

## Comparative Study of Self-Esteem between Physical Education Teachers and Other Teachers Belongs to Jammu Division

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### Abstract

The study aimed to compare the Self-Esteem Between Physical Education Teachers And Other Teachers Belongs To Jammu Division. A total of sixty 60 subjects, comprising 30 physical education teachers and 30 other subject teachers Belongs To Jammu division, which were randomly selected for the study. The Subjects were selected by using random sampling. The age of the subjects ranged between 23-30 years. To analyze the self-esteem Of the subjects of both the groups I.e. physical education teachers and other subject teachers group. The Standard questionnaire meant for Self-Esteem by **Dr. Morris Rosenberg's** Self-Esteem Scale it has 10 items . The analysis of data was done by using statistical technique 't'- test for finding the significance difference of Self-Esteem Between Physical Education Teachers And Other Teachers Belongs To Jammu Division and the level of significance was set at 0.05 levels ( $p < 0.05$ ).

**KEYWORDS:** Self-Esteem, Teachers

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### Introduction:

Psychology is an academic and applied discipline involving the scientific study of mental processes and behaviour. Psychology also refers to the application of such knowledge to various spheres of human activity, including relating to individuals' daily lives and the treatment of mental illness. Occasionally, in addition or opposition to employing the scientific method, it also relies on symbolic interpretation and critical analysis, although it often does so less prominently than other social science such as sociology. Psychologists study such phenomena as perception, cognition, emotion, personality, behaviour and interpersonal relationships. Some, especially depth psychologists, also study the unconscious mind.

Psychology differs from the other social sciences- anthropology, economics, political science, and sociology in seeking to explain the mental processes and behaviour of individuals. Psychology differs from biology and neuroscience in that it is primarily concerned with the interaction of mental processes and behaviour on a systemic level, as opposed to studying the biological or neural processes themselves. In contrast, the subfield of neuropsychology studies the actual neural processes and how they relate to the mental effects they subjectively produce. Biological psychology is the scientific study of the biological bases of behaviour and mental states.

Psychology does not necessarily refer to the brain or nervous system and can be framed purely in terms of phenomenological or information processing theories of mind. Increasingly, though, an understanding of brain function is being included in psychological theory and practice, particularly in areas such as artificial intelligence, neuropsychology, and cognitive neuroscience.

### **Meaning of Self-Esteem:**

Self-esteem is a term in psychology to reflect a person's overall evaluation or appraisal of his or her own worth. Self-esteem encompasses beliefs (for example, "I am competent", "I am worthy") and emotions such as triumph, despair, pride and shame. In psychology self-esteem or worth is to a person's self-image at an emotional level; circumventing reason and logic. The term differs from ego in that the ego is a more artificial aspect; one can remain highly egotistical, while underneath have very low self-esteem. Synonyms or near-synonyms of self-esteem include: self-worth self-regard, self-respect, and self-integrity. The experience of being capable of meeting life's challenge and being worthy of happiness. Self-esteem is related to yourself worth and your value. According to The American Heritage Dictionary of the English Language, "self-love" is "the instinct or desire to promote one's well-being" while La Rochefoucauld considered 'that amour-propre (self-regard) is the mainspring of all human activities.

### **Findings:**

The data is collected from Sixty(60) subject's i.e. Thirty (30) subjects physical education teachers and Thirty (30) subjects other teachers and after that the collected data was analyzed by comparing the means of physical education teachers and other teachers and was again statistically analyzed by applying t-test to check the significant difference among selected variables. Therefore separate tables and graphs have been presented for each variable. Each table gives the mean of physical education teachers and other teachers. Also the researcher found the standard deviation of physical education teachers and other teachers and also their mean difference is been given in the table. The level of significance for the present study is kept at 0.05 and also the degree of freedom is also be kept in mind for the calculation of tabulated 't' which is then compared with the calculated 't'. This is used for testing of hypothesis which was given by the researcher previously.

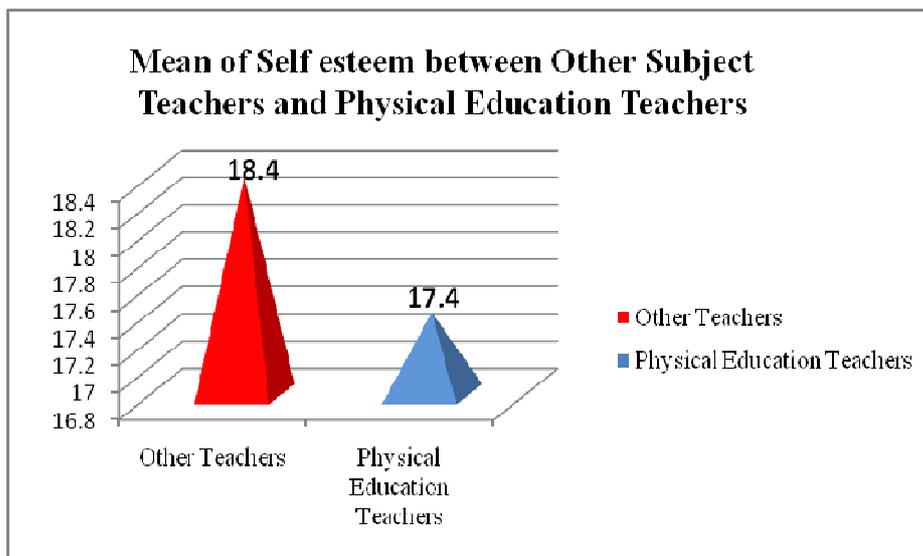
If the value of the calculated 't' is more than the tabulated 't' then the hypothesis of the researcher will be accepted and if the value of the calculated 't' is less than that of tabulated 't' then the hypothesis of the researcher will be rejected. Acceptance or rejection of hypothesis does not matter.

The whole work of the researcher depends upon the collection of the data that is why the collection of data is called the foundation stone around which the whole research work revolves. So the researcher is asked to collect the data in a very precisely manner as to face less difficulties during the whole researcher work.

**Table-1**  
**Comparison of Self Esteem between physical education teachers and other teachers belongs to Jammu division**

Group	Mean	S.D.	M.D	S.E	D.F.	O.T.	T.T.
Other Teachers	18.4	3.15	1	0.833	58	1.199	2.00
Physical Education Teachers	17.4	3.29					

**Graph-1**  
**Showing the Mean difference of Self esteem between physical education teachers and other teachers belongs to Jammu division**



**Conclusion:**

From the above study it is concluded that As far as self-esteem is taken into consideration, the other subject teachers are sociable, self-respectable and favourable, while as physical teachers are despise, and disregard. After the systematic collection, analysis and interpretation of data, it is concluded that in comparison of Self-Esteem the physical teachers having also low.

With the limitations of the study and from the statistical analysis of the collected data it is concluded that there was found insignificant difference in self-esteem between physical education teachers and other teachers belongs to jammu division applied 't' test. The researchers initially pre assumed that there would be significant difference in self-esteem between physical education teachers and other teachers belongs

to jammu division. After the statistical analysis interpretation of data it was found that there is insignificant difference. Because calculated 't' is less than tabular 't' at the level of significance 0.05, so the pre assumed has been rejected.

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