



ISSN 2277-8071

RESEARCH NEBULA

*An International Refereed, Peer Reviewed & Indexed Quarterly Journal in
Arts, Commerce, Education & Social Sciences*

DOI Prefix 10.22183

Journal DOI 10.22183/Rn

Impact Factor 5.411

Indexed In 52 Databases

SPECIAL ISSUE JULY 2020

INTERNATIONAL E-CONFERENCE

ON

Future Road Map for Health, Fitness & Wellness

30th July to 31st July 2020

Organized by

**Department of Physical Education,
Sant Gadge Baba Amravati University, Amravati,
Maharashtra, India.
NAAC Re-Accredited Grade: A**

COMPARATIVE STUDY OF SELF-ESTEEM BETWEEN KABADDI AND KHO KHO PLAYERS

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ABSTRACT

The purpose of the study was to compare the level of self-esteem between kabaddi and kho-kho players. For this purpose researcher has selected forty (40) male Kabaddi and Kho Kho Players were selected from various clubs or mandals of Amravati, who has at least participated in state level or inter collegiate level tournaments. Subjects were selected with purposive random sampling methods, 20 kabaddi players and 20 kho-kho players. The age of the players were ranged between 18 to 25 years. The Questionnaire of Roscnberg Self-esteem scale which has 10 questions with four option i.e. Strongly Agree, Agree, Disagree and Strongly Disagree and 5 questions are reversed in valence. The test was distributed to the players and the same were collected back after having filled by the players. Statistical analysis was done on the basis of Mean and 't' test at 0.05 Level of significance. The result shows that there was significant difference was found between kabaddi and kho-kho players in reference to self-esteem as the calculated 't' value 4.190 is greater than the tabulated 't' value 2.024. It is conclude that on the basis of mean there was difference found between the mean of Self-esteem between kabaddi and kho-kho players, the mean of kabaddi players shows high level of self-esteem as compared to kho-kho players, it may be attributed that the player of kabaddi is more aggressive as the nature of the game through the level of self-esteem of kabaddi players developed more as compared to kho kho players.

Keywords: Self-Esteem, Kabaddi Players and Kho-Kho Players.

Introduction

In psychology, self-esteem reflects an individual's overall emotional assessment of own worth. It is a judgment of an attitude toward the self. Self-esteem encompasses beliefs (for example, "I am competent," "I am worthy") and emotions for example: triumph, misery, pride and shame.

Self-esteem lies in the fact that it always concerns to ourselves, the way we live and the sense of our personal worth or value. Thus, it affects the way we are and act in the world and the way we are related to surrounding.

Self esteem affects an individual in both the manner positive as well as negative way. If an athlete "withholds" – that is, keeping his feelings and emotions bottled-up inside himself – it impacts how he feel about himself. Withholding is a form of lying that demeans and lowers ones self-esteem, creating psychological baggage that affects the ability to focus and process information.

Self esteem can be classified in two types' nigh self esteem and low self esteem.

High self-esteem: High self esteem can be define as an individual believe in one self and know that he is a important person to this world. May an individual recognize that he has some weakness, but he also has lots of strength

which can make him realize that he is the valuable person in this world?

People with a high level of self-esteem firmly believe in definite values and principles, and are always ready to defend themselves even when difficult situations. Individual with high level of self esteem may act according to what they think to be the best preference, trusting their own decision, and not feeling any guilty to others who don't like their decision.

Low self-esteem: Low self esteem can be characterized by lack of confidence and unworthiness about oneself. An individual with low self esteem shows self-imposed isolation, feel unlovable, awkward, insignificance, detachment, and also shows dissatisfaction with social relationships. This lack of social support from the family or peers members tends to make or exacerbate stress on an individual, which may lead an individual to an inability to adjust with the situations. Low self esteem can be caused by various factors like individual's physical appearance, socioeconomic status, or peer pressure.

Self esteem plays a vital role in the performance of kabaddi and Kho-kho game. Raider or Chaser perform the skill repeatedly as in the mean time they change the skill by fainting or dodging to touch or to catch, to gain

a point for their team. For the perfection of any skills performed by the raider or chaser self esteem is very much essential because to perform in kabaddi kho-kho game courage and daring is required by the players. A successful raider or chaser requires good vision, hand/eye coordination, controlled psychological variables, optimum level of self esteem, etc and many such factors which directly or indirectly affect the player performance. Hence the researcher has taken the study "Comparative study of Self-Esteem between Kabaddi and Kho Kho Players".

Methodology

Forty (40) male Kabaddi and Kho Kho Players were selected from various clubs or mandals of Amravati, who has at least participated in state level or inter collegiate level tournaments. Subjects were selected with purposive random sampling methods, 20 players who were

mainly interested in raiding in Kabaddi game and 20 players mainly interested in chassing in kho kho game. The age of the players were ranged between 18 to 25 years. The Questionnaire of Rosenberg Self-esteem scale which has 10 questions with four option i.e. Strongly Agree, Agree, Disagree and Strongly Disagree and 5 questions are reversed in valence. There is no time limit. The test was distributed to the players and the same were collected back after having filled by the players.

Analysis

Statistical analysis was done on the basis of Mean for the comparison of self-esteem between Kabaddi and Kho Kho Players. A 't' test was utilized in order to determine the significant difference. The Significance of Level was kept at 0.05 Level.

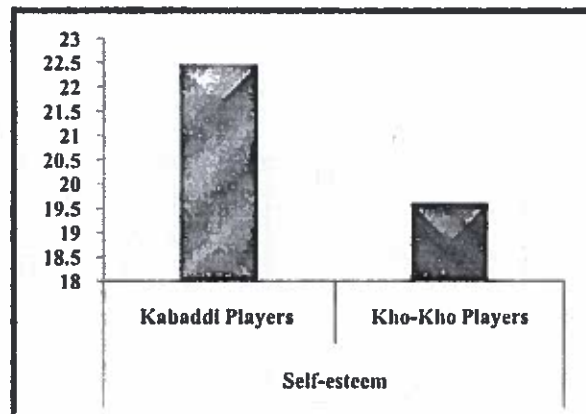
Comparison of Self-Esteem between Kabaddi and Kho Kho Players Table

Variable	Player	Mean	S.D.	S.E.	M.D.	D.F.	Obt 't'	Tab 't'
Self-Esteem	Kabaddi	22.45	2.012	0.680	2.85	38	4.190*	2.024
	Kho-Kho	19.6	2.280					

*0.05 level of Significance (38df) tabulated 't' = 2.024

The above table revealed that on the basis of mean there was difference found between the mean of Self-esteem between Kabaddi and Kho Kho players of various clubs or mandals of Amravati. To see this differences is significant or not at 0.05 level of significance. Researcher further calculated 't' test & above table shows that there was significant difference was found between kabaddi and kho-kho players in reference to self-esteem as the calculated 't' value 4.190 is greater than the tabulated 't' value 2.024. Hence, the difference shows significant.

Graph



Means of Self-Esteem of Kabaddi and Kho Kho Players

Conclusions

It is conclude that on the basis of mean there was difference found between the mean of Self-esteem between kabaddi and kho-kho players of various clubs or mandals of Amravati. To see this differences is significant or not, researcher further calculated 't' test and result shows that there was significant

difference was found between kabaddi and kho-kho players, Hence, the difference shows significant. From the mean it is revealed that kabaddi players shows high level of self-esteem as compared to kho-kho players, it may be attributed that the player of kabaddi is more aggressive as the nature of the game through the level of self-esteem of kabaddi players developed more as compared to kho kho players.

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