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THE RELATIONSHIP BETWEEN SELF-ESTEEM AND THE PLAYING ABILITY OF BADMINTON PLAYERS

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ABSTRACT:-

This research aimed to determine the correlation between players' self-esteem and their Badminton proficiency. The researchers employed a purposive-random sampling technique to identify 50 male Badminton players who have competed at the national level. The selected participants were aged between 15 and 18 years. Three seasoned Badminton officials assessed the players' self-esteem utilizing the Self-esteem Inventory questionnaire, and their performance was evaluated on a 5-point scale. The Pearson product-moment correlation was employed to investigate the significant association between the dependent and independent variables. The significance level of 0.05 was selected.



KEY WORDS: Self-esteem

INTRODUCTION

Contemporary sport is a focal point of intensified attention and a source of national pride, hence elevating the expectations for the competitiveness of each athlete. The resurgence of specific sports prompts sports psychologists to focus on the psychological support of young players. Team games encompass numerous motor skills, the efficacy of which relies on reaction speed to diverse stimuli. The temporal and contextual factors of motor activity in sports significantly affect the body's responses from both motor and cognitive perspectives. The expression of athletes from a technical and tactical perspective is influenced by their ability to focus, anticipate, and make decisions, which significantly affects the execution of sport-specific technical skills and thus enhances athletic performance. Self-esteem is a psychology concept referring to an individual's capacity to recognize their own worth. Self-esteem is described as the perception of one's self-importance or the degree to which an individual regards or respects themselves. Healthy self-esteem fosters psychological stability, support, self-confidence, and a good attitude towards all aspects of life. Self-esteem can be broadly defined as the overall assessment of oneself, which may be either positive or negative. It reflects the degree to which an individual perceives their own competence. Robust self-esteem is essential for achieving success and experiencing joy throughout life. Consequently, self-esteem is the perception of value as an item that is

valuable or worthless, positive or negative, and superior or inferior. Self-esteem assessments are established through two procedures.

METHODOLOGY

Purposive sampling was employed to choose 50 male Badminton players from the Lucknow district as study participants. The participants were aged 15 to 18 years, and their level of engagement was assessed at the national level. Before the test, all participants convened to meticulously review the requirements of the testing procedure, ensuring clarity regarding the additional effort and diligence needed alongside their regular daily routines. The participants were enthusiastic and compliant during the investigation, even though no additional strategies were employed to motivate them to exert maximum effort. The dependent variable was Badminton playing competency, while the independent variable was self-esteem, as determined by expert guidance and a literature review. The participants' self-esteem was assessed using the Prasad and Thakur (1988) Self-esteem evaluation questionnaire, while their performance was rated on a 5-point scale according to the subjective evaluations of three qualified Badminton players. Descriptive statistics were employed to assess Badminton players' self-esteem in connection with their playing abilities. The Pearson product-moment correlation was employed to assess the relationship between Badminton players' self-esteem and their performance abilities. The statistical significance criterion for all investigations was established at 0.05.

RESULT AND DISCUSSION

Table 1
Relationship among self-esteem & playing ability of Badminton players

Variables		Mean	SD	correlation co-efficient (r)
Playing Ability		3.51	.74	.153
Self-Esteem	Personality-Perceived Self	67.28	12.45	
	Socially-Perceived Self	91.64	45.72	-.032

*Tab. r 0.05 (48) = 0.27

Table 1 shows that the Mean and Standard deviation for playing ability Personality-Perceived Self and Socially-Perceived Self of Self-Esteem respectively. Further revealed that the correlation coefficients between Badminton players' playing skill and self-esteem (personality-perceived self & socially-perceived self) were .153 and -.032, respectively. It shows that there was no significant association between Badminton players' playing skill and self-esteem (personality-perceived self & socially-perceived self).

Successful and failed athletes had markedly disparate levels of self-esteem, with successful athletes demonstrating considerably greater levels than their unsuccessful counterparts, hence corroborating the findings of the current study. The scholar's results vary from other research due to alterations in the sample's environment, psychological maturity, training and competitive experience, achievements, and competitiveness level. According to these findings, psychological factors should be incorporated into talent assessment systems equally with other elements. Moreover, achievement motivation and self-esteem are critical determinants of sustained athletic accomplishment and success. The selected age group faced significant challenges in attaining the essential factors for high performance in games and sports, including playing experience, game sense, psychological attributes, game knowledge, and situational awareness, which are crucial for excelling in training and competition.

CONCLUSION

It was concluded that Badminton players possess a moderate level of self-esteem and that there exists no significant correlation between self-esteem and playing ability, following a thorough analysis of statistical data and a comprehensive review of pertinent literature on the association between self-esteem and Badminton performance.

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