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Self-concept of under nineteen volley ball and cricket players

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Abstract

The study was intended to explore the self-concept of under nineteen volleyball and cricket players. The present study was carried with the help of descriptive research design. 400 volleyball and cricket were selected by using convenient sampling technique. The results of the study indicate no significant difference has been found between volleyball and cricket players on their level of self-concept. Thus, from the study it was inferred that the type of game played by the respondents was found insignificant impact on the level of self-concept of the players.

Keywords: Self-concept (SC), volley ball players (VP), cricket players (CP)

1. Introduction

Self-concept is a multi-dimensional construct that refers to an individual's perception of "self" in relation to any number of characteristics, such as academics (and non-academics), gender roles and sexuality, racial identity, and many others. While closely related with self-concept clarity it presupposes but is distinguishable from self-awareness, which is simply an individual's awareness of their self. It is also more general than self-esteem, which is purely an internal model which comprises self-assessments. Features assessed include but are not limited to personality, skills and abilities, occupation(s) and hobbies, physical characteristics, etc. A person's self-concept may change with time as reassessment occurs, which in extreme cases can lead to identity crises. Future or possible selves represent individuals' ideas of what they might become, what they would like to become, or what they are afraid of becoming. They correspond to hopes, fears, standards, goals, and threats. Self-concept has been a topic of interest of many disciplines such as theologians, philosophers, political scientists and novelists. James (1890) and Baldwin (1895) have analysed the self in terms of its constituent parts such as traits, characteristics, aspirations etc. Self-concept, according to Guilford (1966), is not an inherited quality rather it is formed as a result of an individual's experience and interaction with his environment. Self-concept has been defined by different psychologists in different ways. Raimy (1943) defined self-concept as, "the more or less organised perceptual object results from present and past self-observations", or "what a person believes about himself". Self-concept is the way in which the individual reacts to himself. According to Alderman (1974) self-concept may be defined in terms of personality traits such as self-confidence, self-assurance, self-assertiveness, self-esteem, self-regard, self-consistency, self-enhancement and self-respect. Self-concept is learned by an individual's interference from his unique experiences. For this, logical scheme has been suggested which involves three steps i.e. observation of behaviour, quality of an individual, and his personality. Self-concept is the means by which we create our image and identity. Therefore self-concept is the core dimension of one's personality. It determines the kind of adjustment the person will make. A change in the self-concept will bring changes in the entire personality. Changing one's self-concept requires tremendous insight. This means that a person must be able to see himself as he actually is, not as he would like to be or as others perceive him. Self-concept is an individual's way of looking at himself. It also signifies his ways of thinking, feeling and behaving. Large number of studies has been conducted in the field of sports personality. Diversified results has been reported like; Smith, E. R. (2008)^[19], Secord, P. & Jourard, S. (1953)^[18], Schilder, P. (1935)^[15], Schneider, A.A. (1965)^[16], Scymon, E. W. (1956)^[17],

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Lun, A. (2019), Thoker, Aashiq (2017), Nimisha, Loopes & Ajankay, A. K. 2016; Ward, M. T. (2005) [22], Auke Tellegen, David T Lykken, Thomas J. Bouchard, Jr., Kimberly J. Wilcox, Nancy L Segal, Stephen Rich (1988) [1], Bong, M., & Clark, R. E. (1999) [2], Byrne, B. M. (1984) [3]". In pursuance to the investigator consider it pertinent to explore the below mentioned problem.

1.2 Statement of the problem: The statement of the research problem is as under:

“Self-Concept of Under Nineteen Volley Ball and Cricket Players”

1.3 Objectives of the study: The objectives of the present study are as under:

1) To explore the level of self-concept of volleyball and cricket players.

1.4 Hypothesis: Following hypothesis has been framed for the present study:

1) There exists no significant difference between volleyball and cricket players on their level of self-concept.

