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## A comparative study of self-concept between archers and shooters

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### Abstract

The purpose of the study was to compare the college level and university level archers and shooters with regard to psychological variable self-concept. For this purpose, forty (N=40) Male inter-college level archers and shooters players were selected. They were further divided into two groups N = 20 each (i.e., N<sub>1</sub>=20; inter-college, N<sub>2</sub>=20). The purposive sampling technique was used to attain the objectives of the study. All the subjects, after having been informed about the objective and protocol of the study, gave their consent and volunteered to participate in this study. Students' t-test for independent date was used to determine the significant differences between inter-college male archers and shooters, unpaired t-test was employed for date analyses. To test the hypothesis, the level of significance was set 0.05.

**Keywords:** archer, shooters

### Introduction

Psychology is the science of mind and behavior. Its immediate goal is to understand behavior and mental processes by researching and establishing both general principles and specific cases. For many practitioners, one goal of applied psychology is to benefit society. In this field, a professional practitioner or researcher is called a psychologist, and can be classified as a social scientist, behavioral scientist, or cognitive scientist. Psychologists attempt to understand the role of mental functions in individual and social behavior, while also exploring the physiological and neurobiological processes that underlie certain functions and behaviors. Sports Psychology is the study of the psychological factors that affect participation and performance in sports. It is also a specialization within the brain psychology and kinesiology that seeks to understand psychological/mental factors that affect performance in sports, physical activity, and exercise and apply these to enhance individual and team performance. Self-concept has been defined by several authors. William James (1890) holds it to be all that a person is tempted to call by the name *me* or mine. Murphy (1947) defines it as the individual as known to the individual. According to Symonds (1951), it is the way or manner in which the individual reacts to himself. He spells out four aspects of self: (i). how a person perceives himself; (ii). what he thinks of himself; (iii). how he values himself; and (iv). how he attempts through various actions to enhance or defend himself. 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 behavior patterns. According to Combs and Snygg (1949) and Rogers (1951), people behave in a manner which is consistent with the way they view themselves. Festinger (1962) says the ways we react to people, tasks, etc. are those which seem to us most consistent with our self-image. There are so many socio-psychological factors like attitude. Personality characteristics, audience or spectators group, cohesiveness, self-concept, intelligence, creativity socio-economics background achievement, motivation, adjustment etc. which influence the participation and performance of sportsman in competitive sports. However, the investigator has selected only three psychological variables i.e. self-concept, motives and interest for the present study.

### Selection of variable

A feasibility analysis as to which of the variables could be taken up for the investigation,

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keeping in view the availability of tools, adequacy to the subjects and the legitimate time that could be devoted for tests and to keep the entire study unitary and integrated was made in consultation with experts. With the above criteria's in mind, the psychological variable namely self-concept and adjustment were taken up for the present study.

**Self-concept**

**Tool used**

The following tests were administered to measure the selected variables.

**Self-Concept Inventory**

**Purpose:** Designed to study self concept

**Author:** Dr. J.K. Virk and Dr. B.R. Chauhan

**Publisher:** Azad Publications opp. IIIrd Gate of K.U, Kurukshetra.

**Description**

For the construction of this inventory a set of 90 questions was selected. After analysis the inventory consist a set 24 questions, which includes emotional, constructive and aspect of an individual. In these 24 questions first 12 questions have measured the positive and 12 questions the negative aspect. Each question has 5 options. First options have lowest value increasing order the last option have highest value of rating scale i.e. 1, 2, 3, 4 and 5. This inventory was not developed for the "internal consistency" but for the "Inter-Sample consistency analysis."

**Scoring**

In this inventory each question has option.

- First option has – 1 point
- Second option has – 2 point
- Third option has – 3 point
- Fourth option has – 4 point

- Fifth option has – 5 point

The sum of the entire 24 question was the final score of an individual.

**Reliability**

- Split half reliability = 0.79
- Test retest reliability = 0.76

**Validity**

With Mohsin self- concept Inventory  $r = 0.68$

**Norms and Standard**

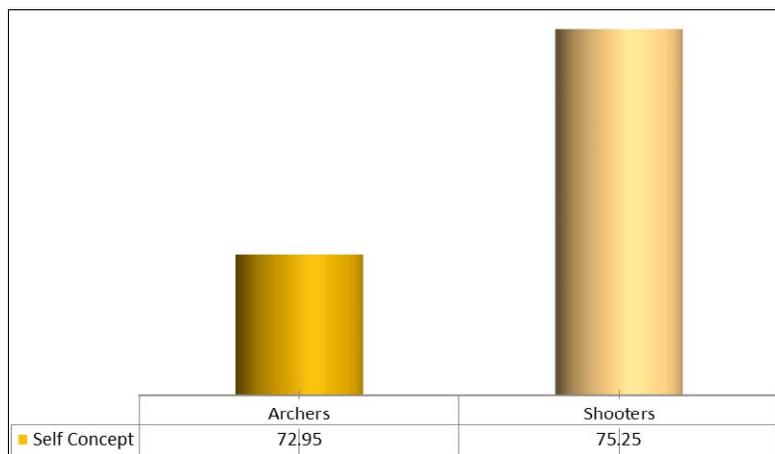
- 96 -120 – High Self concept
- 49 -95- Medium Self Concept
- 48 – Below – Low self-Concept

**Research findings**

**Table 1:** Significant differences in the Mean scores of inter-college archers and shooters on the variable self-concept.

	archers=20		shooters =20			
Variable	Mean	SD	Mean	SD	t-value	Sig.
Self-concept	72.95	14.24	75.25	14.81	0.50	0.61

A glance at table shows the results of inter-college archers and shooters players with regard to the variable adjustment. The descriptive statistics shows the Mean and SD values of archers on the variable self-concept as 72.95 and 14.24 respectively. However, shooters had Mean and SD values as 75.25 and 14.81 respectively. The 't'-value 0.50 as shown in the table above was found statistically significant ( $P < 0.05$ ). It has been observed from the above results that inter-college shooters have demonstrated significantly better on self-concept than the inter-college archers.



**Fig 1:** The comparison of mean scores of both the groups has been presented graphically.

**Conclusion of findings**

The Mean and SD values of archers on the variable self-concept as 72.95 and 14.24 respectively. However, shooters had Mean and SD values as 75.25 and 14.81 respectively. The 't'-value 0.50 as shown in the table above was found statistically significant ( $P < 0.05$ ). It has been observed from the above results that inter-college shooters have demonstrated significantly better on self-concept than the inter-college archers. The comparison of mean scores of both the groups has been presented graphically in figure.

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