



P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 5.38  
IJPESH 2017; 4(4): 457-458  
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www.kheljournal.com  
Received: 14-05-2017  
Accepted: 15-06-2017

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## A comparison of self- concept between sportsperson and non-sports person females

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### Abstract

The purpose of present study was to access the Self-Concept between the sports persons and Non- sports persons. In the present study, the subjects for data collection were collected from patiala (women). The subjects were purposively selected in case of sportspersons and randomly in case of non- sportspersons. The sample consist of 30 women which further divided into two groups (N=15) sportspersons and (N-15) Non-sportspersons to measure the level of Self-Concept of the subjects, Mental Health battery constructed by Singh and Gupta (2000) was applied. The results revealed that sportspersons female in significantly better level of self-concept as compared to non- sportsperson females.

**Keywords:** self-concept, sportsperson female and non-sports person female.

### Introduction

Today's physical and psychological training programs are more and more intensive, especially in the case of elite athletes. The role of scientific and systematic preparation has become even more vital as neither physical standard nor skill level decides the performance outcome of an athlete but it is the psychological parameters of an individual which decide the sportspersons and non- sportspersons in a competition. An athlete requires something extra for the accomplishment of extraordinary performance in the area of sports. Suinn (1977) [8]. Something extra as intending to win instead of hoping to win "It is ability to concentrate completely on performance in situation in which physical skills are to be closely matched with the competitor's psychological approach which ultimately becomes the critical factor that determines who wins.

In the present competitive scenario, psychological aspects are given more and more emphasis in order to bring out the optimum level of sports performance. It has become clear over the past two decades that psychological interventions can help teams and athletes to perform their best. These keen struggles for excellence have made sports scientists to explore and emphasize on these psychological determinants. These variables always have path to success and failure in the field of games and sports. There has been an effort to boost the performance level in sports through physical as well as psychological training of the athletes. When physical skills are evenly matched with the psychological determinants, then performance level enhanced. It is the Combination of psychological makeup and physical readiness that distinguish successful athletes from their unsuccessful counterparts.

### Self-Concept

Self-Concept helps everybody to grow properly and adjust properly. Positive self-concept always strengthens the ability of reasoning, problem solving and efficiency of a child. The Self-concept as an organizer of behaviour is of great importance. Self-Concept refers to the experience of one's own being. It includes what people come to know about themselves through experience, reflection and feedback from others.

On the present account, an individual's self-concept is conceived as that individual's summary formulation of his or her status. This conception differs significantly from traditional ones in which the self-concept is universally considered to be a kind of Organized informational summary of perceived facts about One self, including such things as.

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one's traits, values, social roles, interests, physical characteristics, and personal history. For this reason, and because the concept of "status" will be unfamiliar to most readers, this section will be devoted to explaining the present conception.

### Methodology

In the present Study, the Subjects for data collection were collected from Punjabi university Patiala. The subject were purposively selected in the case of sportspersons and randomly in the case of Non-sportspersons. The sample

consist of 30 Females which further divided into two groups (N15) sportspersons and (N=15) Non-sportspersons. To measure the level of Self-Concept of the subjects, Mental Health battery constructed by Singh and Gupta (2000) was applied. Self- concept is one of the six Sub-variables of Mental Health covered by this battery. The t-test was used to compare the significance difference between sportspersons and Non-sportspersons Female. The level of significance was Set at 0.05 level  $t > 2.00$  (df=28).

### Results

**Table 1:** Mean Differences in the Scores of Self-Concept of Sportspersons and Non- Sportspersons

Variable	Sportspersons Female=15		Non- Sportsperson Female=15		Mean Difference	SEDM	t- value
	Mean	SD	Mean	SD			
Self-concept	13.39	1.925	12.11	2.141	1.29	0.467	2.762*

Table above demonstrates the results with regarding to the variable Self-Concept between sportspersons and non-sportsperson female. The sportsperson female had Mean value 13.39 and S.D. value 1.925 respectively. However, non-sportsperson female had obtained Mean value 12.11 and SD value 2.141 respectively. The t-value 2.762 demonstrated Significant differences between these two groups as the obtained t-value was found greater than the table value of 2.00 which was required to be significant at 0.05 level of significance with (df=28).

### Conclusion

Table projects the results on the variable self-concept between sportsperson and non-sportsperson females. The result were found significant at 0.05 level of significance with (df=28). The obtained mean values between sportspersons and non-sportsperson females revealed that sports person female had the higher mean values as compared to non-sportspersons. When comparing the mean of both groups, it is found that sports person female had significantly better self-concept and self- control than non-sports person females.

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