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## Comparative study on self –esteem among female handball players and female volleyball players

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### Abstract

The main purpose of the study was to compare the Self-Esteem in two aspects one is Personal Perceived Self and other is Social Perceived Self among Female Handball Players and Female Volleyball Players. A total of 50 subjects in which 25 Female Handball Players & 25 Female Volleyball Players and all the samples were selected from Sports Authority of India Centre Mastuana sahib, Sangrur, Punjab. The selected samples participated at least National level. The age of the subject ranged between 18-25 years & the entire samples selected from random basis. To assess the Self-Esteem level of selected subjects, Self-Esteem Inventory developed by M.S. Prasad & G.P. Thakur. This inventory is highly reliable and valid to assess the Self-Esteem level of selected subjects. To compare the Self-Esteem level of selected subjects, 't' test was used and the level of significance was chosen 0.05 levels. Results of the study found that Female Volleyball Players have shown better Self-Esteem level as compared to Female Handball players.

**Keywords:** Self-esteem, female handball players & female volleyball players etc.

### Introduction

Self- Esteem is one's ability to think, ability to cope with basic challenges of life. Self- Esteem is regarding a person's own self which consist of any evaluation. Self –Esteem refers one's overall evaluation of his/ her own worth. It is judgement of a person towards himself/ herself. Smith and Mackie in 2007 define as "The Self –Esteem is what we think about ourselves". Self concept reflects the degree of regard or respect that individuals have for themselves to measure of worth. It is understanding of a person's judgement of his/ her creativeness. Self-Esteem is what are you know about yourself? Do I know, I am a good or bad person? Do I like myself? Do I think, I am comfortable in any situatioan? Do I deserve success? On the other hand, Self –Esteem inventory also describe about the opinion of people about yourself. Sportsperson must be empowered to practice their right to expression in accordance with their capacity, gain knowledge, ability to think, ability to reason, ability to think about certain things, decision making ability, communication with others. Self- esteem is also depends upon, life challenges. This is major quality of a person which is helpfull to push a person in challenging time, so we can say that Self-Esteem is endurance of life challenges. Self –Esteem is all about the mentality of an individual. If a person have positive Self-Esteem, it may helps to protect him/her from mental problems and social problems. Self-esteem is not only about opinion of yours about yourself, besides that Self-Esteem considered the thinking of other people toward yourself such as: your motivational level, your behaviour, your confidence level, your status, your achievement. What people think about yourself and what you think about yourself, these things considered in Self-Esteem inventory part 1. Self-esteem is positive and negative attitude of a person regarding self respect. Many experts tried to define at debate, the definition of Self-Esteem. Various experts provided definition, objective, evaluation of Self-Esteem but there is no idea regard history of self-Esteem how it originated, what is the relationship with social adjustment, Social behaviour and its importance but these commonly accepted by our society. Many experts give the definition of Self-Esteem "the awareness of the absolute value of own's personality or dignity". Moreover, James in 1980 said that "the satisfaction or dissatisfaction with oneself. In general way, people think about failure and victory. In psychology Self-Esteem believed as "feeling of self appreciation".

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Expert helps to introduce of methods for evaluating Self-Esteem to measure the Self-worth, one common research method have been used called questionnaires but these questionnaires type depends the age of group of subjects. Self-Esteem also measure with projection methods for example Thematic Apperception Test. On the other hand, Rosenberg developed a questionnaire on Self-Esteem called Rosenberg Self-Esteem Scale. He was first person who focused on Self-Esteem and develop questionnaire. As we say, Self-Esteem is based on person’s feeling of adequacy such as: Psychological problems like Anxiety, Stress, lack of self confidence, feeling of fear, and feeling of insecurity. These all problems are measurable with the help of Self-Esteem inventory; According to Ravens and bullinges”

The subjective perception of physical, mental, social, psychological and functional aspects of well being health”. They developed Self-Esteem inventory for children which was covering 6 areas. Negative and positive Self-Esteem is not an issue, it occurs due to many problems and supports. If a person have healthy Self-Esteem, it leads psychological stability, support, self confidence, positive attitude towards each and every activity of life. Decline in Self-Esteem having many reasons like maladjustment, bad relation with parents, bad relations with society, lack of motivation level, psychosomatic disorders, family problems. In the last but not least, Self-Esteem is an emotion for people to adapt to society and live happily. Psychology is the study of behaviour and mind. Psychology explore concept such as perception, cognitive, attention, emotion, intelligence, motivation, brain functioning, personality, behaviour. In sports psychological stability is most important that allows you to be yours best and keeps you in the zone when you are performing extremely well. Practice and imagination is also important concepts. Great players needs to have a great imagination and needs to be able to look deep inside themselves to know how they might react in every situation. If something doesn’t feel comfortable or there is nervousness, that means that the athletes needs to work on preparing for it in training so that if situation happens in competition.

