

# SELF-ESTEEM OF MEDALIST AND NON-MEDALIST INTER-UNIVERSITY SOFTBALL PLAYERS: A COMPARISON

Gurcharan Singh Gill  
Assistant Professor of Physical Education  
S.G.G.S College, Sector-26, Chandigarh

## ABSTRACT

The purpose of present study was to access the Self-esteem between medalist and non-medalist male softball players ranging age between 17-25yrs. **Methodology:** the subjects for data were collected from inter-university male softball championship. The selection of subjects was purposively done in the case of medalist and random selection in case of non-medalists. The sample consists of 76 inter- university male softball players which further divided into two groups (N=38) Medalists and (N=38) Non-Medalists male players. To measure the level of Self-esteem of the subjects, Self-esteem inventory developed by Parshad and Thakur (1988) was applied. **Results:** the study revealed significance difference between medalists and non-medalists players. It has been observed that medalists male softball players had moderate level of self esteem than the non- medalists male softball players.

**Keywords:** Self-esteem, Medalists and Non-Medalists, Softball players.

## INTRODUCTION:

Sports competition is a large part of sports and involves a direct comparison of performance against others or one's own goals. A sports need to have goals or the outcomes seems meaningless. Athletes are driven to achieve goals and improve on the performance. Competitors enjoying winning this simply put are the driving force behind competitive sports and athletes. Several studies emphasize the close relationship between Self-esteem and sports performance of the athletes. Self-esteem is one of the most essential Psychological needs, as it is associated with good mental health, how will we cope with competitive pressures, success and failure we face, and has an important influence on our sports performance. If coaches, Physical education teachers and psychologists are to get the best out of players in the terms of their sports performance and psychological well being, it is critical that they understand the whole person and how experiences they help to create affect on individual's self perception and self-esteem. Self-esteem is an example of a sacrifice some athletes experiences, to attain success. Often players push themselves so hard, that failure or lack of perfection can negatively affect their self esteem. The global hypothesis that competitive sports would have a negative impact on the individuals and that there would be significance difference in Self-esteem scores between the medalists and non-medalists, athletes and non-athletes.

## SELF-ESTEEM

Self-esteem is your over all opinion of yourself, how you honestly feel about and value yourself. Self-esteem involves judging your worth as a person. Athletes with low Self-esteem, on the other hand, put little value on their opinion and ideas and constantly think that they are not good enough and not perform well. Self-esteem has been the subject of social research. The effort to boost the self- esteem of athletes through special social and psychological training with opponents believing it would lead to enhance the top level performance in the competitions. Self-esteem is shaped by your relationships, experiences and thoughts.

Athletes with high and positive views of themselves feel that they are better or worthy more than others. They may become prideful and arrogant. They may become self-indulgent and believe that they deserve special privileges. Athletes with negative Self-esteem are worthless than others. They put little value on their opinions, ideas and performance, often feel ashamed of themselves. Healthy Self-esteem promotes mental well-being and assertiveness. Healthy Self-esteem lies in the middle of the two extremes. It means having a balanced, accurate view of yourself. With healthy Self-esteem, athletes are confident and think positively about their strength, abilities and physical appearance, which help them to improve all the aspects of their performance.

Crocker et al. (2004) identified that people confuse the boosts to Self-esteem resulting from successes with true human needs, such as learning, mutually supportive relationships, autonomy, and safety .

Crocker et al. (2004) claims that people do not seek "Self-esteem", but basic human needs, and that the contingencies on which they base their Self-esteem has more importance than the level of Self-esteem itself.

## METHODOLOGY

In the present study the subjects for data collection were collected from Inter-University Male Softball Championship. The selection of subjects was purposively done in the case of medalist and random selection in case of non-medalists. The sample consist of 76 Inter-University Male Softball players which were further divided into two groups (N=38) Medalists and (N=38) Non-Medalists Male Players. To measure the level of Self-esteem of the subjects, Self-esteem inventory developed by Parshad and Thakur (1988) was applied. The t-test was used to compare the significance difference between Medalist and Non-Medalist Male softball Players. The level of significance was set at 0.05 level  $t > 2.00$  (df=74).

