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## Comparative study of self-esteem amongst individual and team sports male players, Thiruvananthapuram, Kerala

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### Abstract

The purpose of this study was to evaluate and compare the self-esteem between individual and team sports male players, Thiruvananthapuram, Kerala. The research method used on survey and based on questionnaire. 100/100 each male player individual and team sports were selected for the study of the age group arranging from 18-25 years. The Descriptive statistics (mean and standard deviation) and 't-test' were employed. The self-esteem between the individual and team sport male players was not significantly different.

**Keywords:** Self-esteem, individual, team

### Introduction

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 or motivation.

### Hypothesis

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

### Delimitations

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

1. The study is delimited to senior male level players, Thiruvananthapuram, 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.

### Limitations

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

### 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.

### Material and Method

The research method used on survey and based on questionnaire 5-point scale of State Self-Esteem scale. 100/100 each male player Individual and Team sports, Thiruvananthapuram, 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.

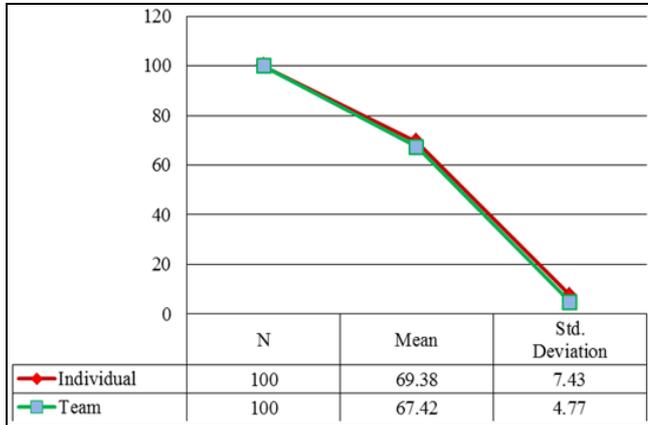
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**Results**

Figure 1 and Table 1 showed the Self-Esteem level of Individual and Team sports male players. From the figure 1 highlighted, the mean and SD were 69.38 and 7.428 for Individual sports male players and for Team Sports, mean and SD were found to be 67.42 and 4.772 respectively. The calculated t-value was found to be 1.570 (table 1) which is less than the table (0.05%) value 1.984. This result revealed that there was no significant different between the self-esteem level of male players in individual and team sports.



**Fig 1:** Comparison of mean and SD of the Self-Esteem level of Individual and Team sports, Male players, Thiruvananthapuram, Kerala.

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

Sport	N	Mean	Std. Deviation	Std. Error	t-test
Individual	50	69.38	7.43	1.05052	1.57
Team	50	67.42	4.77	0.67497	

\* Significant level 0.05%

**Recommendations**

The recommendation has been drawn that the study can be conducted on their different sex and age separately in other district of Kerala.

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