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## An analysis of self concept and anxiety among sprinters and jumpers of Kurukshetra University

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### Abstract

Self concept is a multidimensional construct that refers to an individual's perception of self in relation to any number of characteristics, such as academics, gender roles, racial identity etc. The self concept is an internal model which comprises self assessments. Anxiety is a psychological and physiological state characterized by somatic, emotional, cognitive and behavioural components. Anxiety invokes a feeling of fear or a perception of threat and which may be specific to and particular situation. The Purpose of the present study is to find out the Self concept and anxiety among Sprinters and Jumpers of M.D. University, Rohtak. The sample for the present study is Thirty Male Sprinters and Thirty Male Jumpers those who have participated in the M.D. University Inter College Athletics Championships during the year 2015-16. R.K. Saraswath Self Concept Questionnaire and Sinha's Comprehensive Anxiety Test are used in the study. Each of the two instruments was administered individuals as well as a small group. Prior to administration of test through informal talk was explained the subjects procedures of the tests. This study shows that Sprinters are having high self concept and low anxiety compare to Jumpers. It is concluded that that Sprinters are having the good self concept and less anxiety to achieve the high level of performance.

**Keywords:** Gender roles, psychological, somatic, emotional, administration.

### 1. Introduction

Self-concept is the construct that negotiates these two selves. In other words, it connotes first the identification of the ideal self as separate from others, and second, it encompasses all the behaviours vetted in the actual self that you engage in to reach the ideal self. Behavioural scientists often assert that the self-concept is the sole perspective from which one can understand an individual's behaviour because it includes all the dimensions of the self including how one looks (self-image), and what one knows (self-knowledge), and the ways in which these exist for others (fulfilling the ego).

The actual self is built on self-knowledge. Self-knowledge is derived from social interactions that provide insight into how others react to you. For example, you are about to meet someone for the first time on a date. You are well dressed and you introduce yourself with a smile on your face. However, your date meets you with a frown and declares, 'I don't want to see you!' At first, you think about the frown and wonder whether his or her reaction has anything to do with you. But, the mention of 'you' in the comment tells you that this does have something to do with you. So, you reflect on your past behaviours and encounters trying to figure out if you've met this person before and if you did, what exactly sparked his or her reaction. At this point, you are reflecting on your actual self derived from your self-concept and you attempt to re-align this self with this surprising meeting on the first date. Conversely, if your date greeted you with a smile and said, 'It is so good to see you,' then you would not experience this discrepancy. Instead, you would feel self-assured with your actual self intact.

The negotiation is complex because there are numerous exchanges between the ideal and actual self. These exchanges are exemplified in social roles that are adjusted and re-adjusted, and are derived from outcomes of social interactions from infant to adult development. George Mead stated that, "By incorporating estimates of how the 'generalized other' would respond to

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Certain actions, the individual acquires a source of internal regulation that serves to guide and stabilize his behaviour in the absence of external pressures. There are as many selves as there are social roles." Thus, think of your actual self as a Rubik's cube and your ideal self as the context that surrounds the Rubik's cube. Your actual self, like a Rubik's cube, has six 'faces,' or social roles, and each 'face' solidly presents one colour. In this event, your actual self is in complete accordance with your ideal self and there are no threats. This means that you have self-actualized your potential and your basic developmental and psychological needs have been essentially fulfilled. In other words, your colours are seen by others in similar ways in which you see your actual self, and your ideal self matches your actual self. Hence, your possible selves are closely aligned with each other, solidly tied to firm beliefs about the actual self and demonstrating unification.

However, this event is not common. When someone hands you a Rubik's cube, the colours are often mixed up. This means that the face that you present of your actual self is in discord with your ideal self. This conflict arises through fears or doubts of yourself and others, or lack of self-knowledge of the context. Often, your actual self may never be the same in all instances because context influences your choice of your 'presented face.'

Anxiety is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behaviour, such as pacing back and forth, somatic complaints and rumination. It is the subjectively unpleasant feelings of dread over anticipated events, such as the feeling of imminent death. Anxiety is not the same as fear, which is a response to a real or perceived immediate threat; whereas anxiety is the expectation of future threat. Anxiety is a feeling of fear, uneasiness, and worry, usually generalized and unfocused as an overreaction to a situation that is only subjectively seen as menacing. It is often accompanied by muscular tension, restlessness, fatigue and problems in concentration. Anxiety can be appropriate, but when experienced regularly the individual may suffer from an anxiety disorder.

