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Explicit self-esteem of physical education teachers: A cross-sectional study

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Abstract

Explicit self-esteem has remained an active research topic in both the areas of explicit social cognition and self-esteem in recent decades. The purpose of this study was to explore the development of explicit self-esteem in later adulthood. A total of 40 Teachers of Physical Education from across Kerala, participated in the study. They ranged in age from 30 to 45 years with a mean age of 40.11($SD=4.84$). The degree of explicit self-esteem was assessed using Rosenberg's Self Esteem Questionnaire. Participants completed the Rosenberg Self-Esteem Scale. The simple correlation between explicit self-esteem and age was not significant, $r=-.119$. Explicit self-esteem manifested a reverse "U" shape throughout adolescence.

Keywords: Explicit, physical, education, participants, self-esteem

Introduction

Recently, dual models of social cognition have distinguished the implicit (affective) and the explicit (propositional) levels of self-esteem. Many studies have found that implicit and explicit self-esteem are weakly or even not correlated. Concerning the moderating factors of such a relationship, other studies stressed the importance of emotional awareness in the translation of implicit self-evaluations into a propositional format. If so, the defensive strategy which characterizes dismissing attachment should determine a fictitious explicit self-image, by impairing the awareness of self-related emotional experiences. At the implicit level, instead, such defensive processes should not operate.

Explicit self-esteem could be jointly influenced by the developmental process and by external social factors, such as social desirability and social comparison. Indeed, findings on the development of explicit self-esteem during adolescence are inconclusive. As a result, we have not included any specific predictions about the development of explicit self-esteem here. In examining the relationship between age and self-esteem, we controlled for gender and its interaction with age because self-esteem for males and females may not follow the same developmental trajectory.

Hypothesis

It was hypothesized that there will not be any significant relationship between age and an explicit score of assistant professors of physical education in later adulthood.

Methodology

All participants completed the explicit self-esteem measures on pen/pencil questionnaire in individual. We assessed explicit self-esteem with the Rosenberg Self-Esteem Scale. This scale has been well validated and widely used in India. It includes 10 statements such as "I take a positive attitude toward myself" and "At times I think I am no good at all". Participants indicated the extent to which they agree or disagree with each statement on a 4-point Likert scale (1=strongly disagree, 4=strongly agree). In this sample, the internal consistency was desirable ($\alpha=0.77$).

Analysis and Result of the Study

The purpose of the study was to find out the self-esteem of the assistant professors of physical education and to find the

relationship between age and income. Total 40 teachers participated in this study. The descriptive statistics is given below.

Table 1: Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Age	40	29.00	50.00	40.1176	4.84777
Income	40	30000.00	84000.00		
Self	40	23.00	38.00	32.0000	3.45534
Valid N (list-wise)	40				

