



Self-esteem and adjustment of footballers and non-footballers a study

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Abstract

“A double minded man is unstable in all his was” Psychology is the Science of Facts or Phenomena of self. This definition cannot be expected to give at the outset a clear and complete notion of what the science dealt with for the reason that it is the business of Psychology to clear up and develop what is meant by facts of self Other words however way be used to bring out the meaning somewhat. Ego is a term used to express the fact that self has the power of recognizing itself as, I, or a separate existence personality. Mind is also a term used.

Keywords: Psychology, unstable, phenomena, personality, intelligence, self – esteem

Introduction

Mind the distinction of the self from the body, and yet its connection with it, Psychology is an adjective used to designate the fact of self, and suggests the contrast with Physical Phenomena, namely, facts of nature. For comprehending adequately, the meaning and scope of educational Psychology it is very essential to understand the concepts of Psychology and education. In this context, it is observed that in account of knowledge explosion caused by research in science and technology, rapid changes have taken place in the theory and practice of all discipline including Psychology and education Democratic ideals and values have also greatly influenced all aspects of education. With the passage of time, Psychology has undergone several changes as regards its meaning. In its first phase, it was meant as the Science of Soul, in the second phase as the Science of Mind, in the third phase as the Science of Consciousness and finally as the Science of Behavior.

The word Psychology comes from two Greek words, Psyche meaning soul and Logos meaning science. Thus, Psychology means the science of soul. Philosophers like Democritus (About 460 BC). Plato (427 – 347 B.C) and Aristotle (384 – 322B C) interpreted Psychology as the science of soul Aristotle defined soul as “entity which realizes an idea not separable from body and its abode in the human heart. “According to Mc Dougall (1871- 1938) the soul “a vital principle inhabiting and animating each human body and somehow the ground of. A healthy mind in a healthy body philosophy dates back to the ancient Chinese and Greek civilization. However, it is only in recent years that the discipline, now known as sport Psychology, has become recognized and acknowledged as a major component in the science of sport performance.

Sport Psychology has developed and grown significantly in the past two decades. Media interest continues to increase, and the scientific body of knowledge relating to the area has become so large that different branches of the subject have begun to emerge. In its widest sense sport Psychology encompasses the psychological aspects of competitive sports, exercise, fitness, leisure and motor skill development. Many textbooks and scholarly journals exist to demonstrate the extent of research and educational work in these areas. This will aid your understanding and enable

you to improve either your own performance or that of others.

The term sport Psychology has developed two separate, entirely different meanings, resulting in a great deal of confusion and even stress in sport Psychology organizations. One meaning relates to the practice of Psychology by professionals who specialize primarily in working with athletes in a variety of sport settings. After World War II, the practice of flourished and subspecialties began to appear such as clinical Psychology, School Psychology, Industrial Organizational Psychology and rehabilitation Psychology. These subspecialties were defined primarily by setting and typed of a client. Thus, school Psychologist’s work is in school setting with students, and industrial organizational Psychologist’s work with the behavior.

Statement of the Problems

The purpose of this investigation is to assess and analyze self-esteem and locus of control of Footballers and Non-Footballers at university level.

Delimitations

1. The study was delimited to university Footballers and non-Footballers only
2. The study was delimited to athletes studying in colleges affiliated to any university in South India.

Limitations

1. For measuring the Psychological variable questionnaire method had been used. This is considered as limitations of the study.
2. Subjects cannot be tested, which is considered as another limitation of them study.

Hypotheses

1. There may not be significant difference in self-esteem, locus of control between Footballers and Non- Footballers at university level.

Table 1: Details of the Sample

Sample	Male	Female	Total
Footballer	100	100	200
Non-Footballer	100	100	200
Total	200	200	400

Collection of Data

The standardized questionnaires on self esteem (Immanuel Thomas and Sam Sananda Raj, 1985), Locus of control scale (Sony and Sam Sananda Raj, 1997) used to collect the data on all subjects selected for this study.

Analysis of Variance (ANOVA) The comparison of different significant means for two groups is usually done using the „t“ test, as the procedure is simple and meaningful. But when three or more groups are involved in the comparison the standard error for the t-test becomes complicated. In such case another procedure using the „F“ distribution known as „ANOVA“ is commonly used. It requires the same assumption as „t“ test. Independent and random samples and normal distribution of the dependent variable in each population group. The „F“ ratio is

calculated as per the procedure explained by (Garret) 1969. If the calculated value „F“ is less than the tabled value the null hypothesis is too accepted otherwise it should be rejected.

Analysis of Data and Discussion of Results

The results obtained for ANOVA (Table 1.1) show that, in all the 5 states there is significant difference between Footballers and Non- Footballers and Males and Females. This shows that Footballers have high consideration for themselves when compared to Non- Footballers.

The analysis of variance for self-esteem of Footballers and non-Footballers of Kerala State is presented in Table 2.

