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Comparative analysis of self-image among male and female sports persons

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Abstract

The mental image and concept of one's abilities, appearance, and personality are referred to as self-image. During adolescence and youth, this self-consciousness will be prominent. Peak performance for a sportsperson occurs around the same time. One of the most important psychological elements influencing an individual's overall personality and performance is self-image. As a result, a study of the topic is necessary. Accomplishment of this research study has been done with 200 sports persons as subjects. In each group, there were 100 male and female subjects. Participants were between the ages of 18 and 25 years old. All participants have participated at-least at the state level competitions in various games. The tool for this investigation was a self-image general environment questionnaire. It included variables such as self-esteem, beauty awareness, and social cohesion. Descriptive statistics such as the mean and standard deviation of the scores were calculated to summarize the raw data. To compare two groups and establish their differences, the two-sample t test was performed. Male athletes had a higher self-image score than female athletes.

Keywords: Comparative, analysis, self-image, among, sports

Introduction

Self-image is one of the factors that influence an adolescent. Self-image refers to one's perception of oneself, which includes a judgement of one's own value and traits. A person's self-image is a mental image that depicts not only details that are potentially available for objective investigation by others (height, weight, hair colour, sex, IQ score, and so on), but also items that that person has learned about himself or herself, either from personal experience or by internalising the others.

Self-image also involve how you feel about your strength, weaknesses, and abilities. By the same token, our feelings about our bodies can influence the way we think about ourselves as peoples. Self-image can change as we age, too, because our bodies change constantly as we move through life. A more technical term for self-image that is commonly used by social and cognitive psychologists is self-schema. Like any schema, self-schema store information and influence the way we think and remember. For example, research indicates that information which refers to the self is preferentially encoded and recalled in memory tests, a phenomenon known as self-referential encoding. self-schemas are also considered the traits peoples use to define themselves, they draw information about the self into a coherent scheme. The self-image is not set in stone. Our self-image is fluid and ever-changing. We can learn to challenge the distortions in the mirror by developing a healthier and truer picture of ourselves. Self-image evolves over the course of a person's life. Learning to accept and appreciate ourselves is the first step toward developing a positive self-image. It also entails being loved and welcomed by others.

There are three sorts of self-image

- Self-image resulting from how the individual sees themselves
- Self-image resulting from how others see the individual
- Self-image resulting from how the individual perceives others see them

In sports, self-concepts or self-imagination play a significant role. The practise of analysing every facet of our personality and behaviour will undoubtedly play a role in athletic

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performance. On various stages of the sports regime, highly intensive self-concepts have both positive and negative aspects. The positive side displays increased self-confidence as a result of an active self-evaluation process. As a result, the negative side of a highly focused self-image and concept is that it can lead to selfishness, which might obstruct the team's aim.

Adolescence, sometimes known as the transitional stage between childhood and adulthood, is marked by substantial and often unpleasant changes in a young person's life. Adolescents' personal growth and self-esteem are influenced by biological, cognitive, social, and environmental variables. Adolescent girls have poorer self-esteem and unfavourable judgments of their physical traits and intellectual ability than boys, according to studies.

Youth age is widely seen as a difficult time for young people, during which they must deal with a variety of issues related to the demands of the transition to a mature age. Within distinct cultural situations, a slew of issues emerges. Conflicts with parents, for example, mood disturbances, scholastic challenges, family issues, financial hardship, self-image, puberty, and peer and romantic interactions, as well as risky health behaviours, are all reported by adolescents. During puberty, boys appear to have better self-esteem than girls. Gender roles could be one explanation for this disparity. Many characteristics linked with the male role are also correlated with a high level of self-esteem. Furthermore, self-assurance is a stereotypically masculine quality. The development of self-confidence in boys is expected, whereas the exhibition of self-confidence in girls is seen as a violation of established gender roles.

Body image is an important factor in self-image. The way you look affects how you feel about yourself. The dynamic perception of one's body-how it appears, feels, and moves-is known as body image. It varies according on one's attitude, physical experience, and surroundings. Body image is influenced by a variety of elements, including gender, media, parental connections, puberty, weight, and popularity.

