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A COMPARATIVE STUDY OF SELF-ESTEEM AND ANXIETY AMONG SPORTSMEN WITH RESPECT TO GENDER

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ABSTRACT: -

In the present study, an attempt has been made to compare the self-esteem and Anxiety level among sportsmen in relation to their gender. The study was carried out on 100 sportsmen college students (50 male and 50 female). The data was collected by different coaching camps of ahmednagar city. The age of the selected subjects ranged from 18 to 25 years. Only those players were selected who had attend the inter college competition at university Level. The data was collected through 2. Self-esteem inventory by Prasad and Gupta (1977), & Competitive state anxiety inventory by Martens, et al., (1990). The data was analyzed by t-test. The significant differences were found among sportsmen with respect to self-esteem and anxiety.

KEYWORDS: self-esteem, anxiety, sportsmen.

INTRODUCTION

PRESENT STUDY

The present study was carried out on sportsmen with the aim of studying the differences in self-esteem and anxiety. Psychological makeup of the sportsman takes a leading role on top level performance in any competition. Psychological factors determine the competitive behavior, mental processes and preparation before competition. Sports psychology deals with increasing performance by managing emotions and minimizing the psychological factors that deteriorate performance. Some of the most important psychological skills that are taught to athletes are goal setting, relaxation, visualization, self-talk, awareness and control, concentration using rituals, and attribution. It has been recognized for many years that psychological factors, in particular anxiety, play

a crucial role in competition. Anxiety is a psychological state having somatic, emotional, cognitive and behavioral components. The basic meaning of the anxiety is "to trouble" in either the absence or presence of psychological stress. It can create feelings of fear, worry and uneasiness. It is also defined as a disturbed state of the body, emotional reactivity, nervousness, unpleasant state of the body and mind. Physical effects of anxiety may include heart palpitation, muscle weakness, tension, fatigue, chest pain, shortness of breath, stomach-aches and headaches. The body prepares to deal with threat by increasing blood pressure and heart rate, sweating, blood flow to the major muscle groups. Visual manifestations of anxiety may include pale skin, sweating and trembling. Anxiety is divided into two



types, 'Trait' and 'State' anxiety. Trait anxiety is personality trait. It is influenced by heredity and nothing much can be done to change the trait anxiety. State anxiety on the other hand can be controlled and altered. It changes according to the situation. State anxiety is further subdivided into two sub components such as, 'Cognitive and Somatic Anxiety'. Cognitive anxiety is characterized by negative thoughts, inability to concentrate and disturbed attention. Somatic anxiety is one's perception of psychological arousal such as rapid heart rate, tensed muscles and butterflies in stomach. Somatic anxiety differs from psychological arousal in that arousal is measured through actual physiological indices (such as increased blood pressure, increased pulse rate, etc.), while somatic anxiety reflects one's perception of their psychological arousal. It is important to distinguish cognitive anxiety from somatic anxiety. Anxiety has been proposed to differentially relate to athletic performance and has different antecedents. Cognitive anxiety is expected to negatively affect athletic performance while somatic anxiety will have a curvilinear relationship with performance. Many factors such as expectations, perfectionism, fear of failure, lack of confidence, induce feelings of anxiety in athletes. The level of one's participation, one's preparedness or one's experience and one's perception of the competency (abilities & skill levels) of the opponents determines one's state anxiety levels.

A number of studies revealed that Self-esteem and anxiety plays vital role in predicting the sports performance of the sportsmen. Self-esteem is generally conceptualized as an assessment of one's own worth. According to Shaalvik (1990), self-esteem was defined as the individual's general feeling of doing well in school and his or her satisfaction with his or her achievement. Self-esteem can be defined as "an individual's attitude about him or herself, involving self-evaluation along a positive-negative dimension (Baron & Byrne, 1991). Most generally self-esteem refers to an individual overall positive evaluation to the self (Gecas, 1982; Rosenberg, 1990, Rosenberg et al., 1995). It is composed of two distinct dimensions, competence and worth. The competence dimension (efficacy based self-esteem) refers to the degree to which people see themselves as capable and efficacious. Self-competence as defined by Tafarodi and Swan (1995) "as generalized sense of one's own efficacy or power". The worth dimensions (worth based self-esteem) refers to the degree to which individuals feel they are persons to value. Self-worth is essentially accepting oneself unconditionally and having the feeling that one is worthy of living and attaining happiness. As stated by Nathaniel Branden (1992), if either self-competence or self-worth is absent, self-esteem is impaired. In the words of Nathaniel Branden, (1992) self-esteem is "the disposition to experience oneself as competent to cope with the basic challenges of life and as worthy of happiness. Similarly, McDevitt and Ormrod (2004) refer self-esteem to "feelings people have about their capability and worth". Reasoner (2005), defines self-esteem as "the experience of being capable of meeting life challenges and being worthy of happiness". In general, a stressful situation that involves self-esteem, especially when it results in failure risks to, decreases or destabilize. This will result, with the repetition of situations, is the reduction of the well-being and mental health.