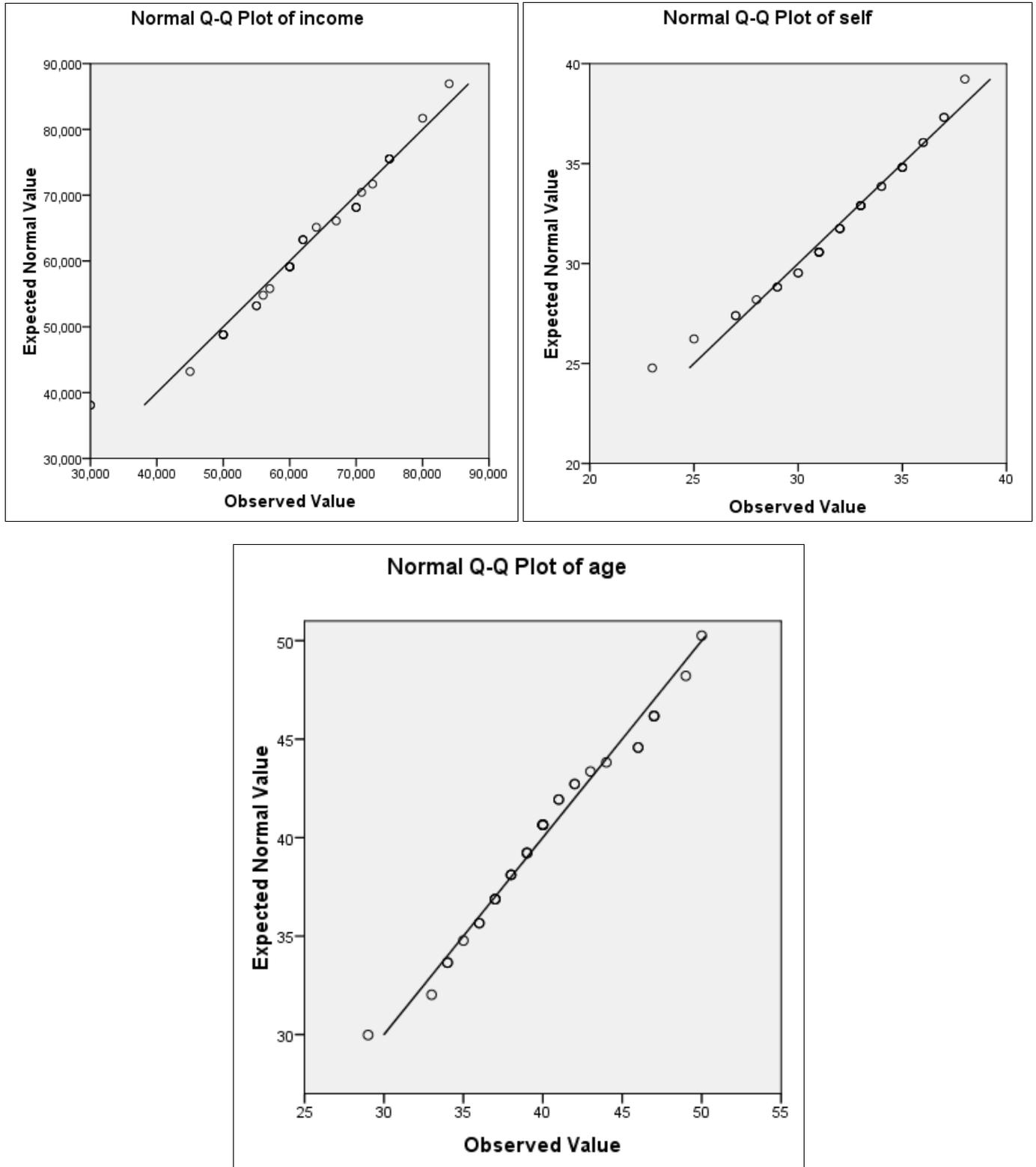


Fig 1: Simple Correlation (r) was found to measure the degree of relationship between self-esteem and age and self-esteem and income.

Table 2: Correlations between age and self esteem

		Age	Self
Age	Pearson Correlation	1	-.119
	Sig. (2-tailed)		.501
	N	40	40

From the above table it was found ($r = -0.119$) that there exist a negative relationship between age and self-esteem but not significant at 0.05 level, hence the hypothesis stated was accepted.

Table 3: Correlations between self-esteem and Income

		Self	Income
Self	Pearson Correlation	1	-.041
	Sig. (2-tailed)		.820
	N	40	40

From the above table it was found ($r = -0.041$) that there exist a negative relationship between income and self-esteem but not significant at 0.05 level.

Conclusion

In all, the researcher found that explicit self-esteem decreases with increasing age during later adulthood. From the correlation study of self-esteem and age, it was found that there is a negative relationship existing between age and self-esteem of Physical Education teachers in later adulthood. It was also found that income also shows a negative relationship to self-esteem. But in both cases, the relationship was not significant hence the null hypothesis stated was accepted in this case.

Explicit self-esteem could be jointly influenced by the developmental process and by external social factors, such as social desirability and social comparison. Indeed, findings on the development of explicit self-esteem during later adulthood were inconclusive. As a result, we have not included any specific predictions about the development of explicit self-esteem here.

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