

## Relationship of Self-Esteem with the Performance of Contact and Non-Contact Sports

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### Abstract

The purpose of the study was to investigate the relationship of Self-Esteem with the performance in contact and non-contact sports. Four hundred forty eight (448) subjects were selected from contact and non-contact sports for this study. Their age ranged from 18 to 25 years. These subjects belonged to All India Inter-University first four-position holders and for relay events that finished in first eight positions. 224 male subjects selected from Hockey, Football, Basketball and Handball as contact sports. In the same way the scholar chose 224 male subjects from Cricket, Volleyball, Track & Field (relay events) and Swimming (relay events) as non-contact sports. To determine the performance of the contact and non-contact sportsmen, subjective judgment was made with the help of three judges. The Self-Esteem Questionnaire by Rogers, were administered to find out the relationship of cohesion with the performance in contact and non-contact sports. For statistical analysis of the data, the Pearson's Moment Correlation was used. The analysis of data reveals a significant relationship of Self-Esteem with the performance in contact sports and non-contact sports.

**KEYWORDS:** Self-Esteem and Performance

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### Introduction

Knowing who you are and liking with who you are represent two different things. Although adolescents become increasingly accurate in understanding, which they are (self-concept), this knowledge does not guarantee that they like themselves (their Self-Esteem) and better. In fact, their increasing accuracy in understanding themselves permits them to see themselves fully- one and all. (Grafford, 1999, 1) examined how extracurricular activity effect Self-Esteem, and how Self-Esteem effects G.P.A. the previous researchers presented individuals with Self-Esteem scale, scored the scale, and then used that data to compare to their involvement in sports, and they also used Self-Esteem scale to determine that high sense of Self-Esteem correlates strongly to a high G.P.A. This study investigates the psychological effect of involvement in extracurricular activities on the level of Self-Esteem. The second variable he will be observing is the effect of high Self-Esteem on G.P.A. I expect to find that there is a positive significance between extracurricular and Self-Esteem. He further expects to find a positive significance between Self-Esteem and G.P.A.

Blake and Rust (2002, 1) the present study investigated the relationship between Self-Esteem and self-efficacy among college students with physical and learning

disabilities. Collective Self-Esteem, membership Self-Esteem, private Self-Esteem, and public Self-Esteem were positively and significantly correlated with general and social self-efficacy. Scores were found to be similar to scores from the normative samples. Thus although Self-Esteem and self-efficacy were significantly related to each other, they were largely unrelated to disability status.

Posavac and Posavac (2002, 153) have expended significant effort trying to delineate determinants of body image disturbance in young women, in part because of the potential of body image disturbance to precipitate eating disordered behaviour. In this research researcher demonstrate that the extent of the discrepancy women perceive between their own attractiveness and body shape and images representative of ideal feminine attractiveness presented in advertising and the broader media (i e., self-media ideal discrepancy) predicts how concerned they are with their weight (a measure of body image disturbance). Perhaps more importantly, we also show that perceived self-media ideal discrepancy is a construct independent of global Self-Esteem Specifically, our results demonstrate that perceived self-media ideal discrepancy is related to women's weight concern even when Self-Esteem is statistically controlled. Implications for theory and clinical intervention are discussed.

Costello (2000, 307) conducted this study to determine the techniques of neutralization and Self-Esteem. The hypotheses were tested by using the data from the Richmond Youth Survey. The results differed depending on whether general neutralizations or neutralizations regarding the police were analyzed. Children who are attached to their parents are less likely to use police-related neutralizations, but delinquents who use these neutralizations have higher Self-Esteem, consistent with neutralization theory. Delinquents who are more strongly attached to their parents are also less likely to use general neutralizations, but this Self-Esteem, consistent with control theory.

Peterson (1999, 21-27) conducted a study to identify Self-Esteem development as an explicit objective in youth sport has received some attention during the past decades. This study explored the relationship between the self-perceptions of cricketers aged 13-15 years (N=222) and their perceptions of their coaches' application of 10 instructional strategies. Data collection included: (a) pre and post-season (10 weeks) measures of players' Self-Esteem using Harter's (1985) Self-Perception Profile for Children; (b) pre- and post-season measures of players' cricket self-perceptions, affective outcomes derived from cricket participation, and cricket motivation orientation using a cricket-specific adaptation of Klint's (1988) affect inventory; and (c) players' post-season perceptions of their coaches' application of 10 coaching strategies using an inventory designed by the author. Pearson product moment correlations (r) were used to measure the strength and direction of the relationships between the variables (Vincent, 1995). Results revealed: (a) significant correlations between dimensions of Self-Esteem, cricket self-perceptions and the affective outcomes of pride, excitement and happiness, and (b) significant correlations between the cricketers' perceptions of their coaches application of the instructional strategies and dimensions of their post-season Self-Esteem, cricket self-perceptions, affective outcomes and intrinsic motivation orientation. These findings provide further insights for coaches seeking to develop athlete Self-Esteem on the sports field.

