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## A study of self-concept of handballers in relation to their performance

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### Abstract

The purpose of the study was to determine the Study of Self-Concept of Handballers in Relation to their Performance and top four positions holder Inter Collegiate Male Handball teams from University of Delhi were taken as subjects. 60 male Inter-collegiate Handball players were taken as subjects from various college of University of Delhi and the age of the subjects ranged between 17 to 25 years. Self-concept questionnaires (SCQ) by Dr. Raj Kumar Saraswat were used as criterion measure for Self-concept such as Physical, Social, Temperament, Educational, Moral, and Intellectual. Mean, Standard Deviation and One-Way Analysis of Variance (ANOVA) was employed as Statistical tools. The result of the study showed significant difference only in Temperament and Intellectual and all the teams were equal in the Self-concept components of Physical, Social, Educational and Moral.

**Keywords:** Self-concept, handballers

### Introduction

It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors. In addition to instruction and training of psychological skills for performance improvement, applied sport psychology may include work with athletes, coaches, and parents regarding injury, rehabilitation, communication, team building, and career transitions.

Sports involve extremely complex behavior issues. As a consequence of intense competition at sportsman's behavior may undergo important changes. Physical education scientists and coaches have not be expert only in the matter of skill training but also be engineers who understand mechanism of human behavior the playfield, under extremely diverse situation.

In the field of Competitive sport training of athletes incomplete without Psychological training of the competition. Psychological Readiness plays a decisive role as to determine whether or not an athlete in competition and in training responds to their optimum potentials.

It is now being claimed that "regardless of how much ability, skill or fitness a person possesses for a particular task or sport, the success or quality of his performance will in the final analysis probably depend on his particular psychological makeup.

Self-concept is the accumulation of knowledge about the self, such as beliefs regarding personality traits, physical characteristics, abilities, values, goals, and roles. Beginning in infancy, children acquire and organize information about them as a way to enable them to understand the relation between the self and their social world.

According to Rudolph Verderber, author of Communicate! Self-Concept is "The idea or mental image that we have about our skills, our abilities, our knowledge, our competencies, and our personality". The Self-Concept provides us with our personal identity or sense of who we are. Even though situations and people around us change, our self-concept resources us that we are basically the same person we were yesterday. Our self- image is more real to us than our bodies, and it governs the way we experience our bodies. Our sense of identity is so important to us that we resist anyone or anything that threatens it. Even the fear of death itself may not be a fear of suffering or of the unknown so much as it is the deep fear that our personal identity will be dissolved-which is inconceivable to us.

Handball is a fastest game of the world with much quick skill action. During game where two teams, each comprised of seven players (six outfield players and a goalkeeper),

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meet on a handball court. The goal of the game is to score by throwing the ball into to the goal of the other team. The winning team is whatever team has scored the most goals in two half of 30 minutes.

In the history of Handball it is presumed that Game Handball was brought to India arguably by Shree J.S. Chauhan of Haryana. He conducted two all India seminar on Handball at Rohtak in Haryana before the formation of Federation in year 1971-72. Amateur Handball Federation of India (AFHI) was formed in 1972 and got provisional affiliation with International Handball Federation.

**Statement of the problems**

The purpose of the study was to determine the Study of Self-Concept of Handballers in Relation to their Performance.

**Methodology**

The study was to investigate the self-concept between men’s top four position holders Inter Collegiate Handball teams during inter-college men handball championship 2013-14,

conducted by University of Delhi. 60 men handball players (15 for each team) were selected (IGIPESS, Aurbindo College, Khalsa College and Khalsa College Devnagar) as a subject. The age of the subjects ranged between 17 to 25 years. Before administration of questionnaire, players were well explained about the objectives of the study. Once they have fully understood about the objectives of the study and how to fill the questionnaires, then the questionnaires were distributed to players for filling. And if there were any difficulty in filling the questionnaire, it was clarified by researcher. Once the questionnaire was filling by all players they were collected back by the researcher.

