

Comparison of Self Concept of Successful and Unsuccessful Athletes of University of Delhi

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Abstract

The study was conducted to compare the Self Concept of successful and unsuccessful athletes of University of Delhi. For the purpose of the study a test of Self Concept developed by Sherry and Verma was administered on 100 athletes of University of Delhi who had participated in the Delhi University Inter College tournaments 2014-15 in Swimming/ Diving (50) and Track & Field (50). The administered questionnaire was quantified for obtaining the scores of Self Concept as per the instructions/ guidelines. Mean, Standard Deviation and Independent Sample 't'- test were used as statistical procedure for analyzing the data. Findings of the study revealed that the mean and standard deviation of Self Concept of the successful athletes was 38.64 ± 2.87 which was higher than that of unsuccessful athletes which was found to be 36.46 ± 3.15 . This difference was found to be significant as the calculated 't' value obtained was 2.696 with $p < 0.05$. Therefore it was concluded that the Self Concept plays an important role in the performance of an athlete, a higher level of self concept enhances the performance while a lower Self Concept deteriorates athletes' performance. And hence, it is recommended that the findings of the study must be used to design appropriate training programmes to help athletes acquire suitable strategies so as to enhance their Self Concept levels and leads to an enhanced level of sports performance.

KEYWORDS: Self Concept and Sports Performance

Introduction

Psychological factors such as self confidence, self esteem, locus of control, personality, mental toughness etc plays important role while performing in competitions. Self Concept is one the factor that plays an important role in the performance. Self Concept may be defined as "the totality of an individual's thoughts and feelings having reference of himself as an object" (Rosenberg, 1979). There are certain factors that lower the Self Concept in athletes such as expectations, fear of failure, lack of confidence (Moran, 2004). Previous researches have shown that Self Concept has an impact on the training performance of athletes but in regards to swimming/ diving and track & field performance in real competition, studies on Self Concept have hardly taken a step in real competitions. Therefore this study was taken to understand the Self Concept of athletes of University of Delhi and its impact on the performance i.e. being successful in real competition situation.

1. Procedure and Methodology

For the purpose of the study 100 athletes (25 successful and 25 unsuccessful athletes from each game i.e. swimming/ diving and track & field). Successful athletes

were those athletes who have secured I, II and III position while unsuccessful athletes were those who had secured IV, V and VI position in their respective events. The events were randomly selected from list of events organized in the Delhi University Inter College Tournaments in swimming/ diving and track & field 2014-15. The subjects selected were in the age group of 17 years to 20 years. A test of Self Concept developed by Sherry and Verma was administered on the selected athletes. The administered questionnaire was quantified for obtaining the score of self concept.

2. Statistical Analysis

To assess the Self Concept of athletes of University of Delhi Mean and Standard Deviation were calculated while to compare the Self Concept of successful and unsuccessful athletes of University of Delhi independent sample 't' test was employed. The hypothesis was tested at 0.05 level of significance.

3. Analysis of Data and Findings of the Study

Table- 1: Descriptive Statistics of Self Concept of Successful and Unsuccessful Athletes of University of Delhi

| Variable | Performance | N | Mean | Std. Deviation |
|--------------|-----------------------|----|-------|----------------|
| Self Concept | Successful Athletes | 50 | 38.64 | 0.38 |
| | Unsuccessful Athletes | 50 | 36.46 | 0.35 |

Table- 1 reveals that the mean and standard deviation of Self Concept of successful athletes was 38.64 ± 0.38 which was higher than that of the mean and standard deviation of Self Concept of unsuccessful athletes which was 36.46 ± 0.35 .

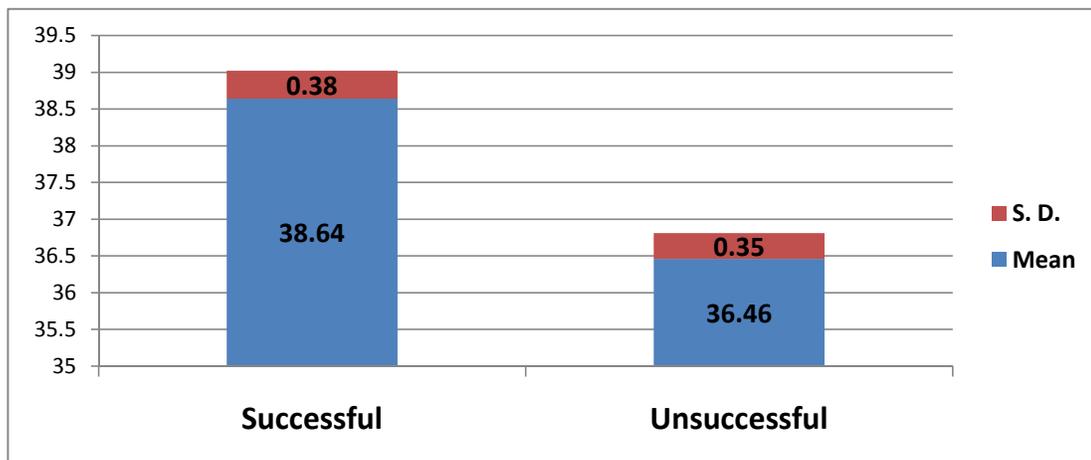


Fig- 1: Level of Self Concezpt of Successful and Unsuccessful Athletes of University of Delhi

Table- 2: Comparison of Self Concept between Successful and Unsuccessful Athletes of University of Delhi

| Variable | t-test for Equality of Means | | | |
|--------------|------------------------------|----|-----------------|-----------------|
| | t | Df | Sig. (2-tailed) | Mean Difference |
| Self Concept | 1.481* | 98 | 0.009 | 2.180 |

*Significant at 0.05 level of significance

Table- 2 reveals the comparison of self concept of successful and unsuccessful athletes of University of Delhi. The successful athletes had a high self concept than the unsuccessful athletes with the mean difference of 2.180. This difference was found to be significant as the calculated 't' value obtained was 1.481 with $p < 0.05$.

4. Discussion

Based on the findings of the present study, it was found that the athletes of University of Delhi who had participated in the Delhi University Inter College Tournaments in swimming/ diving and track & field 2014-15 had an average level of Level of Aspiration. When this data was seen in regards to performance, the level of Self Concept in successful athletes of University of Delhi was significantly higher than that of unsuccessful athletes. The result of the present study supports the previous researches that the higher level of Self Concept enhances athletes' performance in sport (Weinberg & Gould, 1999; Ortiz, 2006). On the contrary, a lower level of Self Concept was found to deteriorate the sports performance of athletes (Krane & Williams, 1994).

5. Conclusion

The result of the study showed that the successful athletes had a higher level of self concept when compared with the level of self concept of unsuccessful athletes. This difference was found to be significant difference therefore it was concluded that level of Self Concept had a relation with the sports performance of athletes. Hence further it is recommended that sport psychologists, counsellors, and coaches use the findings of the present study to design appropriate training programmes to help athletes acquire suitable strategies so as to enhance their Self Concept levels and enhance their performance.

6. References

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