TABLE

**MEAN DIFFERENCE IN THE SCORES OF SELF-ESTEEM OF MEDALIST AND  
NON-MEDALIST MALE INTER-UNIVERSITY SOFTBALL PLAYERS**

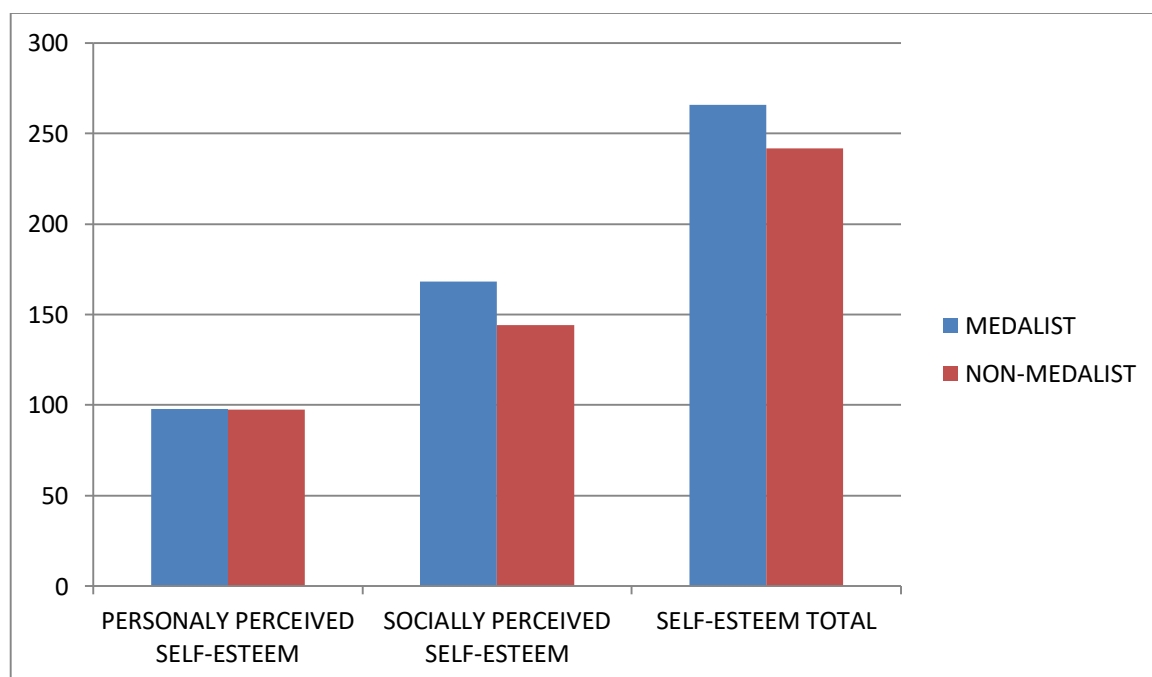
| S.<br>No. | Variables                              | Medalist<br>Players = 38 |        | Non-Medalist<br>Players = 38 |        | Mean<br>Diff. | SEDM  | t-value |
|-----------|--|--------------------------|--------|------------------------------|--------|---------------|-------|---------|
|           |  | Mean                     | SD     | Mean                         | SD     |               |       |         |
| 1.        | Personally<br>Perceived<br>Self-Esteem | 97.76                    | 9.769  | 97.37                        | 14.837 | 0.39          | 2.882 | 0.135   |
| 2.        | Socially<br>Perceived<br>Self-Esteem   | 168.13                   | 14.987 | 144.29                       | 13.733 | 23.84         | 3.298 | 7.228*  |
| 3.        | Self-Esteem<br>(Total)                 | 265.89                   | 18.361 | 241.66                       | 20.106 | 24.24         | 4.417 | 5.487*  |

\*Significant at 0.05 level  $t > 2.00$ 

(df =74)

FIGURE

**COMPARISON OF MEAN OF SELF-ESTEEM BETWEEN MEDALIST AND  
NON-MEDALIST MALE INTER-UNIVERSITY SOFTBALL PLAYERS**



### Personally Perceived Self-Esteem

The results presented in Table on the variable Personally Perceived self-esteem indicated no significant difference between inter-university medalist and non-medalist male Softball players. The medalist players had Mean value 97.76 and S.D. value 9.769 respectively; whereas non-medalist players had Mean value 97.37 and S.D. value 14.837 respectively. The 't'-value 0.135 found to be insignificant as the 't'-value was lesser than the table value of 2.00.

### Socially Perceived Self-Esteem

The results in Table on the variable Socially Perceived self-esteem indicated significant difference between medalist and non-medalist softball players as the obtained Mean and S.D. values of medalist players were 168.13 and 14.987 respectively. Whereas non-medalist players had Mean value 144.29 and S.D. value 13.733 respectively. The 't'-value 7.228 found to be statistically significant than the table value of 2.00 which was significant at 0.05 level of significance with (df=74).

### Self-Esteem (Total)

The results in Table on the variable Self-Esteem (Total) indicated significant difference between medalist and non-medalist male softball players. The obtained Mean and S.D. values of medalist players were 265.89 and 18.361 respectively, whereas non-medalist players had Mean value 241.66 and S.D. value 20.106 respectively. The 't'-value 5.487 found to be significantly higher than the table value of 2.00 which was required to be significant at 0.05 level of significance with (df=74). It is revealed from the above results that medalist players have healthy self-esteem, having realistic and clear self-concepts, which might have facilitated them in their performance in the competitions as compared to non-medalist players.

## DISCUSSION

The results revealed that Inter-University male medalist had high Self-esteem than the non-medalist male softball players. The result shown that inter-university male medalist players were having significantly high mean score than the inter-university male non-medalists softball players. As high self-esteem associated with a mode of cheerfulness, feeling optimism and relatively high energy, whereas low self-esteem is accompanied by feeling of doubt about one's worth and acceptability, and with feeling of sadness, depression. Such feeling may be accompanied by relatively low energy and weak motivation, in variable result in low efforts. The present findings draw support from Bardel et al. (2003) which reported that the "Winning" athletes demonstrated significantly higher scores in their state self-esteem while the "Losing" athlete state self-esteem scores were lower in the sports competitions.

## CONCLUSION

It can be concluded by above findings that statistically significance difference were found between Medalist and Non-Medalst inter-university Male Softball Players in the variable Self-esteem. It is further concluded that Medalist Male Softball Players have higher Self-esteem compare to their counterpart in relation to their performance.

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