Grafford (2000, 1) has examined how extracurricular activities affect Self-Esteem, and how Self-Esteem effects G.P.A. the previous researchers presented individuals with a Self-Esteem scale, scored the scale, and then used that data to compare to their involvement in sports, and they also used Self-Esteem scales to determine that a high sense of Self-Esteem correlates strongly to a high G.P.A. This study investigates the psychological effect of involvement in extracurricular activities on the level of Self-Esteem. The second variable researcher will be observing is the effect of high Self-Esteem on G.P.A. Researcher expect to find that there is a positive significance between extracurricular and Self-Esteem. Researchers further expect to find a positive significance between Self-Esteem and G.P.A.

Mackinnon, Goldberg & Clark (2003, 3-8) this research examined the relationships among body attributes (i.e., body fat percent and bench press performance) and psychological esteem (i.e., perceived athletic competence, body image, and general Self-Esteem) in high school football players. Structure equation modeling was used to model the relationship among the constructs. Body fat was negatively related to athletic competence and body image, which in turn were positively related to general Self-Esteem. The role of bench press performance in predicting psychological esteem was inconsistent, however, suggesting that leanness may be more important than body strength for adolescent psychological esteem among high school football players.

### **Statement of the problem**

The purpose of this study was to determine the relationship of Self-Esteem with the performance in contact and non-contact sports.

### **Significance of the study**

It appears that the concept of Self-Esteem in relation with the group performance in sports is a complex and important area of research for the sports psychologists and coaches.

### **Selection of subjects**

Four hundred forty eight (448) male subjects were selected from contact and non-contact sports for this study. Their age ranged from 18 to 25 years. These subjects belonged to All India Inter-University first four position holders and for relay events (Swimming and Track & Field) that finished in first eight positions.

The scholar chose 224 male subjects from Hockey, Football, Basketball and Handball as contact sports. In the same way the scholar chose 224 male subjects from Cricket, Volleyball, Track & Field (relay events) and Swimming (relay events) as non-contact sports.

### **Collection of data**

The data pertaining to Self-Esteem was collected by administrating "Self-Esteem Scale". The data was collected on 448 All India Inter-University men players belonging to contact sports (Hockey, Football, Basketball, and Handball) and non-contact sports (Cricket, Volleyball, Track & field relay events and Swimming relay events). Before administrating the questionnaire the purpose of the study was explained to the subjects

and the researcher solicited their co-operation which all of them readily agreed to extend. The questionnaire was administered one day before the tournaments.

### Assessment of the performance

To determine the performance of the contact and non-contact sportsmen, subjective judgment was adopted with the help of three judges. Selected three judges were the coach/trainer of the particular team and other experts from participating in All India Interuniversity Competition. Judges were asked to grade the performance of the players with the 10 point scale. The average score awarded by three judges was considered as the best performance of the player.

### Statistical Technique

Pearson Product Moment Correlation Coefficient was used to find out the relationship of Self-Esteem with the performance in contact and non-contact sports.

$$\text{Formula: } r = \frac{n\sum xy - (\sum x)(\sum y)}{\sqrt{n(\sum x^2) - (\sum x)^2} \sqrt{n(\sum y^2) - (\sum y)^2}}$$

### Level of Significance

For testing the hypothesis that there might be a significant relationship of Self-Esteem with the performance in contact and non-contact sports. The level of significance was set at 0.5 level of confidence.

### Analysis of data

The various data of Self –Esteem was analyzed by the Pearson’s Product Moment Correlation. The Self-Esteem was correlated with the performance in contact and non contact sports.