To assessment of Self-Concept; Self-Concept questionnaire (SCQ) by Dr. Raj Kumar Saraswat was used. Descriptive statistics i.e. One-Way Analysis of Variance (ANOVA) was employed as statistical techniques at the 0.05 level of significance to assess Self-image of Inter-collegiate men Handball teams.

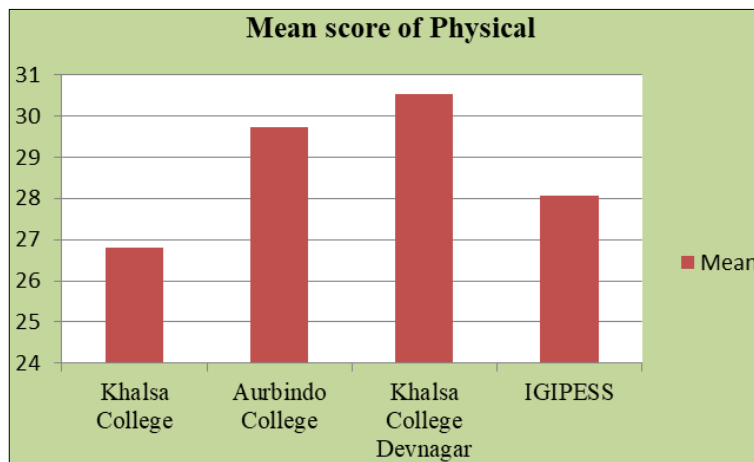
**Results and Findings**

**Table 1:** Descriptive statistics of physical

Position	Teams	N	Mean	Std.	Minimum	Maximum
1st	Khalsa College	15	26.8	4.329	21	34
2nd	Aurbindo College	15	29.73	5.548	19	38
3rd	Khalsa College Devnagar	15	30.53	4.955	19	38
4th	IGIPESS	15	28.07	4.166	22	34
	Total	60	28.78	4.882	19	38

From the above Table No. 1 it is evident that Khalsa College Devnagar was the best and then followed by Aurbindo College, IGIPESS and then Khalsa College in the Physical

component of self-concept as the mean score is 30.53, 29.73, 28.07 and 26.80 respectively. The overall mean score on physical of all the four different college teams is 28.78.



**Fig 1:** Physical

Further according to variability scores, that is the Standard Deviation; IGIPESS were the best and then followed by Khalsa College, Khalsa College Devnagar and then Aurbindo College as the Standard Deviation of 4.166, 4.329, 4.955 and

5.548 respectively. The overall Standard Deviation score on physical component of self-concept of all four different college teams is 4.882. The mean graphical representation on physical component is shown above Figure No. 1.

**Table 2:** Descriptive statistics of social

Position	Teams	N	Mean	Std. D	Minimum	Maximum
1st	Khalsa College	15	26.53	4.853	19	33
2nd	Aurbindo College	15	27.53	3.72	21	34
3rd	Khalsa College Devnagar	15	30.07	4.464	22	35
4th	IGIPESS	15	30.4	6.833	18	38
	Total	60	28.63	5.237	18	38

From the above Table No. 2 it is evident that IGIPESS was the best and then followed by Khalsa College Devnagar, Aurbindo College, and then Khalsa College in Social component of self-concept as the mean score is 30.40, 30.07,

27.53 and 26.53 respectively. The overall mean score on Social component of all the four different college teams is 28.63.

