



International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2017; 4(3): 154-156
© 2017 IJPESH
www.kheljournal.com
Received: 15-03-2017
Accepted: 16-04-2017

Sunil Kumar
PGDSC (TENNIS) Student,
Department of sports
management and Coaching,
Lakshmi Bai National Institute of
Physical Education, Gwalior,
Madhya Pradesh, India

Pramod Kumar Yadav
Physical Education Teacher, KV
no. 1, AFS, Jorhat, Assam, India

Comparative study of self-concept and sports competitive anxiety between India and Bangladesh international women kho- kho players

Sunil Kumar and Pramod Kumar Yadav

Abstract

The purpose of the study was “Comparative study of self-concept and sports competitive anxiety between India and Bangladesh kho-kho players”. The subject for this study was 12th South Asian Games 2016, which was organized by India in Guwahati (Assam). Total 30 (Thirty) female Kho-Kho players, 15 players of Indian and 15 player of Bangladesh were (19-30 years of age) selected. To find out the self-concept, anxiety of international kho-kho players. The Sports competition anxiety questionnaire developed by Renier-martin and self-concept questionnaire developed by Robson [1989] were selected for this. The selected variables was and self-concept and anxiety. The obtained data were analyzed by applying independent ‘t’ test in order to comparison of self-concept and anxiety differential between India and Bangladesh Kho-Kho players. Further, the level of significance was set at 0.05 level of confidence. The finding of the study reveals that there was insignificant difference in case of self-concept and anxiety between India and Bangladesh players may be due to the reason that the players were almost a same level of fitness and intellectual ability with similar kind of experience which must have been a probable cause.

Keywords: Self concept, Anxiety, India and Bangladesh kho-kho players

Introduction

Self-esteem can be defined as the sense of contentment and self-acceptance that results from a person’s appraisal of one’s own worth, attractiveness, competence, and ability to satisfy one’s aspirations (Robson, 1989) [4].

Self Concept is an important term for both social psychology and humanism. This is the most basic part of the self-scheme or self-concept; the sense of being separate and distinct from others and the awareness of the constancy of the self” (Bee, 1992) [5].

Self-concept has been referred by Lowe (1961) [6] as one’s attitude towards self, and by, Paderson (1965) [7] as an organized configuration, of perceptions, beliefs, feelings, attitudes and values which the individual views as part or characteristics of himself. The self, which maintains a distinct characteristic individuality or identity of a person, is the foundation for the formation of personality, achievement motivation and functioning of creativity. The self-concept, which refers to the cluster of the most personal meanings a person alludes to his/her ‘self’ is not a finished product at birth.

It is not our intention here to comprehensively cover these developments; more detailed descriptions can be found in other reviews such as Burton (1998) [8], Jones (1995a) [9]. Situation-specific measures were subsequently developed in areas such as test anxiety (Mandler and Sarason, 1952) [10], audience anxiety (Paivio and Lambert, 1959) [11], and fear of negative evaluation, social avoidance and distress (Watson and Friend, 1969), and found to be better predictors of behavior than general anxiety scales. In sport psychology, a number of sport-specific instruments such as the Sports Competition Anxiety Test (SCAT; Martens, 1977) [13].

Criterion Measures

The self-concept score of the subjects was obtained by using Robson [SCQ] developed by Robson. The sports competition anxiety score of the subject was obtained by using sports competition anxiety questionnaire developed by Renier-Martin.

Correspondence

Sunil kumar
PGDSC (TENNIS) Student,
Department of sports
management and Coaching,
Lakshmi Bai National Institute of
Physical Education, Gwalior,
Madhya Pradesh, India

Procedure

Total 30 female Kho-Kho players (19-30 years of age) selected from South Asian Games-2016 which was organized by India in Guwahati (Assam). The selected variable was self-concept and anxiety. After obtaining approval for the human subjects protocol from the tournament organizer, prospective team coaches were contacted about the taken the data

Hypothesis

It was hypothesized that there may be significant difference in self-concept and anxiety between India and Bangladesh women Kho-Kho players.

Statistical Technique

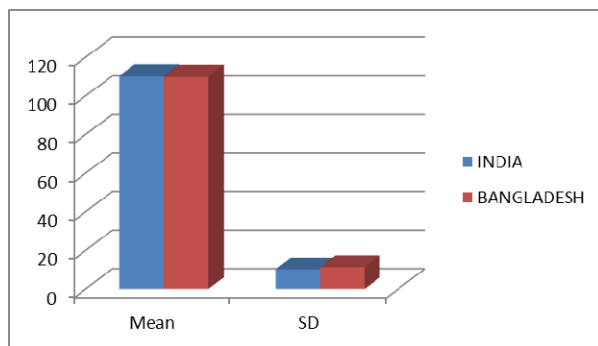
The obtained data were analyzed by applying independent ‘t’ test in order to comparison of Mental Toughness differential between India and Bangladesh women Kho-Kho players. The level of significant was set at 0.05.