Analysis of Self-Esteem with performance

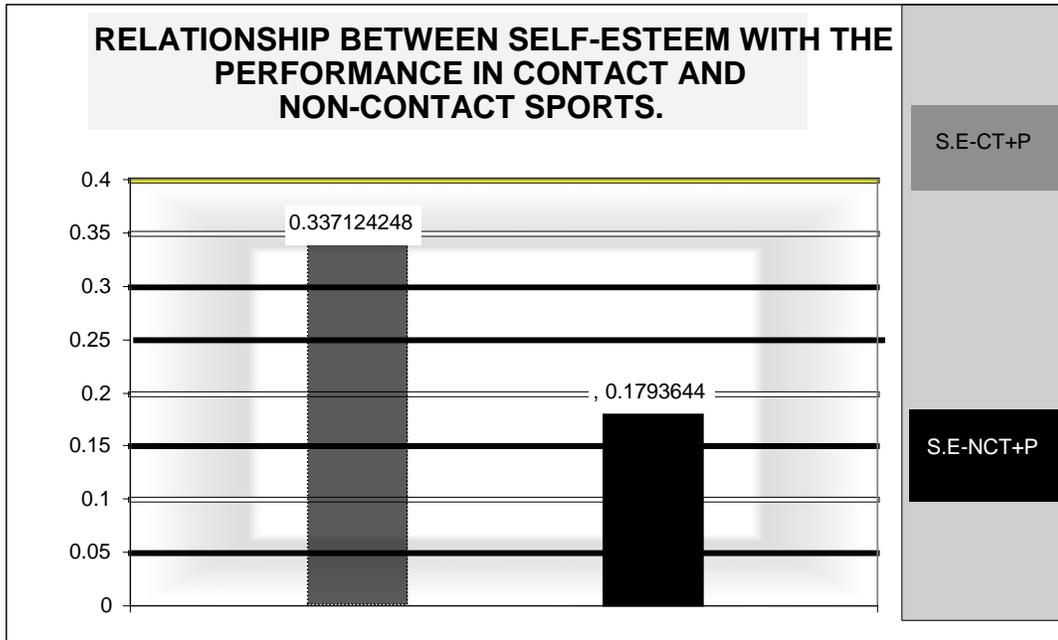
Self –Esteem was correlated with the performance in contact sports and non-contact sports. Coefficient of correlation is given at Table-1 and Graph-1.

Table-1

### RELATIONSHIP BETWEEN SELF-ESTEEM WITH THE PERFORMANCE IN CONTACT AND NON-CONTACT SPORTS.

Sr.No.	Variable Correlated	Team	‘r’
1.	Self-Esteem and Performance	Contact	0.33712
2.	Self-Esteem and Performance	Non-Contact	0.17936

Graph-1



\* Significant at 0.05 level of confidence with (N-2) = 222 degree of freedom 'r' required to be significant at 0.05 level was 0.1325.

Table-1 and Graph-1 indicate that the relationship between Self-Esteem and performance in contact sports as the obtained value of (r) = 0.337 is high as compared to tabulated value of correlation (r) = 0.1325.

The above-mentioned value indicates that there is a significant relation between Self-Esteem and performance in contact sports.

Further, Table-1 and Graph-1 indicate that the relationship between Self-Esteem and performance in non-contact sports as the obtained value of (r) = 0.17936 is high as compared to tabulated value of correlation (r) = 0.1325. The above mentioned value indicates that there is a significant relationship between Self-Esteem and performance in non-contact sports.

**Discussion of Findings**

The analysis of data reveals a significant relationship of Self-Esteem with the performance in contact sports.

It means that Self-Esteem is positively related to the performance in contact sports. It shows that performance of contact sports mostly depends upon the Self-Esteem of the players i.e. if the players know each other very well, understand each other, have full self confidence to achieve the goal and try whole heartedly towards the common goal of the team, they will definitely improve their performance as individual players as well as that of the team as a whole. It further shows that the Self-Esteem is positively related to the performance in non-contact sports. It means that Self-Esteem does affect the performance of the non-contact sports. So it is clear from the results of this study that if the players collectively try to achieve the aim with the positive Self-Esteem, Mutual Understanding, Self-Confidence, and Self-Possession, they will definitely improve the performance of the team. Therefore, the hypothesis that there would not be significant relationship

between Self-Esteem with the performance in contact and non-contact sports is rejected at 0.05 level of confidence with 222 degree of freedom.

### Conclusion

With in the limitation of the present study the following conclusions are drawn.

#### *Contact Sports*

The Self-Esteem has a significant relationship with the performance.

#### *Non-contact sports*

There is significant correlation between the Self-Esteem and performance.

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