People facing anxiety may withdraw from situations which have provoked anxiety in the past. There are various types of anxiety. Existential anxiety can occur when a person faces angst, an existential crisis, or nihilistic feelings. People can also face mathematical anxiety, somatic anxiety, stage fright, or test anxiety. Social anxiety and stranger anxiety are caused when people are apprehensive around strangers or other people in general. Furthermore anxiety has been linked with physical symptoms such as IBS and can heighten other mental health illnesses such as OCD and panic disorder.

Anxiety can be either a short term "state" or a long term "trait". Whereas trait anxiety is a worry about future events, close to the concept of neuroticism, anxiety disorders are a group of mental disorders characterized by feelings of anxiety and fear. Anxiety disorders are partly genetic but may also be due to drug use, including alcohol, caffeine, and benzodiazepines (which are often prescribed to treat anxiety), as well as withdrawal from drugs of abuse. They often occur with other mental disorders, particularly bipolar disorder, eating disorders, major depressive disorder, or certain personality disorders. Common treatment options include lifestyle changes, medication, and therapy.

### **Significance**

The present study will bring the importance of Self concept and anxiety among Sprinters and Jumpers of M.D. University, Rohtak.

### **Objectives**

1. To study the Self Concept among Sprinters and Jumpers of M.D. University, Rohtak.
2. To study the Anxiety among Sprinters and Jumpers of M.D. University, Rohtak.

### **Hypothesis**

It is hypothesized that Sprinters might have more Self concept and anxiety than Jumpers

### **Experimental Design**

The sample for the present study is fifty Male Sprinters and fifty Male Jumpers those who have participated in the M.D. University, Rohtak Inter College Athletics Championships for the year 2015-16. R.K. Saraswath Self Concept Questionnaire and Sinha's Comprehensive Anxiety Test are used in the study. Each of the two instruments was administered individuals as well as a small group. Prior to administration of test through informal talk was explained the subjects procedures of the tests.

### **2. Research Methodology**

The sample for the present study is thirty Male Sprinters and thirty Male Jumpers those who have participated in the M.D. University, Rohtak Inter College Athletics Championships for the year 2015-16. R.K. Saraswath Self Concept Questionnaire and Sinha's Comprehensive Anxiety Test are used in the study. Each of the two instruments was administered individuals as well as a small group. Prior to administration of test through informal talk was explained the subjects procedures of the tests.

### **Sinha's Comprehensive Anxiety Test**

Contain 90 items of manifest anxiety. It is highly reliable and valid in time 15 to 20 minutes. Scoring is simple. Percentile norms are available on college students. Level Of anxiety may be classified in five categories, highly reliable and valid in this test.

### **Self Concept Questionnaire**

R.K. Saraswat, This 48 items measures self-concept in six areas - physical, social, temperamental, educational, moral and intellectual. Highly reliable and valid is in this test.

### **Procedures of Data Collection**

Each of the two instruments was administered individuals as well as a small group. While collecting the data for the study the later approaches were adopted. The subjects were called in a small group of 10 subjects and taken after the athletics events during the Inter College Athletics Championships for the year 2015-16. Prior to administration of test through informal talk and instructions was given to the subjects, the tests were administered and a copy of each test were collected.

### **3. Results**

This study shows that Sprinters are having high self concept and low anxiety compare to Jumpers.

### **4. Discussion**

**Table 1:** Anxiety of Sprinters and Jumpers

Players	N	Mean	S.D	t-value
Sprinters	30	26.83	2.73	5.33
Jumpers	30	34.27	4.02	

Significance level of 0.05

In Table – 1, the Mean of anxiety score of Sprinters is 26.83 and Jumpers is 34.27. Thus sprinters are having the less Anxiety compare to the Jumpers.

**Table 2:** Self Concept of Sprinters and Jumpers

Players	N	Mean	S.D	t-value
Sprinters	30	56.03	3.83	
Jumpers	30	51.28	4.92	8.75

Significance level of 0.05

Table - 2 shows the mean of self concept score of the sprinters is 56.03 and Jumpers is 51.28. Thus the Sprinters are having more self-concept than Jumpers.

### 5. Conclusions

It is concluded that sprinters are having more Self Concept and less Anxiety compare to the Jumpers. The Sprinters are extraverts and they are having the desire to excel in the competition compare to the Jumpers.

### 6. Suggestions

It is suggested that sprinters and Jumpers must be given Psychological training to improve their psychological variables to excel in the competition.

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