

IMPACT OF SELF-ESTEEM ON SPORTS PERFORMANCE- A COMPARATIVE STUDY

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ABSTRACT

Self-Esteem is a basic motivational factor in sports. An individual undergoes a form of positive or negative Self-Esteem. Positive Self-Esteem is characterized by positive achievement, good behavior and sustains motivation. Negative Self-Esteem is characterized by by-functional pattern of achievement and bad behavior. Suggesting that Self-Esteem is a powerful variable and its impact on athlete's motivation in sports. A total of 60 subjects consisting of 30 Football and Cricket Players were randomly selected. All the selected players were taken part in District, State and National Level tournaments. The Athletes age range from 19-25 years. Assessment of Self-Esteem was done before the match and after the match. Standard Scale and Questionnaire were used to assess the Self-esteem. Self-esteem was compared between Cricketers and Football players to identify the positive feeling s of self worth or unfavorable which leads to negative feeling of Self-worth. In Statistical Analysis we use both Descriptive and Comparative Analysis. In Descriptive Analysis we measure Mean and Standard Deviation and in Comparative Analysis we measure T-Test. Discussion, findings and results will be analyzed after appropriate statistical analysis.

Since the turn of 20th Century. We live in the world of competition in every aspect of life. Since the day started, man has to compete physically or psychologically for the survival. Similarly in sports, an athlete has to compete physically and psychologically to win the competition. Physical performance can be accessed through Mechanical Instrument, measuring instrument etc., But the problem is most of our athletes psychological characteristic/status are not accessed which is very important when an athlete participate in competition. Self-esteem is a term used in psychology to reflect a person overall emotional evaluation of his or her own worth, in simple it is the judgment of oneself as we as an attitude towards the self.

Athletes are vulnerable to the problem of attaching Self-esteem to one's performance because they are judged by how well you perform. Positive interaction of coach with athletes improves Self-esteem, low Self-esteem because vulnerable to variation in coaching behavior. But in sports Self-esteem has a greater impact, High Self-esteem is characterized by positive

achievement, behavior, and sustained motivation. Low Self-esteem characterized by Dysfunction pattern of achievement. Behaviors suggesting that Self-esteem is a powerful character.

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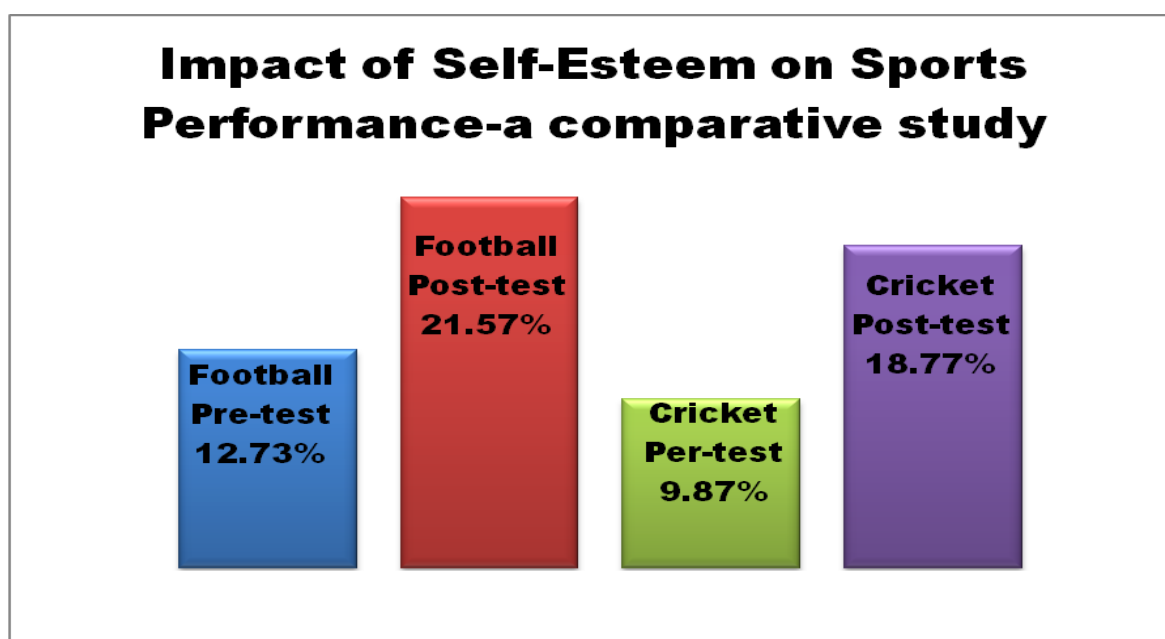
In this context, the present study is an attempt to access one of the important psychological character/status emotional evaluations of an athlete when he takes part in sports which has maximum impact on the performance of an athlete.

METHODOLOGY

A total of 60 subjects consisting of 30 Football and 30 Cricket players were selected randomly. All the selected players have taken part in District, State and National level competition. Athletes age range from 19 to 25 years. The Questionnaire of Rosenberg Self-esteem scale which has 10 questions and 5 items marks with an asterisk as reversed wording. We have used both Descriptive and Comparative method of Statistical Analysis.

For Descriptive analysis, we have used Mean & Standard Deviation. For Comparative analysis, we have used T-test and level of significant. We have accessed the both per-assessment & post-assessment for both the groups.

Bar Chart Showing Self-Esteem of Football and Cricket Players (Pre-test & Post-test)



The Table showing Descriptive and Comparative Analysis of Self-Esteem Football & Cricket Players.

PLAYERS	FOOTBALL PLAYERS		CRICKET PLAYERS	
	Pre-test	Post-test	Pre-test	Post-test
No's	30	30	30	30
MEAN	12.73	21.57	9.87	18.77
S.D	5.23		5.05	
T-test	0.000136972			
level of significance	0.008			

*=significant at 0.008 level

From the above table, it clearly indicates that there was 0.0001 significant different between among cricket and football players as calculated t -value 0.000136972 is greater than the table value 0.0001.

RECOMMENDATIONS

- ❖ Coaches should not give negative feedback; athletes with low Self-Esteem take it personally and can be divested and lead to poor performance.
- ❖ Athletes with strong Self-Esteem should be cheerful. This shows certain strength and less fear of failure.
- ❖ Physical education describes coaches should evaluate the Self-Esteem of Athletes at least twice a year before going for the competition.
- ❖ Self-Esteem development should be done because development would continuously increase during characterize of adulthood at very slow rate.
- ❖ Self-evaluation is important because the subject is able to access, what they know, what they do not know.
- ❖ Overweight, peer pressure should be avoided because it can result in low Self-Esteem.
- ❖ Heave Self-criticism and dissatisfaction of athletes should be avoided in group games because they lead of low Self-Esteem and in-turn leads to poor performance.

CONCLUSION

The primary outcome of the study concluded that Self-Esteem of Football players was higher than Cricket Players. The Athlete has to go through many progressive therapeutic techniques in training and also in reducing stress, anxiety level while involving in sports.

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