**Methodology**

Following methodological steps have been taken to verify the hypothesis established by the investigator:

**Selection of Subjects**

The subjects for the study were 50 young women in which 25 Handball Players & 25 Volleyball Players belonging to the SAI Centre Mastuana Sahib, Sangrur, Punjab. Their age ranged between 18-25 years. All the subjects were participated at least National level.

**Selection of Variables**

The variables selected for this study were as follows: Self Esteem-(i) Personal Perceived Self (ii) Social Perceived Self.

**Selection of Tool**

For this study, tool used to measure the Self Esteem, the following test was selected & scores were considered as criterion measure for the study was M.S. Prasad & G.P. Thakur and test was administered to the study.

**Statistical Technique**

The data was collected by the researcher himself/herself during spare time of the subjects with proper orientation. Independent sample ‘t’ test was calculated along with mean

and standard deviation.

**Results**

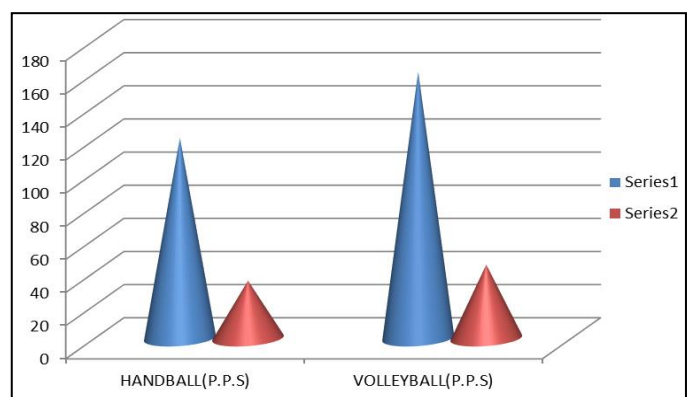
The raw data on Self Esteem scale was subjects to appropriate statistical analysis and the results of women section are presented in table no.1:

**Table 1:** Mean Difference of Personal Perceived Score of Female Handball and Female Volleyball Players

Group	N	Mean	S.D.	M.D.	‘t’
Handball Players(Female)	25	148	15.73	7	1.72
Volleyball Players (Female)	25	141	12.12		

‘t’ at 0.05=2.02

From table no.1, result found that the Female Handball Players have shown more Self -Esteem (M=148.2, S.D= 15.73) as compare to Female Handball Players (M= 141, S.D. =12.12). The calculated ‘t’ value is 1.72, which is less than the tabulated value, so that there is no significant difference has been found at 0.05 level.



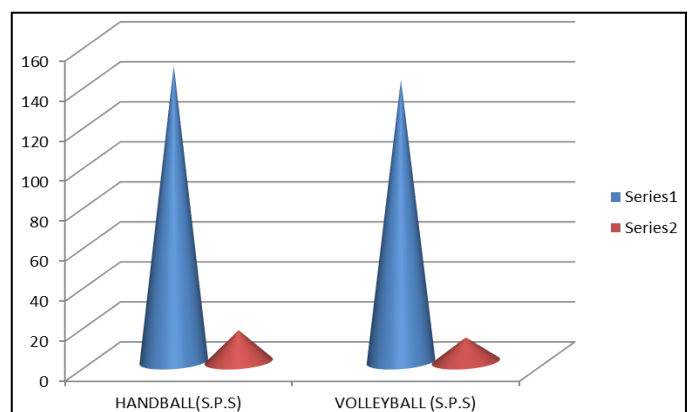
**Fig 1**

**Table 2:** Mean Difference of Social Perceived Score of Female Handball and Female Volleyball Players

Group	N	Mean	S.D.	M.D.	‘t’
Handball Players (Female)	25	121	34.80	40	3.89
Volleyball Players (Female)	25	161	44.47		

‘t’ at 0.05=2.02

From table no.2, result found that the female handball players have shown low self -esteem level (M=121 S.D= 34.80) as compare to female volleyball players (M= 161, S.D. =44.47). The calculated ‘t’ value is 3.89, which is greater than the tabulated value, so that there is highly significant difference has been found at 0.05 level.



**Fig 2**

### Conclusion

It was concluded from the findings of the study that Female Volleyball Players have shown better Self-Esteem level as compared to Female Handball players and in other words we can say that it is highly significant difference has been found among both groups.

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