

Comparative study on self-concept of Nepal male and female kho-kho players of 12th south Asian games

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Abstract

The purpose of the study was "Comparison of self-concept between Nepal male and female kho-kho players". The subject for this study was 12th South Asian Games 2016, which was organized by India in Guwahati (Assam). Total 30 (Thirty) male Kho-Kho players, 15 players of Nepal (male) and 15 player of Nepal (female) were (19-30 years of age) selected. Self-concept questionnaire developed by Robson [1989] were selected for this. The selected variables self-concept. The obtained data were analyzed by applying independent 't' test in order to comparison of self-concept differential between Nepal male and female Kho-Kho players. Further, the level of significance was set at 0.05 level of confidence. The data obtained after scoring the questionnaires is to be statistically analyzed on computer through Statistical Package for Social Science (SPSS) version 15.0. The finding of the study reveals that there was no significant difference in self-concept. The insignificant difference was found in case of self-concept between Nepal male and female kho-kho players may be due to the reason that the Nepal kho-kho players undergone with same training and same environment, motivated and a very high level of positive attitude to win 12th South Asian Games which must have been a probable cause.

Keywords: Self-concept, Nepal male kho-kho players, Nepal female kho-kho players

Introduction

Self-concept has been referred by Lowe (1961) [6] as ones attitude towards self, and by, Paderson (1965) [7] as an organized configuration, of perceptions, beliefs, feelings, attitudes and values which the individual views as part or characteristics of himself. The self, which maintains a distinct characteristic individuality or identity of a person, is the foundation for the formation of personality, achievement motivation and functioning of creativity. The self-concept, which refers to the cluster of the most personal meanings a person alludes to his \her 'self' is not a finished product at birth. It is not an actualized reality at birth but an open book of innumerable potentialities. It is something, which develops, and how it develops and what its constituent attitudes depend upon the family and the psychological environment where the individual is borne and brought up. (Gells 1974).

Self-esteem can be defined as the sense of contentment and self-acceptance that results from a person's appraisal of one's own worth, attractiveness, competence, and ability to satisfy one's aspirations (Robson, 1989) [5].

Upon reviewing the literature on self-concept, mental toughness consistently emerged as one of the most important psychological characteristics of sport. The association between self-esteem and psychiatric disorders such as eating disorders has been demonstrated in numerous studies. In a series of community-based case control studies, low self-esteem was shown to be a significant risk factor for both bulimia nervosa (Fairburn, Welch, Doll, Davies, & O'Connor, 1997) [9] and anorexia nervosa (Fairburn, Cooper, Doll, & Welch, 1999) [10]. Prospective research on risk factors for eating disorders among schoolgirls (e.g., Button, Sonuga Barke, Davies, & Thompson, 1996; Calam & Waller, 1998) [11, 13] and in the general population (e.g., Ghaderi & Scott, 2001) [12] has also shown that low self-esteem constitutes a risk factor for developing eating disorders or unhealthy eating attitudes (Wood, Waller, & Gowers, 1994) [13]. There is also extensive empirical data on

the presence of low self-esteem in dieting disordered patients (Griffits *et al.*, 1991) [14], as well as in other psychiatric disorders such as depression (e.g., de-Man, Gutierrez, & Sterk, 2001), psychosis (e.g., Krabbendam *et al.*, 2002) [16], suicidality (e.g., Vilhjalmsson, Krisjansdottir, & Sveinbjarnardottir, 1998) [17].

Criterion Measures

The SCQ is a self-report scale measuring self-esteem (Robson, 1989) [5]. Was also selected for this study, because it is most reliable, valid and suitable test to measure self-concept of sportsman.

Procedure

Total 30 Nepal male and female Kho-Kho players (19-30 years of age) selected from South Asian Games-2016 which was organized by India in Guwahati (Assam). The selected variable was self-esteem. After obtaining approval for the human subjects protocol from the tournament organizer, prospective team coaches were contacted about taken the data.

Measures

Self-Concept Questionnaire (SCQ)

The SCQ is a self-report scale measuring self-esteem (Robson, 1989) [5]. It consists of 30 items (e.g., "I have control over my life," "I feel emotionally mature," "I can like myself even if others don't"). The items are based on seven components of self-esteem, according to theoretical and empirical information reviewed by Robson (1988) [18]. The scoring is performed on an eight-point scale, ranging from completely disagree to completely agree.

Hypothesis

It was hypothesized that there may be significant difference in self-concept between Nepal male and female Kho-Kho players.

Statistical Technique

The obtained data were analyzed by applying independent ‘t’ test in order to comparison of self-concept differential between Nepal male and female Kho-Kho players. The level of significant was set at 0.05.

Results

Table-1: Significance of difference between Nepal male and female Kho-Kho Players on self-concept in numbers

Team	N	Min	Max	Mean	SD	‘t’
Nepal (MALE)	15	96	123	110.9333	9.39959	1.809
Nepal (FEMALE)	15	91	127	104.3333	10.54695	

$t'_{(2, 28)} = 2.048$

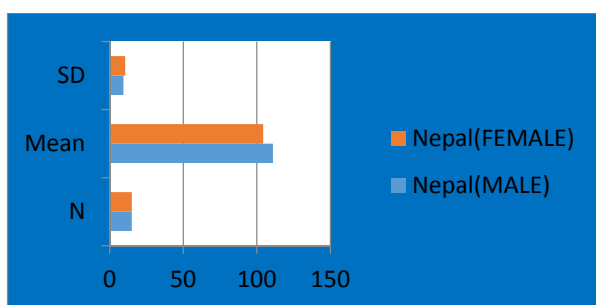


Fig 1

From the above Table-1, It is revealed that there was no significant difference in case of self-concept test as calculated ‘t’ value [1.809] was less than tabulated ‘t’ value [2.44] at 0.05 level of significance. Thus it may be concluded that there was no significant difference between Nepal male and female kho-kho players related to self-concept test, in which mean self-concept test is significantly higher for Nepal male and female kho-kho players at 0.05 level of significance. The finding of the table1 are presented above in fig 1.

Discussion of Finding

The insignificant difference was found in case of self-concept between Nepal male and female kho-kho players may be due to the reason that the Nepal kho-kho players undergone with same training and same environment, motivated and a very high level of positive attitude to win 12th South Asian Games which must have been a probable cause.. In addition, Nepal male and female players get a similar kind of exposure and experience which also must be a contributing factor in the insignificant difference.

Conclusion

Within the limitation of the study the following conclusion may be drawn: There is no significant difference in case of self-concept between Nepal male and female International kho-kho players.

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