Results

Table 1: Comparison of self-concept between India and Bangladesh Kho-Kho Players

Team	N	Min	Max	Mean	SD	‘t’
India	15	100	138	110.26	10.25	0.051
Bangladesh	15	86	123	110.06	11.36	

‘t’(2.28) = 2.048



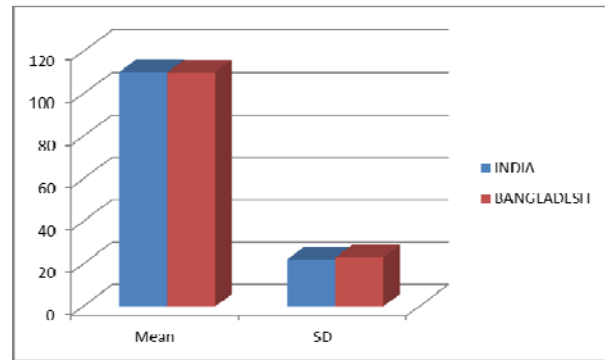
From the above table-1, It is revealed that there was insignificant difference in case of self- esteem test as calculated ‘t’value [0.051] was less than tabulated ‘t’value [2.048] at 0.05 level of significance. Thus it may be concluded that there was insignificant difference between India and Bangladesh kho-kho players related to self-concept test, in which mean self-concept test is insignificantly higher for Indian kho-kho players than Bangladesh women kho-kho players at 0.05 level of significance. The finding of the table 1 are presented above in fig. 1

Table 2: Comparison of Anxiety between India and Bangladesh Kho-Kho Players

Team	N	Min	Max	Mean	SD	‘t’
India	15	19	27	22.13	2.44	0.94
Bangladesh	15	18	26	22.93	2.63	

‘t’(2.28) = 2.048

Table 2 reveals that there is no significant difference between India and Bangladesh International kho-kho players on anxiety. Since the calculated [0.94] is less than tabulated t[2.048] at 0.05 level of significance, thus it may be concluded that the anxiety level of both the groups are same.



Discussion of Finding

The insignificant difference in anxiety and self-concept between India and Bangladesh may be due to the reason that the players were almost of the same level of fitness level, or having a equal amount of training experience because both teams played final of 12th South Asian Games which must have been a probable cause for this. In addition, India and Bangladesh kho-kho players get a similar kind of exposure which also must be a contributing factor in the insignificant difference.

Conclusion

Within the limitation of the study the following conclusion may be drawn

1. There is no significant difference in case of anxiety between India and Bangladesh kho-kho players.
2. There is no significant difference in case of self-concept between India and Bangladesh kho-kho players.

Reference

1. Kamlesh ML. Education sports psychology, Friends publication India, 2006.
2. Kutty suresh k. Foundation of sports and exercise psychology, first edition, 2004.
3. Gangopadhyay SR. sports psychology, publisher,s S.R. Gangopadhyay, 2002.
4. Robson PJ. Development of a new self-report questionnaire to measure selfesteem. Psychological Medicine, 1989; 19:513-518.
5. Bee. Development of a new self-report questionnaire to measure self-esteem. Psychological, 1992; 19:513-518.
6. Lowe. Factor analysis of Self Concept Questionnaire. Unpublished data, 1961.
7. Paderson. Relational frame theory: A post-Skinnerian account of human languageand cognition. New York: Plenum, 1965.
8. Burton D. Measuring competitive state anxiety. In J. L. Duda (Ed.), Advances in sport and exercise psychology measurement (pp.). Morgantown, WV: Fitness Information Technology Inc, 1998, 129-148.
9. Jones G, Swain ABJ. Predispositions to experience facilitating and debilitating anxiety in elite and non-elite performers. The Sport Psychologist, 1995; 9:201-211.
10. Mandler G, Sarason SB. A study of anxiety and learning. Journal of Abnormal and Social Psychology, 1952; 47:166-173.
11. Paivio A, Lambert WE. Measures and correlates of audience anxiety. Journal of Personality. 1959; 27:1-17.
12. Watson D, Friend R. Measurement of social evaluative anxiety. Journal of Consulting and Clinical Psychology. 1969; 33:448-457.

13. Martens R. Sport competition anxiety test. Champaign, IL: Human Kinetics, 1977.
14. Verma jp. Statistical method for sports and physical education, Tata McGraw Hill Education pvt. Limited, New Delhi, 2011.