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A comparative study of self-esteem between individual and team sports female players

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Abstract
Background-The purpose of study was to find out the difference between Individual and Team sports female players in relation to Self-Esteem.
Procedure and Methodology- For purpose of the study 100 (50 Individual and 50 Team sports) female players were selected randomly from different part of Kerala. The selected variable of Individual and Team sports female players was Self-Esteem was measured by State Self-Esteem scale. Statistical Technique- t-test was used to compare of Individual and Team sports female players in relation to Self-Esteem.
Result - Clearly indicates that there is no significant difference between Individual and Team sports female players in relation to Self-Esteem
Conclusions: There is no significant difference was found between Individual and Team sports female players in relation to Self-Esteem

Keywords: Individual, Team, Self-Esteem, Player

Introduction
Self-Esteem reflects a person's overall subjective emotional evaluation of his or her own worth. It is a judgement of oneself as well as an attitude toward the self. Self-Esteem encompasses beliefs about one self, (for example, "I am competent", "I am worth"), as well as emotional states, such as triumph, despair, pride, and shame (Hewitt, John P. 2009) [1]. Self-Esteem is attractive as a social psychological construct because researchers have a conceptualized it as an influential predictor of certain outcomes, such as academic achievement (Mars H W 1990) [5]. The term Self-Esteem is used to refer to rather momentary emotional states, particularly those that arise from a positive or negative outcome. This is what people mean when they speak of experience that bolster their Self-Esteem or threaten their Self-Esteem. Exercise and self-esteem are seen in a positive relationship. Exercise programmes are seen to lead the significant rise in self- esteem. It is thought that the more exercise and health factors increase, the more self- esteem Self Esteem score.

Individual Sports
An Individual sport is a sports activity in which participants compete as individuals. The sports in this category usually have individuals, rather than teams, as participants. Some examples of individual sports include tennis, freestyle soccer, weightlifting, track & field, golf, boxing, swimming, gymnastics, skiing, bowling, wrestling, power lifting, skating, mixed martial arts, cycling, archery etc. (Robert Crego, 2003) [3].

Team sports
A team sport includes any sport which involves two or more players working together towards a common goal. A team sport is an activity in which individuals are organised into opposing teams which compete to win. Some examples are basketball, volleyball, water polo, handball, football, rugby, cricket, hockey etc. (Robert Crego, 2003) [3].

Methodology
Sample: For the purpose of the study 100 (50 Individual and 50 Team sports) female players were selected from different part of Kerala.

Tools: The test chosen for measuring Self-Esteem is State Self-Esteem scale.

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Data Collection
The State Self-Esteem Scale will be distributed to the subjects, they are asked to give responses based on their personal feelings and based on what they were feeling at the present moment.

Data Analysis
The collected data were put to statistical treatment by computing" to find out the differences if any, between the Individual and Team sports female players in relation to Self-Esteem. The result has been presented in the following table:

Results
Table 1: Showing the mean difference between Individual and Team sports female players in relation to Self-Esteem

Players	N	Mean	SD	SE	t- value
Individual sports	50	69.4600	6.60306	.93381	.673
Team sports	50	68.5600	6.77378	.95796	

*Significant at 0.05 level of Significance with 98 df. Tabulated, t-value = 1.984.

An examination of table 1 revealed that there is no significant difference found between Individual and Team sports female players in relation to Self-Esteem at 0.05 level of significance with 98 degree of freedom because calculated t-value (.673) is lower than tabulated t-value(1.984.). The Mean is 69.46, SD is 6.60 for Individual Sports and for Team Sports Mean is 68.56, SD is 6.77.
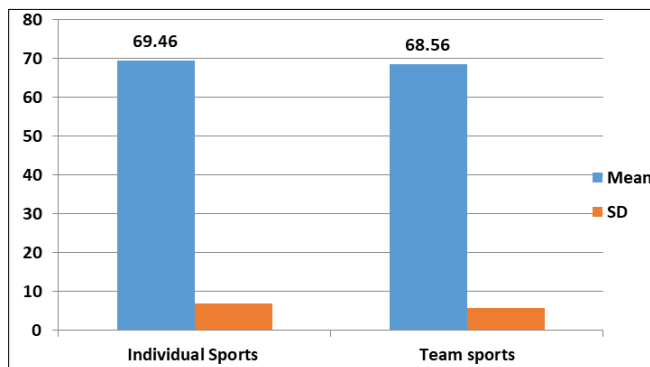

Fig 1: Showing the mean and SD on 'Self- Esteem' of Individual & Team sports

Discussions on Findings
There is no significant difference in the level of Self-Esteem between Individual and Team sports players as indicated in Table 1. The Mean score obtained is 69.46, for Individual sports and for Team sports Mean score is 68.56. The t value obtained is .673, which is not significant at 0.05 levels. From the Mean value it is clear that Individual Sports players have slightly higher level of self-esteem than that of the Team sports players although there is no significant difference. The reason for same, no significance may be due to the sporting culture of Kerala where every sport is given equal importance and all most all sports hostels in Kerala has all kinds of sports persons residing together and closely interacting with each other and the slight higher Mean for Individual sports may be due to the Independent nature of the Games and Events. Uçan, Y., & Çağlayan, N. (2012) [2], conducted a study on "Comparison of Self-Esteem Scores of Individual and Team Sport Athletes and Non-Athletes" have given similar conclusion that showed that there was no significant difference between self-esteem scores of athletes and non-athletes.

Conclusion
There was a no significant difference found between Individual and Team sports female players in relation to Self-Esteem

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