sports and Individual sports as indicated in Table 1. The Mean score obtained was 28.04 and SD was 2.645 for team sports and mean score was 30.16 and SD was 3.03 for individual sports. The t-value was 1.95, which was not significant at 0.05 level. From the mean it was clear that there was a significant difference in their self-esteem levels. This may be due to the better self-esteem of the male players and also may be because of the homogeneity of the age group.

DISCUSSIONS AND FINDINGS

There is no significant difference in the level of Self-Esteem between Individual and Team sports players as indicated in Table 1. The Mean score obtained is 30.16, for Individual sports and for Team sports

Mean score is 28.04. The t value obtained is 1.95, which is not significant at 0.05 levels. From the Mean value it is clear that Individual Sports players have slightly higher level of self-esteem than that of the Team sports players although there is no significant difference. There was no significance may be due to the sporting culture in Lucknow where every sport is given equal importance. All sports hostels in Lucknow has all kinds of sports facilities for persons residing in hostles together and closely interacting with each other. Due to the Independent nature of Games and Sports mean for Individual sports is slightly higher than Team sports. Uçan, Y., & Çağlayan, N. (2012) [2], conducted a study on "Comparison of Self-Esteem Scores of Individual and Team Sport Athletes and Non-Athletes" have given similar conclusion that showed that there was no significant difference between self-esteem scores of athletes and non-athletes.

CONCLUSIONS

It was concluded in this study that player of individual sports has higher self-esteem than players of team sports. There was a significant difference in self-esteem levels between individual player and team players. It was noted that players of both categories, reflects the growing satisfaction of in achieving short-term goals. Individual athletes presented higher levels of self-esteem. This confirms the primary hypothesis of our research. Self-esteem is a personality trait that can be further analyzed, improved, maintained and motivated for optimum performance in sports

RECOMMENDATIONS

1. Similar Study may be undertaken to find out the comparison of selected Psychological variable among youngsters or teenagers.
2. Similar Study may be undertaken to find out the comparison of selected Psychological variable between female athletes and non female athletes.
3. Similar Study may be undertaken to see the comparison of selected Psychological variable among international sports women, university sports women, school and college level students and different age groups.

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