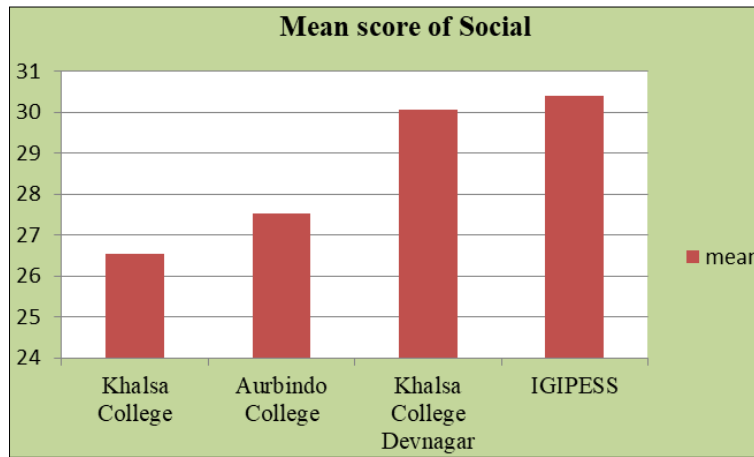


Fig 2: Social

Further according to variability scores, that is the Standard Deviation; Aurbindo College was the best and then followed by Khalsa College Devnagar, Khalsa College and then IGIPSS as the Standard Deviation is 3.720, 4.464, 4.853,

and 6.833 respectively. The overall Standard Deviation score on Social component of all the four different college teams is 5.237. The mean graphical representation on Social component is shown above Figure No. 2.

Table 3: Descriptive statistics of temperament

Position		N	Mean	Std.	Minimum	Maximum
1st	Khalsa College	15	24.67	4.271	18	33
2nd	Aurbindo College	15	27.87	4.518	19	35
3rd	Khalsa College Devnagar	15	30	4.14	22	35
4th	IGIPSS	15	27.27	3.77	22	34
	Total	60	27.45	4.504	18	35

From the above Table No. 3 it is evident that Khalsa College Devnagar was the best and then followed by Aurbindo College, IGIPSS, and then Khalsa College in Temperament component of self-conceptas the mean score is 30.00, 27.87,

27.27 and 24.67 respectively. The overall mean score on Temperament component of all the four different college teams is 27.45.

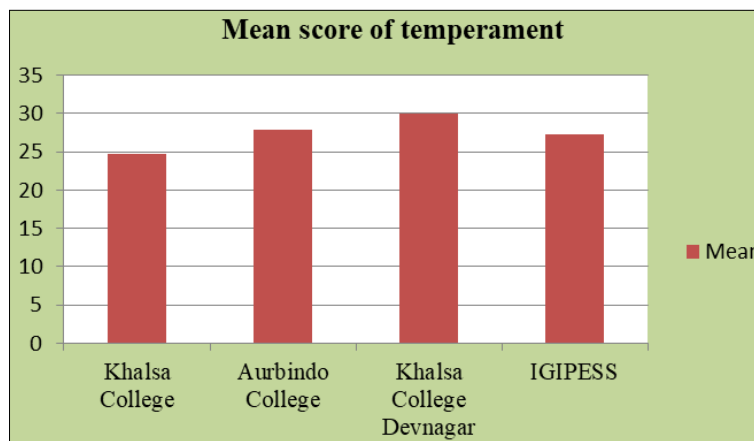


Fig 3: Temperament

Further according to variability scores, that is the Standard Deviation; IGIPSS was the best and then followed by Khalsa College Devnagar, Khalsa College and then Aurbindo College as the Standard Deviation is 3.770, 4.140, 4.271, and

4.518 respectively. The overall Standard Deviation score on Temperament component of all four different college teams is 4.504. The mean graphical representation on Temperament component is shown above Figure No. 3.

Table 4: Descriptive statistics of educational

Position		N	Mean	Std. D	Minimum	Maximum
1st	Khalsa College	15	28.8	2.833	24	35
2nd	Aurbindo College	15	29.6	5.616	16	36
3rd	Khalsa College Devnagar	15	27.33	6.455	17	39
4th	IGIPSS	15	26.4	3.621	21	33
	Total	60	28.03	4.895	16	39

From the above Table No. 4 it is evident that Aurbindo College was the best and then followed by Khalsa College, Khalsa College Devnagar and then IGIPSS in Educational component of self-concept as the mean score is 29.60, 28.80,

27.33, and 26.40 respectively. The overall mean score on Educational component of all the four different college teams is 28.03.