1.5 Operational Definition: The operational definitions of terms and variables are as under:

1) **Self-Concept:** Self-concept reflects to several kinds of identifiable personality traits such as self-confidence, self-assurance, self-assertiveness, self-esteem, self-regard, self-consistency, self-enhancement, self-respect. What a person perceives of himself and his achievement in life is called self-concept. Self-confidence and self-assurance in athletes are expressed in behaviour as cheerful, resilience, toughness, placidity, experience, carelessness, vigour, energy, fearlessness and self-security. Self-concept in the present study was explored with one sub-test (Self-concept) of sports personality test developed by Agya Jit Singh and H. S. Cheema.

2) **Volleyball Players:** Volley ball players in the present study refer those respondents who are reading in different higher secondary schools of selected areas. Apart from this, it is imperative to mention here that only those volley ball players were selected who possess playing experience minimum 3 years.

3) **Cricket Players:** Cricket players in the present study refer those respondents who are reading in different

higher secondary schools of selected areas. Apart from this, it is imperative to mention here that only those cricket players were selected who possess playing experience minimum 3 years.

4) **Under Nineteen:** Under Nineteen in the present study indicate that all the players belonging to all type of games will be selected below the age group of 19 years. As the respondents will be selected from the different higher secondary school. So in context to same, the age range of the players was 14-18 years.

1.6 delimitations of the study: The present study will be confined to the following aspects:

1) Delimited to 400 respondents only with due representation of the type of game.

2) Delimited to two districts of Jammu Division viz. Jammu and Kathua Districts.

3) Delimited to under nineteen volley ball and cricket players.

1.7 Methodology: Keeping in view, the research evidences, objectives and hypotheses, the researcher found it suitable to go through descriptive survey method. Accordingly, present study was carried with the help of descriptive method.

A) **Sample:** 400 volley ball and cricket players were selected by using convenient sampling technique. These required sample drawn from selected Districts of division Jammu of Union Territory of Jammu and Kashmir.

B) **Instrument Used:** Self-concept in the present study was explored with one sub-test (Self-concept) of sports personality test developed by Agya Jit Singh and H. S. Cheema.

1.8 Analysis and interpretation of the data: The collected data has been analysed as under:

1.8.1 Caption-I: Descriptive Analysis

1.8.2 Caption-II: Comparative Analysis

1.8.3 Caption-I: Descriptive Analysis: The descriptive analysis has been made on the basis of game played by players. In this caption frequency and percent wise distribution was calculated. The detailed procedure is given as under:

Table 1.1: Showing the frequency and percent wise distribution of volleyball and cricket players on their level of self-concept of sports personality test. (N=200 each)

Sub-Test	Volleyball players		Cricket players	
	Percentage	Frequency	Percentage	Frequency
Extremely High	04	08	2.5	05
High	05	10	10	20
Above Average	26	52	25	50
Average	50	100	55	110
Below Average	15	30	7.5	15
Low	00	00	00	00
Extreme low	00	00	00	00
Total	100	200	100	200

