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A study of self-esteem value of physical education teachers in Nagpur University, Nagpur

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Abstract
The main aim of this research paper is developing and improving their self-esteem value of physical education teachers in Nagpur University, Nagpur. This paper helps to find out the present self-esteem value of the physical education teachers. This paper also helps to increase the awareness about the self-esteem status among physical education teachers. For the purpose of the study thirty (30) physical education teachers selected as sample. Equipment's used for collection of data of Self-esteem is measured by Dr. Morris Rosenberg's Self-esteem Scale. Result of present study was 13.33% of the faculty members having low self-esteem value. 76.67% of the faculty members having normal self-esteem value. 10% of the faculty members having high self-esteem value. It can be concluded from the results of the study that they would be increase the awareness about the self-esteem status among Physical education teachers in Nagpur University.

Keywords: Self-esteem, physical education, value

Introduction
In psychology self-esteem or worth is to a person's self-image at an emotional level. Self-esteem refers to general feelings of self-worth or self-value that is, it is the value placed on oneself. It is the way an individual feel about him/her self and how he or she relates to other people. Self-esteem is pride in oneself by which one is aware and accepts one's inherent strengths and positive qualities. It could be high or low. When a person can accept his/her weaknesses and faults and simultaneously recognizes his/her strengths and positive qualities, the person will experience strong self-worth and high self-esteem. High Self-esteemed people describe themselves positively and are clear. They feel that they have more strengths. Low Self-esteem people describe themselves negatively and are less clear. They feel that they have less strengths.

Low self-esteem.
When you have low or negative self-esteem, you put little value on your opinions and ideas. You focus on your perceived weaknesses and faults and give scant credit to your skills and assets. You believe that others are more capable or successful.

Average Self-Esteem
It is characterized by great instability and by presenting certain risks that accompany the present benefits when the person feels confident. One of the biggest risks of average self-esteem is that it tends to become low self-esteem if a conscious effort is not made

High self-esteem
When you have healthy self-esteem it means you have a balanced, accurate view of yourself. For instance, you have a good opinion of your abilities but recognize your mistakes.

Purpose of The Study
The purpose of the study was to find out the self-esteem of the physical education teachers in Nagpur University.

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Significance of the Study

1. The study is used to know the present status of self-esteem of physical education teachers in Nagpur University.
2. The result of the study helps to developing and improving their self-esteem of the physical education teachers in Nagpur University.
3. This study is used to increase the awareness about the self-esteem status among Physical education teachers in Nagpur University.

Research Methodology

This research study has been carried out by using the techniques of descriptive research designs. This research study is out and out based on survey method by using google form.

Source of Data

The collection of data regarding self-esteem of physical education teachers in Nagpur University. The subjects are selected by the researcher by using google form. Equipment's used for collection of data of Self-esteem is measured by Dr. Morris Rosenberg's Self-esteem Scale. Thirty (30) physical education teachers selected as sample.

Analysis of Data

In order to know the self-esteem value of the faculties, 10 questions were asked on the questionnaire according to Dr. Morris Rosenberg's Self-esteem Scale. The detail of response taken from the physical education faculty members in Nagpur University. Total thirty (30) physical education teachers are responded.

Distribution of Respondents

Self-esteem			
Low	**Normal**	**High**	**Total**
4	23	3	30
13.33	76.67	10	100

It is observed that 13.33% of the faculty members having low self-esteem value. 76.67% of the faculty members having Normal self-esteem value. 10% of the faculty members having high self-esteem value. The details of analysis are show in the graphical representation.
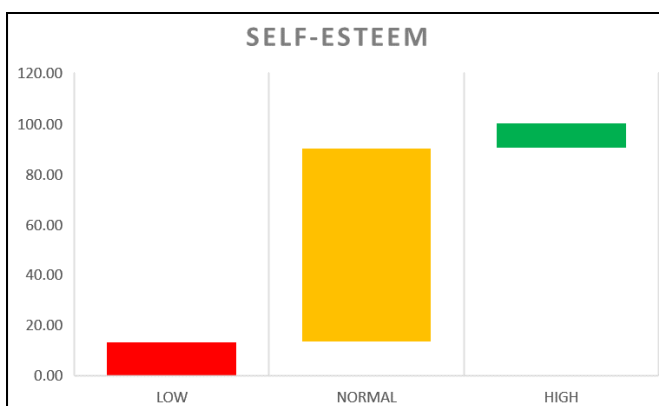
Graphically presentation of Respondents

Discussion of the Findings

It was observed that only 10% means 3 faculty member having high self-esteem value, it means they have a balanced, accurate view of themselves. For instance, they have a good

opinion of their abilities but recognize their mistakes.it is quite good that 76.67% means 23 faculty member having normal self-esteem value but it should be awareness about the self-esteem status among Physical education teachers because it tends to become low self-esteem if a conscious effort is not made. And finally 13.33% means 4 faculty member having low self-esteem value because they put little value on their opinions and ideas., it should be aware to developing and improving their self-esteem of the physical education teachers.

Conclusion

In the present study, it was observed that the present status of self-esteem value of physical education teachers needs to developing and improving their self-esteem value and also to increase the awareness about the self-esteem status among Physical education teachers in Nagpur University.

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