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## Occupational stress in relation to self esteem of sports and non-sports personnel

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### Abstract

The purpose of the study was designed to find out the occupational stress in relation to self esteem of sports and non-sports personnel. For the purpose of the study a sample of sixty (30 Sports Person and 30 Non-sports Person) subjects working in southern Railways who have more occupational stress were randomly selected from Karnataka state. The age group of the selected samples was between 25 to 32 years. The self-esteem was measured through questionnaire of Hudson (1993) [2]. The administered questionnaire was quantified for obtaining the scores as per the instructions/ guidelines. The independent 't' test was applied as the statistical tool to compare the means and the level of significance was set at 0.05. The findings of the study showed that self-esteem level was found significant higher among sports person (mean 77.62) as compared to non-sports person (mean 62.86) as the 't' value obtained was 10.02 at  $p > 0.05$ . The result of the study reveals that there may be significant difference between sports and non sports personnel on self-esteem.

**Keywords:** Occupational stress, sports person, non-sports person, self-esteem

### Introduction

Occupational stress can be defined as the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources or needs of the worker. Job stress can lead to poor health and even injury (Bandura, 1986) [1].

The word esteem comes from a Latin word that means to estimate. Self esteem is how one estimates about one self. Self esteem is the capacity to like and love oneself; and feel worthwhile, irrespective of all the ups and downs of life. Self esteem is one of the higher levels of Maslow's hierarchy of needs. Maslow explained two different forms of esteem; the need for respect from others and the need for self respect or inner self esteem. Respect from others involves recognition, acceptance, status and appreciation, and was believed to be more fragile and easily lost than inner self esteem.

Self esteem is also classified as implicit and explicit which are the subtypes of self esteem proper. Implicit self esteem refers to a person's disposition to evaluate themselves positively or negatively in a spontaneous, automatic or unconscious manner. Explicit self esteem is one which entails more conscious and reflective evaluation (Tunde, 2013) [4].

Self-esteem is a major component in determining success or failure. High Self-esteem leads to a happy gratifying and purpose life, unless the individual perceive himself as a worthwhile, he cannot have self-esteem. All great world leaders and teachers throughout history have concluded that one must be driven in order to be a success.

People with high self-esteem grow in conviction, competence, and willingness to accept responsibility. They face life with optimism; have better relationship and fulfilling lives. They are motivated and ambitious. They are more sensitive, their performance and risk taking ability to go up.

### Method and procedure

For the purpose of the study a sample of sixty (30 Sports Person and 30 Non-sports Person) subjects working in Southern Railways who have more Occupational Stress were randomly selected from Karnataka state. Occupational stress subjects were found through Occupational Stress Index (OSI) by Srivastava and Singh (1984) [3].

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**Findings of the study**

The findings of the study have been presented in the following tables for discussion and conclusion of study.

**Table 1:** Comparison of Self- Esteem between Sports Person and Non-Sports Person

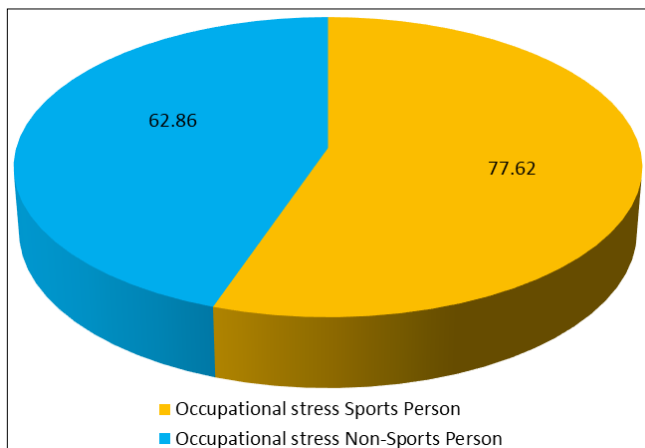
Category	Mean	DM	t-ratio
Sports Person	77.62	14.76	10.02*
Non-Sports Person	62.86		

\* Significant at 0.05 level(58) = 1.6715

Table-1 reveals that the self-esteem level of occupational stress sports person (77.62) is higher than the self-esteem level of occupational stress non-sports person (62.86). This difference is statistically significant as the calculated ‘t’ value obtained is 10.02 which is higher than the required ‘t’ value (1.6715) at 0.05 level of significance. Thus it may be concluded that the self-esteem level of occupational stress sports person and occupational stress non-sports person are found differ.

The results of the study indicate that there are significant differences among the means of Occupational stress sports person and occupational stress non sports person on Self-Esteem.

The mean values of Occupational stress sports person and Occupational stress non sports person on Self-Esteem are graphically represented in the Figure -1.



**Fig 1:** The mean values of sports person and non sports personnel on Self-Esteem

**Conclusion**

In relation to self-esteem significant difference was found between Occupational stress sports person and Occupational stress non sports person. Further the results of the study showed Sports person have better self-esteem than non sports person.

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