Materials and Methods

A total of 200 sports persons between the ages of 18 and 24 were chosen as research participants. There were 100 males and 100 females among the 200 participants. All of the subjects have competed in state-level competitions in a variety of sports, indicating that they are all active athletes. The self-image questionnaire, a general environmental questionnaire was employed in this study. Self-confidence, beauty consciousness, and social cohesion were the variables in the survey. For a better outcome, the individuals were given clear instructions and sufficient time to complete the questionnaire. The questionnaire includes both positive and negative statements. There are 12 positive and 12 negative statements offered for each of the 24 questions. Strongly agree, agree, undecided, disagree, and strongly disagree are graded 5, 4, 3, 2, and 1 for positive statements, accordingly. The scoring of negative statements has gone in the opposite direction.

Statistical analysis was performed on the data acquired from various subjects using appropriate statistical techniques. For summarising the acquired raw data, descriptive statistics such as mean and standard deviation of the scores were generated. The two-sample t test was used to compare two groups and determine the differences between them. The level of significance was set at 0.05. Statistical significance was defined as a determined p value of less than 0.05. Data on

male and female sports person's self-image was collected, and the mean and standard deviation were determined. The t test is used to determine the significance of the mean difference between the two groups.

Result

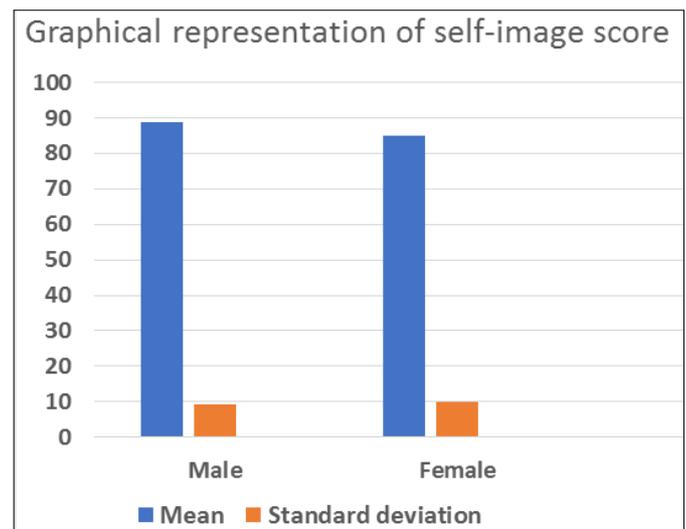
The result of the study given below

Table 1: Mean and standard deviation of the self-image test score attained by male (N=100) and female (N=100) participants are 88.72 ± 9.21 and 84.81 ± 10.01 respectively. Total number of participants (includes male and females) were 200 (N=200) and the mean and standard deviation among them are 86.77 ± 9.79 .

Group	Mean	N	Standard deviation
Male	88.72	100	9.21
Female	84.81	100	10.01
Total	86.77	200	9.79

Table 2: The value of t statistic is 2.813 which is significant at 5% level. Degree of freedom = 198 (N-2). There is a significant difference found between the self-image score of male and female sports persons at 5% level of significance. The self-image score of male sports persons is greater than that of female sports persons.

Value of t statistics	Degree of freedom	Significance
2.813	198	0.05



Graph 1: The descriptive statistics of self-image score among male and female sports persons. Mean and standard deviation of male sports persons (88.72 ± 9.21) and female sports persons (84.81 ± 10.01)

Discussion on findings

In this investigation the researcher made an attempt to compare the self-image among male and female sports persons. The result of the study shows that there is a significant difference between male and female sports persons in self-image score. Male participants showed a dominance in self-image score. It is discussed that, based on the existing literature, one of Goth N's investigations is closely related to the current study. The study's title is "self-image with children and adolescence," and the findings demonstrate that children whose parents divorce have a poorer self-image than children from intact households.

In comparison to this study, the current study demonstrates that female participants had a lower self-image score than male participants due to lower scores in the self-image factors. It could be for a variety of reasons; they could be

dealing with personal or family issues, or they could be in a difficult circumstance.

In the light of conclusions drawn, the study can be recommended to do on other subjects from various fields. It also can be done for different age group other than this study.

Conclusion

Based on the result of the study the following conclusions were drawn,

- There is a significant difference between male and female in self-image, i.e., self-concepts analysing themselves are occurring in a different way.
- The result shows that male participants have dominated in self-image score.

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