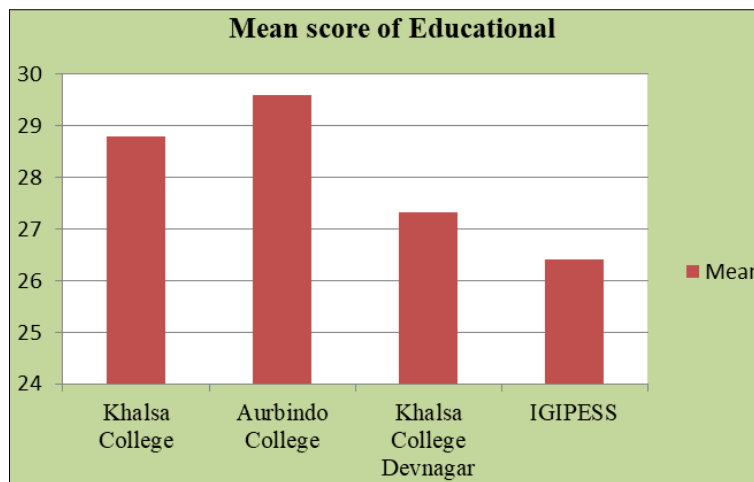


Fig 4: Educational

Further according to variability of scores, that is the Standard Deviation; Khalsa College was the best and then followed by IGIPSS, Aurbindo College and then Khalsa College Devnagar as the Standard Deviation is 2.833, 3.621, 5.616

and 6.455 respectively. The overall Standard Deviation score on Educational component of all four different college teams is 4.895. The mean graphical representation on Educational component is shown above Figure No. 4.

Table 5: Descriptive statistics of moral

Position	Team	N	Mean	Std. D	Minimum	Maximum
1st	Khalsa College	15	29.4	3.961	22	36
2nd	Aurbindo College	15	27.8	5.454	19	38
3rd	Khalsa College Devnagar	15	30.4	3.203	26	38
4th	IGIPSS	15	30.67	3.331	26	35
	Total	60	29.57	4.139	19	38

From the above Table No. 5 it is evident that IGIPSS was the best and then followed by Khalsa College Devnagar, Khalsa College and then Aurbindo College in Moral component of self-concept as the mean score is 30.67, 30.40,

29.40 and 27.80 respectively. The overall mean score on Moral component of all the four different college teams is 29.57.

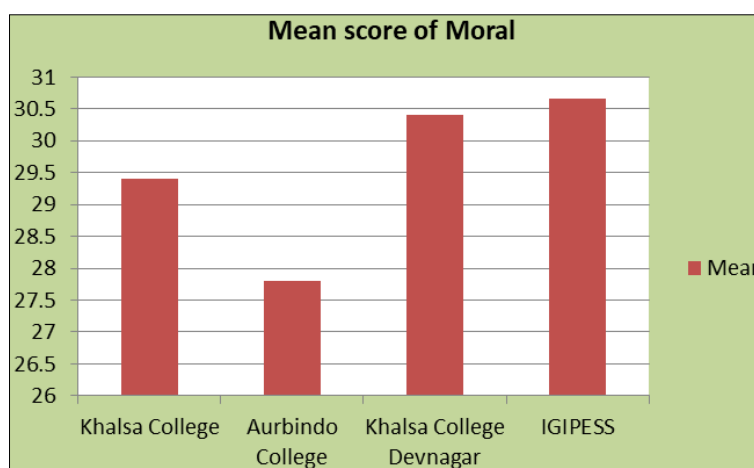


Fig 5: Moral

Further according to variability scores, that is the Standard Deviation; Khalsa College Devnagar was the best and then followed by IGIPSS, Khalsa College, and then Aurbindo College as the Standard Deviation is 3.203, 3.331, 3.961, and