PROBLEM

To study the differences in self-esteem and anxiety among sportsmen with respect to gender.

OBJECTIVES:

1. To study self-esteem and anxiety among sportsmen.
2. To study gender differences in self-esteem and anxiety among sportsmen.

Method

• Sample

Sample consists of a subset population selected to participate in a research study. In this study total sample consists of 100 sportsmen from Ahmednagar city. The sample was categorized into two groups on the basis of gender. Male and Female sportsmen college students. In each group 50 samples were taken. Age group of sample was 18 to 25 years. Only those players were selected for the study who had attend the inter college competition at university Level. Samples were selected using purposive sampling technique.

• Hypotheses

There would be significant difference among sportsmen with respect to self-esteem.

There would be significant difference among sportsmen with respect to anxiety.

• Tools

1. Competitive state anxiety inventory by Martens, et al., (1990)

Competitive state anxiety inventory by Martens, et al., and (1990) measures multidimensional state anxiety in competitive situation through 27 items divided into three subscales: The cognitive anxiety: it is operationalized as concerns about the negative performance, inability to concentrate and perturbed attention. The somatic anxiety: it is operationalized as perceptions of bodily symptoms from self-excitation process. Self-confidence: identified by Martens et al. as a third independent factor for cognitive and somatic anxiety. The response format is type Likert scale ranging 4 levels from (1) "Not at all" to (4) "many. The reliability of the test was found 0.80.

2. Self-esteem inventory by Prasad and Gupta(1977)

Self-esteem inventory by Prasad and Thakur (1977) consist of 30 items. The response format is Likert scale ranging from 7 to 1 response categories. The respondents have to respond on 7 point Likert scale ranging from strongly agree to strongly Disagree. Split half reliability coefficients were calculated for the inventory which came out to be .82. Test retest reliability coefficient, found .79.which is satisfactory.

• Procedure

Participants volunteered to participate in this study. They were asked to fill in all anonymity, the anxiety and self-esteem inventories. The filling of questionnaires was made the day before the competition, and questionnaires were collected immediately. Investigator asked the respondents to be alone and away from all the other players so that there is no communication during the period of testing process. All the participants were told that their responses were kept confidential and they were appealed to report their responses truthfully and honestly. They were asked to follow the instructions given on the questionnaires.as this way data was collected.

• Analysis of data and interpretation of results

Comparison of Self-esteem and Anxiety among male and female sportsmen.

Variable	Group	N	Mean	SD	t
Self Esteem	Male	50	95.62	10.16	4.77**
	Female	50	84.24	13.42	
Cognitive Anxiety	Male	50	25.12	4.95	7.18**
	Female	50	31.4	3.69	
Somatic Anxiety	Male	50	22.54	4.68	8.68**
	Female	50	29.6	3.33	
Self Confidence Anxiety	Male	50	20.04	4.49	4.02**
	Female	50	16.98	2.93	

* t value is significant at 0.05 level.

** t value is significant at 0.01 level.

The above table shows the descriptive statistics for self-esteem and anxiety among sportsmen. The gender differences in self-esteem and anxiety among sportsmen was studied .The mean differences in self-esteem and anxiety among sportsmen was analyzed by using t test.

• Discussion

- The stated hypothesis there would be significant difference among sportsmen with respect to self-esteem.

The table shows the mean score of self-esteem for male is 95.62 and for female 84.24. SD 10.16 and 13.42. The difference between male and female sportsmen with respect to self-esteem was analyzed with the help of t test. The obtained t value for self-esteem is 4.77 was significant at 0.01 level.

- The stated hypothesis there would be significant difference among sportsmen with respect to anxiety. The table shows the mean score of cognitive anxiety for male is 25.12 and for female 31.4 SD 3.69 and 4.68. The difference between male and female sportsmen with respect to cognitive anxiety was analyzed with the help of t test. The obtained t value for cognitive anxiety dimension is 7.18 was significant at 0.01 level. The stated hypothesis there would be significant difference among sportsmen with respect to somatic anxiety dimension was tested. The table shows the mean score of somatic anxiety for male is 22.54 and for female 29.6. SD 4.68 and 3.33. The difference between male and female sportsmen with respect to somatic anxiety was analyzed with the help of t test. The obtained t value for self-esteem is 8.68 was significant at 0.01 level. The stated hypothesis there would be significant difference among sportsmen with respect to self-confidence anxiety was tested. The table shows the mean score of self - confidence anxiety for male is 20.04 and for female 16.98. SD 4.49 and 2.93. The difference between male and female sportsmen with respect to somatic anxiety was analyzed with the help of t test. The obtained t value for self-confidence dimension is 4.02 was significant at 0.01 level.

• CONCLUSION

The stated hypothesis there will be significant difference among sportsmen with respect self-esteem is accepted. The stated hypothesis there will be significant difference among sportsmen with respect to cognitive anxiety, somatic anxiety, and self-confidence anxiety is accepted.

Thus gender differences were observed in sportsmen with respect to self-esteem and anxiety.

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