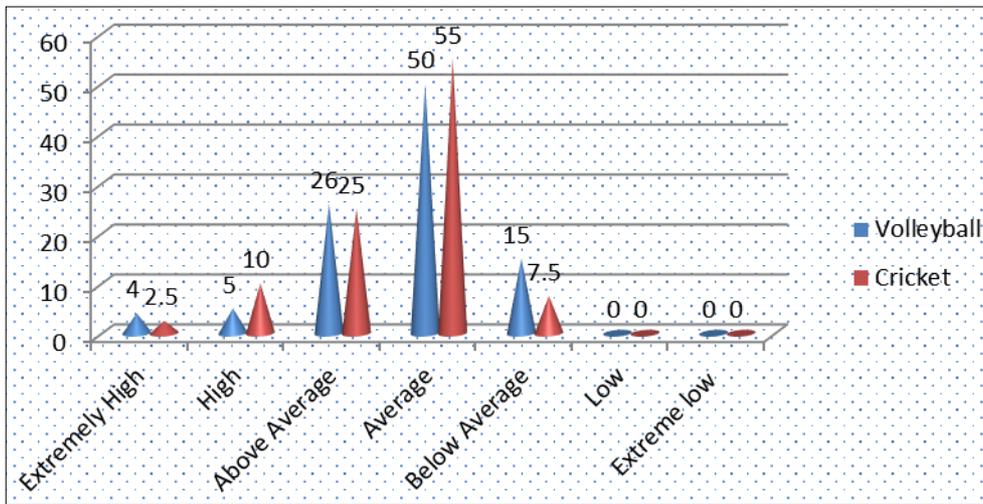


Fig 1.1: Showing the graphical representation of cricket and volley players their level of on Self-concept (Dimension-IV) of sports personality test.

Interpretation of table 1.1 (Fig. 1.1): The exploration of the table 1.1 (Please Consult Table 1.1, Fig. 1.1) gives information about the frequency and percent wise distribution of cricket and volleyball players on various levels of self-concept. The obtained results indicate that 4.00% (F=08) volleyball players were reported with extreme high level of self-concept. In pursuance to same, 5.00% (F=10) volleyball players were seen with high level of self-concept. Additionally, it was seen that 26% (F=52) volley ball players were seen with above average level of self-concept. Meanwhile, it was seen that 50.00% (F=100) volleyball players were seen with average level of self-concept. The results designate that 15% (F=30) volleyball players were reported with below average level of self-concept. Moreover, it was found that 0.00 (F=0.00) volleyball players were reported with low level of self-concept. Further, from the above reported results, it was seen that 0.00% (F=0.00) volleyball players were reported with extreme low level of self-concept. Coming towards the cricket players, it was seen that 2.5% (F=05) were reported with extreme high level of

self-concept. In context to same, it was observed that 10% (F=20) cricket players were revealed with high level of self-concept. The inspection obtained results obtain that 25% (F=50) cricket players were observed with above average level of self-concept. Moreover, from the obtained results it was found that 55% (F=110) cricket players were seen with average level of self-concept. Meanwhile, from the gained results, it can be inferred that 7.5% (F=15) cricket players were seen with below average level of self-concept. The calculated results designate that 0.00% (F=0.00) cricket players were analysed with low level of self-concept. In the meantime, it was found that 0.00% (F=0.00) cricket players were found with extreme low level of self-concept.

1.8.2 Caption-II: Comparative Analysis: The comparative analysis was made on the basis of type of game played by the respondents. In this caption ‘t’ test was employed for drawing the generalisations. The detailed procedure is reported as under:

Table 1.2: Showing the mean significance difference between volleyball and cricket players on their level of self-concept of sports personality test. (N=200 each)

Sub-Scale	Volleyball players		Cricket players		‘t’ value
	Mean	SD	Mean	SD	
Self-Concept	45.70	5.51	45.34	5.78	0.62***

Index: ***= Insignificant at 0.05 level of confidence

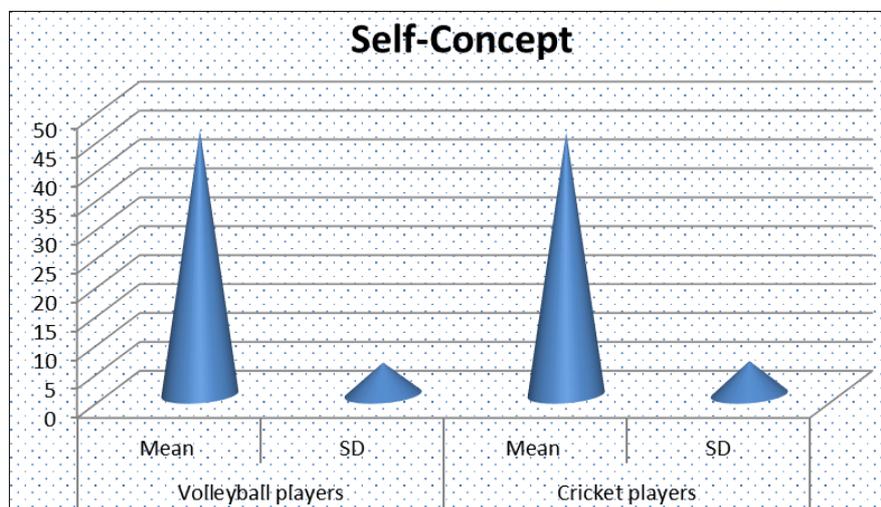


Fig: 1.2: Showing the graphical representation of volleyball and cricket players their mean level of on Self-concept of sports personality test.