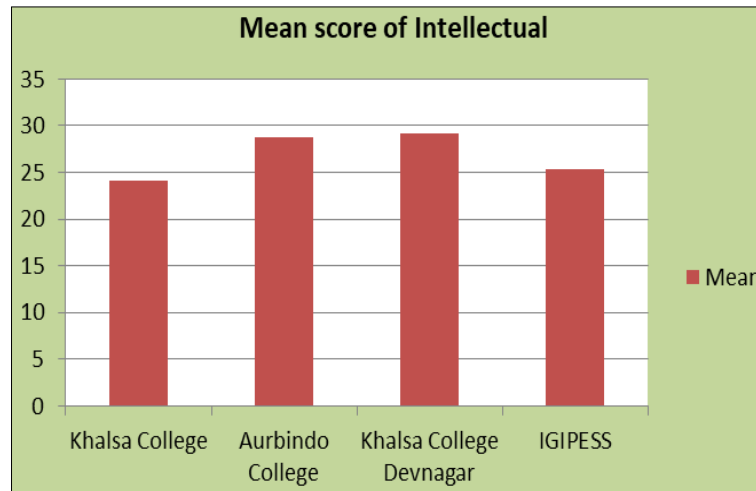
5.454 respectively. The overall Standard Deviation score on Moral component of all four different college teams is 4.139. The mean graphical representation on Moral component is shown above Figure No. 5.

**Table 6:** Descriptive statistics of intellectual

Position	Teams	N	Mean	Std. D	Minimum	Maximum
1st	Khalsa College	15	24.07	2.463	21	29
2nd	Aurbindo College	15	28.73	3.731	21	36
3rd	Khalsa College Devnagar	15	29.13	3.642	23	37
4th	IGIPESS	15	25.4	5.275	18	33
	Total	60	26.83	4.385	18	37

From the above Table No. 6 it is evident that Khalsa College Devnagar was the best and then followed by Aurbindo College, IGIPESS, and then Khalsa College in Intellectual component of self-concept as the mean score is 29.13, 28.73,

25.40 and 24.07 respectively. The overall mean score on Intellectual component of all the four different college teams is 26.83.



**Fig 6:** Intellectual

Further according to variability scores, that is the Standard Deviation; Khalsa College was the best and then followed by, Khalsa College Devnagar, Aurbindo College, and then IGIPESS as the Standard Deviation is 2.463, 3.642, 3.731 and 5.275 respectively. The overall Standard Deviation score on Intellectual of all four different college teams is 4.385. The

mean graphical representation on Intellectual component is shown above Figure No. 6.

To see whether there exist statistically significant difference in Self-concept of inter-collegiate Handballers in relation to performance, One Way Analysis of Variance (ANOVA) was computed and presented in the below table No. 7.

**Table 7:** ANOVA table of self-concept

		Sum of Squares	df	Mean Square	F	Sig.
Physical	Between Groups	126.183	3	42.061	1.840	0.150
	Within Groups	1280.000	56	22.857		
	Total	1406.183	59			
Social	Between Groups	161.933	3	53.978	2.076	0.114
	Within Groups	1456.000	56	26.000		
	Total	1617.933	59			
Temperament	Between Groups	216.850	3	72.283	4.130	0.010
	Within Groups	980.000	56	17.500		
	Total	1196.850	59			
Educational	Between Groups	93.000	3	31.000	1.314	0.279
	Within Groups	1320.933	56	23.588		
	Total	1413.933	59			
Moral	Between Groups	75.800	3	25.267	1.513	0.221
	Within Groups	934.933	56	16.695		
	Total	1010.733	59			
Intellectual	Between Groups	279.133	3	93.044	6.093	0.001
	Within Groups	855.200	56	15.271		
	Total	1134.333	59			

In the above Table No. 7 when tested between the groups and within the groups in various components of self-concept, significant difference was found in Temperament and Intellectual as the p-value were 0.010 and 0.001 respectively which is lesser than 0.05 level of confidence. Thus we can conclude that teams differ in their Self-concept component of Temperament and Intellectual. No significant difference were found in Physical, Social, Educational and Moral as the p-

value were 0.150, 0.114, 0.279 and 0.221 respectively, which is greater than 0.05 level of confidence. Thus we can conclude that all the teams were equal in the Self-concept components of Physical, Social, Educational and Moral.

Where ever significant difference was found paired-wise multiple comparisons was done in order to see the difference among the teams.

