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## A comparative study of self-concept between soccer and hockey players

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### Abstract

The aim of the study was a comparative study of self-concept between soccer and hockey players. Material and method: - The study was conducted on thirty six male university level athletes of each group (field hockey and soccer) of the Lakshmbai national institute of physical education (Gwalior). The data was analyzed with the help of mean, standard deviation and t-test to see the comparison, the level of significant chosen to the test hypothesis was at .05 level. Result: - It was concluded that there was significant difference in self-concept.

**Keywords:** soccer, hockey players

### 1. Introduction

Our ultimate aim in life is to bring peace, happiness and satisfaction in our life. To bring this satisfaction and happiness in our life, we have to be quite adjustable. Self awareness is necessary for well adjustment. Self awareness is closely concerned with self-concept. Self-concept is the nature and organization of beliefs about one's self. Self-concept is theorized to be multi-dimensional. Sports psychology is the scientific study of behavior in sports or sports related context. It is an attempt to understand the how and why underlying sports behavior. Sports psychology is defined as the study of mental processes as they relate to human sports performance. It consists of theories and laws of learning the importance of reinforcement and the linking of perceptual abilities with motor performance contribute to the body of knowledge. (Lumpkin, 1986)

### Material and methods

#### Selection of subjects

36 male interuniversity level athletes of each sports group (Field Hockey and Soccer) of the lakshmbai national institute of physical education, Gwalior were selected as subjects they were further divided into two groups N 18 field hockey and N 18 soccer, The age of subjects ranged between 18 to 25 years. The purposive sampling technique are used to attain the objective of study.

#### Selection of Questionnaire

The Self Concept Inventory Which Is Designed To Study Self Concept By Dr.J.K.Virk And Dr. B,R. Chauhan was used to compare the self-concept between field hockey and soccer players.

For the construction of this inventory a set of 90 questions was selected, after analysis the inventory consists a set 24 questions, which includes emotional, constrictive and aspect of individual, in these 24 questions first 12 questions have measured the positive and 12 questions the negative aspect each questions have 5 points, first option have lowest value increasing order the last option have highest value of rating scale i.e 1,2,3,4 and 5.this inventory was not developed for the "internal consistency" but for the "inter-sample consistency analysis"

#### Scoring:

In this inventory each question has option:

First option has 1: points

First option has 2: points

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First option has 3: points  
 First option has 4: points  
 First option has 5: points  
 The sum of entire 24 question was the final score of an individual.

**Reliability**

Split half reliability=0.79  
 Test Retest reliability=0.76

**Validity**

With Mohsin self-concept

**Norms and Standard**

96-120 High Self Concept  
 49-95 Medium self-concept  
 48 Below-Low Self concept

**Administration of Questionner and Data Collection:**

For obtaining the data and fact based information for the present study the aim was to evaluate the psychometric properties of university level athletes i.e field hockey and soccer players study in lakshmbai national institute of physical education, Gwalior. With their consent and cooperation, the investigator decided the time and venue so that their daily schedule was not disturbed, The test was administrated one after another The test instructions were clearly read out and explained to them and they were permitted to ask queries and their doubts were cleared before administrating the test, The subjects were asked to record their first response and over their test response sheet as soon as filled it up.

**Statistical Techniques Employed**

Students t-test for independent data was used to determined the significant differences between interuniversity level male field hockey and soccer players, unpaired t-test was employed for data analysis, To test the hypothesis, the level of significance was set 0.05

**Result**

**Table:** Significance Differences in the Mean Scores of Interuniversity field hockey and soccer players on the variable Self-Concept

Groups	Mean	D.F	Mean Diff	S.E	t-ratio
Field hockey	15.036	34	2.439	0.955	2.55*

Soccer 12.597

\*significant at 0.05 level of confidence, Tabulated t (0.05,34)=2.03

A glance at Table 1 shows the results of university level field hockey and soccer players with regards to the variable adjustment, the descriptive statistics shows that there are significant differences of self-concept between field hockey and soccer players as obtained t-value of 2.55 is greater than the tabulated t(0.05,34) value of 2.03 at 0.05 level of confidence.

**Discussion of findings**

“Mental will is a muscle that needs exercise, just like muscles of the body.” (Lynn Jennings)

From the above table it is revealed that there is a significant difference in the respect of self-concept of the field hockey and soccer players. Hockey players was found to be better as compared to soccer players, the probability resion might be because of nature and characteristics of both the game,

Hockey is a fast sport and momentum can shift in the blink of an eye. Self-concept is very much needed to operate and take quick decisions and think on his or feet self-concept is very much needed.

**Conclusion**

On the basis of statistical finding it was concluded that there was significant difference in self-concept (t (0.05, 34) =2.55>2.03). It was further concluded that the field hockey players have the better on self-concept than soccer players (m=15.036>12.597).

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