Interpretation of table 1.2 (Fig. 1.2): The momentary look on the table 1.2 (Please refer table 1.2, Fig. 1.2) gives inception about the mean significance difference between volleyball and cricket players on dimension-IV (self-concept) of sports personality. The results indicate that the mean score of volleyball players was reported 45.70 and the mean score of cricket players was reported 45.34. Thus, from the above reported results, it was observed that the mean score is relatively identical. The same table indicates that when the both group of players (cricket and volleyball) players were comparatively analysed with the help of independent 't' test, the calculated 't' value was reported 0.62. Juxtaposing it on the index level, it was found below the calculated value at 0.05 level of confidence. Thus, from the above reported result, it can be inferred that there exists no significant difference between volleyball and cricket players on their level of self-concept. Thus, type of game seems insignificant impact on the level of self-concept of the volleyball and cricket players. Both the type of players (Volleyball and cricket) were found with identical level of self-concept as they reflects to several kinds of identifiable personality traits such as self-confidence, self-assurance, self-assertiveness, self-esteem, self-regard, self-consistency, self-enhancement, self-respect. They perceives of himself and their Self-confidence and self-assurance in their day to day activities are expressed in behaviour as cheerful, resilience, toughness, placidity, experience, carelessness, vigour, energy, fearlessness and self-security.

Indeed no significant difference has been reported between volleyball and cricket players on their level of self-concept of volleyball and cricket players. So in context to same, the status of the hypothesis has been reported as under:

❖ **Hypothesis: There exists no significant difference between volleyball and cricket players on their level of self-concept.****Status: (Accepted)**

As it has been found that volleyball and cricket players differ insignificantly on their level of self-concept. The results are supported by a host of researchers in this field (Lun, A. (2019), Thoker, Aashiq (2017), Nimisha, Loopes & Ajankay, A. K. 2016; Ward, M. T. (2005) ^[22], Auke Tellegen, David T Lykken, Thomas J. Bouchard, Jr., Kimberly J. Wilcox, Nancy, L. Segal, Stephen Rich (1988) ^[1], Bong, M., & Clark, R. E. (1999) ^[2], Byrne, B. M. (1984) ^[3])

Indeed, the previously established hypothesis has been accepted. The supplementary supports to the selected results have been provided. Accordingly, the investigators feel pertinent to mention that the Objective NO. 1, (Item 1.3) has been investigated, which reads as:

Objectives-O₁: "To explore the level of self-concept of volleyball and cricket players"

1.9 Conclusions of the study: "The aim of the study was to explore the level of the level of self-concept of volleyball and cricket players. In pursuance to same, no significant difference has been found between volleyball and cricket players on their level of self-concept. The result may attribute to this fact that both type of games are played in team spirit. So the group and team and group spirit facilitates cohesive culture with players. Consequently, these games provide identical level of approach for boasting the level of self-concept of the players".

1.10 Conflict of Interests: Keeping the results of the present study under consideration, the investigator has not declared conflict of interests.

1.11 Recommendations for Further Research: The present study is not an exception rather it opens certain opportunities for further research in the field of present investigation. However, following few suggestions are recommended as per the results reported in the study.

- 1) A comparative study may be conducted on the level of sociability of the physical the volleyball and cricket players with special reference to their socio-economic status.
- 2) A comparative study on self-confidence and self-concept of volleyball and cricket players on the basis of their gender.
- 3) The present piece of research was confined on variable self-concept, in relation to type of game. Therefore, similar investigations are recommended to be carried out on the variable of demographic profiles, socio-economic status and marital status.

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