**Table 8:** Pair wise multiple comparisons

Dependent variable	(I) Teams	(J) Teams	Mean difference (I-J)	Sig.
Temperament	Khalsa College	Aurbindo College	-3.200*	0.041
		Khalsa College Devnagar	-5.333*	0.001
	Aurbindo College	Khalsa College	3.200*	0.041
	Khalsa College Devnagar	Khalsa College	5.333*	0.001
Intellectual	Khalsa College	Aurbindo College	-4.667*	0.002
		Khalsa College Devnagar	-5.067*	0.001
	Aurbindo College	Khalsa College	4.667*	0.002
		IGIPESS	3.333*	0.023
		Khalsa College Devnagar Khalsa College	5.067*	0.001
		IGIPESS	3.733*	0.011
		Aurbindo College	-3.333*	0.023

\*. The mean difference is significant at the 0.05 level.

In the above Table No. 8 Pairwise Multiple Comparison is done to see the differences among the teams and we can see in the Self-concept component of Temperament when compared between Khalsa College and Aurbindo College and Khalsa College Devnagar the mean difference is -3.200 and -5.333 respectively. Again when we compared between Aurbindo College and Khalsa College the mean difference is 3.200. Further when compared between Khalsa College Devnagar and Khalsa College the mean difference is 5.333. Thus we can conclude that Khalsa College Devnagar team is better than Khalsa College team and again Aurbindo College team is better than Khalsa College team in the Self-concept component of Temperament.

In the Self-concept component of Intellectual when compared between Khalsa College and Aurbindo College and Khalsa College Devnagar the mean difference is - 4.667, -5.067 respectively. Again when compared between Aurbindo College and Khalsa College and IGIPESS the mean difference is 4.667 and 3.333 respectively. Further when compared between Khalsa College Devnagar and Khalsa College, IGIPESS, and Aurbindo College the mean difference is 5.067, 3.733 and -3.333 respectively. Thus we can conclude that Aurbindo College team is better than Khalsa College team, and IGIPESS. Again Khalsa College Devnagar team is better than Khalsa College team and IGIPESS team.

### Discussion

The present study was taken to understand the Self-concept of Inter Collegiate position holder male handball teams. Analysis of Variance tells that significant difference was found in Temperament and Intellectual as the p-value were 0.010 and 0.001 respectively, which are lesser than 0.05 level of confidence. Thus we can conclude that teams differ in their Temperament and Intellectual component of Self-concept. Further Pairwise Multiple Comparison is done to see which team is better than with which team. So in the Temperament component of Self-concept when compared between Khalsa College and Aurbindo College and Khalsa College Devnagar the mean difference is -3.200 and -5.333 respectively. Again when we compared between Aurbindo College and Khalsa College the mean difference is 3.200. Further when compared

between Khalsa College Devnagar and Khalsa College the mean difference is 5.333. Thus we can conclude that Khalsa College Devnagar team is better than Khalsa College team and again Aurbindo College team is better than Khalsa College team in the Temperament component of Self-concept. Temperament is the combination of mental, physical, and Educational traits of a person which is very important for any athlete to achieve success.

In the Intellectual component of Self-concept when compared between Khalsa College and Aurbindo College and Khalsa College Devnagar the mean difference is - 4.667, -5.067 respectively. Again when compared between Aurbindo College and Khalsa College and IGIPESS the mean difference is 4.667 and 3.333 respectively. Further when compared between Khalsa College Devnagar and Khalsa College, IGIPESS, and Aurbindo College the mean difference is 5.067, 3.733 and -3.333 respectively. Thus we can conclude that Aurbindo College team is better than Khalsa College team and IGIPESS team and again Khalsa College Devnagar team is better than Khalsa College team and IGIPESS team in the Intellectual component of Self-concept.

No significant difference were found in Physical, Social, Educational and Moral as the p-value were 0.150, 0.114, 0.279 and 0.221 respectively, which is greater than 0.05 level of confidence. Thus we can conclude that all the teams were equal in the Self-concept components of Physical, Social, Educational and Moral.

### Conclusion

Within the limits and limitations of the present study it was concluded that there is significant differences in Self-concept components of Temperament and Intellectual among four top position holder intercollegiate men handball teams of Delhi University. The significant differences found in Temperament and Intellectual could be.

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