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Analysis of self-esteem and self-confidence between women athletes and non-athletes in Pondicherry

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Abstract
Background: Self-esteem and self-confidence reflects individual's emotional evaluation of their own worth. It helps the evaluation of individual by their own potential and helps to explore themselves. Therefore, this study was initiated to compare women athlete and non-athletes on their self-esteem and self-confidence.
Method: In the study the investigator selected 18 to 25 years women athletes and non-athletes and they are randomly selected from the Pondicherry for the subjects. Rosenberg self-esteem scale and Philipa Davies sports confidence questionnaire used to assess self-esteem and self-confidence to all the participants of the study. The questionnaire elicited the scores on self-esteem and self-confidence of each and every participant. The data was analysed statistically by t-test.
Findings: The study reveals that self-esteem and self-confidence is higher in Athlete than non-athletes.

Keywords: Athletes, non-athletes, self-confidence, self-esteem, women

Introduction
Self Esteem
Self-esteem is an emotional evaluation of individuals of their own worth and it is the positive or negative attitude towards the self. The self-esteem influences the younger years in a child's life and are critical for producing positive self-esteem and may be influenced by personality, parenting techniques and role modelling. Adolescence is another critical period for development and preservation of positive Self Esteem especially for young women. If parents, teachers, coaches and others communicate approval, liking and respect, a child develops positive feelings of self-confidence and self-worth. While self-esteem is most strongly developed at a young age, individuals and society continue to affect and influence self-esteem throughout our lives Adolescent women with low self-esteem are more likely to suffer mental health problems (such as depression and eating disorders); to engage in high-risk behaviours; to have problems in school and in their relationships; to have negative body images and obsessions with weight, body size and shape; and to drop out of physical activity. Self-esteem in Athletes are especially vulnerable to this problem of attaching self-esteem to one's performances because you are judged by how well you perform. When an athlete performs well or feels successful, he or she can feel good about him or herself. However, society sends subtle signals that you must achieve in your sport to feel worthy as a person and that is the trap that many athletes fall into.

Self Confidence
Self-confidence is defined as the trust in oneself. It is a belief in themselves with positive attitude and it helps to accomplish their own wishes. Self-Confidence different from Self-Esteem, which is an evaluation of one's own worth, whereas self-confidence is more specifically trust in one's ability to achieve some goal. Psychologists found self-confidence to be corelated with other psychological variables within individuals. Self-confidence increases through experience and also it helps to belief in your ability and helps to accomplish the activities in a fruitful manner.

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Methodology

For the study, 20 women athletes and 20 non women athletes are selected random basis from Pondicherry. 18 to 25years women athletes and non-athletes were selected as subject. Rosenberg self-esteem scale and Philipa davies sports confidence questionnaire was used to assess self-esteem and self-confidence respectively. The data was statistically analysed by T Test. For the study, 0.05 level of significant fixed for all the variables.

Results

Table I: Self-esteem between women athlete and non-athlete

Variable	Group	N	Mean	SD	DF	'T'
Self Esteem	Athletes	20	29	3.14	19	1.460
	Non-Athletes	20	27.5	3.18		

Table I represents the results of Self Esteem of women athletes and non-athletes. The descriptive statistics shows the mean value and Standard deviation of Athlete of self-esteem as 29 and 3.14 respectively. However, Non-athlete mean value and Standard deviation is 27.5 and 3.18 respectively. The 'T' value is 1.46 as shown in the above table was found statistically insignificant. Athletes having more self-esteem than non-athletes.
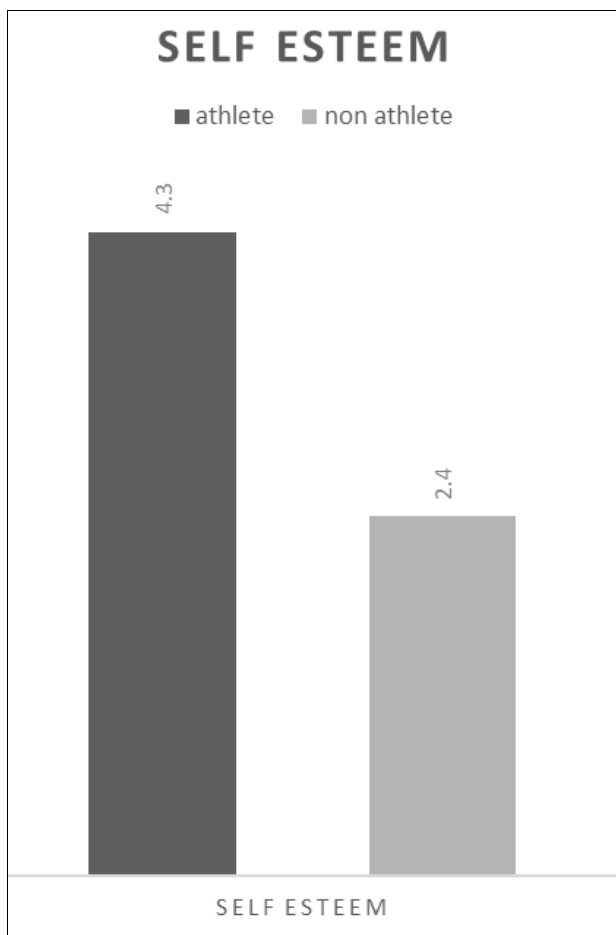

Fig 1: Bar diagram showing self-esteem of women athletes and non-athletes

Table 2: Self-confidence between women athlete and non-athlete

Variable	Group	N	Mean	SD	DF	'T'
Self Confidence	Athletes	20	66.25	9.69	19	1.828
	Non-Athletes	20	61.1	7.53		

Table II represents the results of self-confidence of women athletes and non-athletes. The descriptive statistics shows the mean value and Standard deviation of Athlete of Self Confidence as 66.25 and 9.69 respectively. However, Non-athlete means value and Standard deviation is 61.1 and 7.53 respectively. The 'T' value is 1.828 as shown in the above table was found statistically insignificant. It has been observed that athletes have more self-confidence than non-athletes.

Fig 2: Athlete and non-athlete on self-confidence

Findings

- The inference is that self-esteem scores of women athletes (Mean = 29, SD = 3.14) is higher than the Women Non-Athletes (Mean = 27.5, SD = 3.18).
- The inference is that self-confidence scores of women athletes (Mean = 66.25, SD = 9.69) is higher than the Non-Women Athletes (Mean = 61.1, SD = 7.53).
- Self-esteem of women athletes and women non-Athletes (T = 1.46).
- Self-confidence of women athletes and women non-athletes (T = 1.828).

Conclusions

It was observed from analysis of data that the Women Athletes were better in self-esteem and self-confidence.

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