Table 2: Analysis of Variance for Self-Esteem of Footballers and Nonfootballers of Kerala State

Source of Variance	Sum of Squares	Df	Mean Squares	‘F’ Value	Table Value
Sex	221.814	1	821.9281	11.3491	3.860
Footballers X Non- Footballers	1211.2224	1	1111.2121	24.416	3.810
Interaction (Sex X Footballers X Non-Footballers)	200.6660	1	211.660	40221	3.841
Residual	11716.2171	201	56.8116		

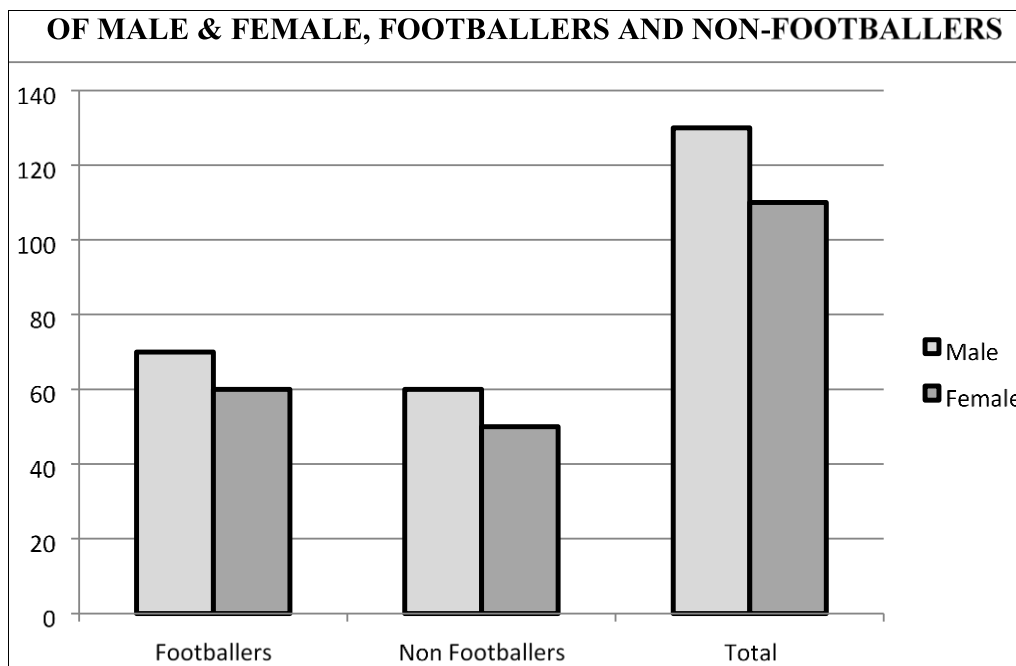


Fig 1: Graphical Representation of Mean Value of Self-Esteem

Table 3: analysis of variance for simple effect for self – esteem of the footballers and non-footballers of kerala state

Source of Variance	Sum of Squares (S S)	df	Mean Squares (MS)	‘F’ Value
Status and Female	201.4412	1	206.4432	4.0215*
Status and Male	1213.7613	1	1211.7916	23.4757*
Sex and Footballers	940.4251	1	949.4354	18.3176*
Sex and Non-Footballers	101.4923	1	107.4926	2.0739
Within Treatment	10721.203	207	31.8319	

*Significant at 05 Level
 * Significant at 2.25 Level

Table 1.1 reveals that the obtained F ratios for set Footballers and Non-Footballers and their interaction is 16.3592, 23.4649 and 4.0323 respectively. It is higher than the required table value of 3.890. The shows that there is

significant difference in Self-esteem among Male and Female Footballers and Non-Footballers in their interaction. Self esteem refers to how the individual evaluates his skill and abilities. Slavin (1977) says that it is the value we place

on our own characteristics abilities and behaviors from the result given in table 1.1

Table 4: mean differences of self-esteem of footballers and non-Footballers of kerala state

Sex	Mean Value		Mean	Confidential
	Footballers	Non-Footballers	Difference	Interval
Female	67.8113	65.0000	2.8113*	2.7716
Male	73.8113	67.0189	6.7924*	2.7570

The mean value in table 1.2 reveals that the self esteem of Female Footballers is more than that of Female Non-Footballers and the self esteem of Male Footballers also greater than of Male Non-Footballers.

The mean value of self esteem of the Kerala State Footballers and Non- Footballers has from these results, it is very clear that the Footballers of Kerala irrespective of sex, have high feelings of self-worth and high attitude of approval.

Table 1.3 shows the „F“ ratio value obtained for Female Footballers and Non-Footballers 4.0215 between Male Footballers and Non- Footballers 23.4757 and between Male and Female Footballers 18.317 have been statistically significant. However, the Self esteem between Male and Female Non-Footballers showed no significant variation.

In Kerala Male and Female Footballers showed significant difference in their evaluation about themselves. But in Kerala the Male and Female Non-Footballers do not have such differences. They possess equal appreciation about themselves.

Conclusion

In order to make the results more specific Scheffe’s and simple effect test also have been done. The mean values of Male and Female Footballers also show significant difference. The Footballers and Non-Footballers (Male and Female) are also compared and it was seen that all the different combinations of sex and Footballers expect that for NonFootballers seems to be significant. The Non-Footballers Male and Female of all the five states shows that there is no significant difference between them in self Esteem. This may be due to their similar evaluation about themselves, as they do not have any special exposure due to trainings and practices.

Discussion based on the results obtained for Locus of control of Footballers and Non-Footballers show that there is significant difference among the various group of the Five South Indian States. This means that Footballers and Non-Footballers (Male and Female) perceive the location of their control differently.

The results obtained through Scheffe’s procedure and simple Effect Test show that Footballers are more internals than Non-Footballers. Among the Footballers, the Males and Females have significant difference in their Locus of Control.

When we consider the Non-Footballers, Males and Females do not have any significant difference in their Locus of control. It is clear that in spite of regional or cultural barriers the Non- Footballers locate their controlling force in the same direction, mostly on external force.

The results of ANOVA on Family Adjustment show that all the different groups under study show significant difference. This shows that Footballers and Non- Footballers as well as

Males and Females do have different approach to their family life.

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