

# Comparative Study on Self –Esteem among Male Basketball Players and Male Handball Player

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## ARTICLE DETAILS

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## ABSTRACT

The main purpose of the study was to compare the Self-Esteem in two aspects one is Personal Perceived Score and other is Social Perceived Score among male Basketball players and male Handball Players. For the purpose of sample total 60 subjects selected in which 30 male Basketball and 30 male Handball Players. They were selected from Govt. College of physical education Ganderbal, Jammu & Kashmir. The selected players for sample participated at least inter college level. The age of the subject ranged between 20-25 years & the entire samples selected from random basis. To investigate the Self-Esteem level of selected subjects, Self-Esteem Inventory developed by M.S. Prasad & G.P. Thakur. This inventory is highly reliable and valid to assess the Self-Esteem level of selected subjects. For the statistical procedure t- test was used to compare the level of self esteem between both groups and the level of significance was chosen 0.05 levels. **Results** Findings of the study had shown that male Basketball players and male Handball players had found no significance difference regarding Personal perceived score at 0.05 level. They had equal level of Personal perceived score. In case of social perceived score, there was significance difference had found between male Basketball players and male Handball players. Handball players had higher level of social perceived score as compare to Basketball players of Ganderbal.

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## 1. Introduction

Self esteem is a psychological term and ability of an individual to perceive self- worth. Self-esteem can be defined as the perception of self-importance, or the extent to which an individual values or appreciates the self. If a person has healthy Self-Esteem, it leads psychological stability, support, self confidence, positive attitude towards each and every activity of life. Self –esteem term can be broadly defined as the overall evaluation of oneself, it may be in positive or negative way. It indicates the extent to which an individual believes himself or herself to be competent. Healthy self-esteem is important to be successful and joyful throughout one's life. Thus, self-esteem is an understanding of quality as an object that is valuable or worthless, positive or negative and superior or inferior. It can be say that assessments of self-esteem are formed through two processes. First, is comparison, when players compare their sports identities, skills in game, achievement in sports and abilities with others. Moreover when player feel that they are inferior to those with whom they interact, their self-esteem will be negatively affected. Second, process of evaluation of Self-esteem is when players asses themselves through their interaction with others. It is natural phenomena individual learn to see themselves as others believe them to be. Self-esteem build recognized today to be a major factor in learning outcomes. Self-esteem works like a method to assesses an individual's attitudes and perceptions of self-worth. The higher levels of team relationship quality were associated with high self esteem in the college participants. Certain characteristics such as family relationship quality, maladjustment, bad relations with society, lack of motivation level, psychosomatic disorders. There are mainly two types of

Self-Esteem Low self-esteem occurs when an individual keeps from realizing their full potential. A person, who has low self-esteem, feels incompetent, unworthy and incapable to ay task. **(Robins et al. 2001)** Some People who generally feel good to participate in activities, stay strong in social conditions, positive, encouraging have high level of self -esteem. They are always ready to involve in discussion and they do not deny their faults and learn from their mistakes. **(Cutler 1995).**

## 2. Material & Methods

Following methodological steps have been taken to verify the hypothesis established by the investigator: For the purpose of sampling 60 male players had selected in which 30 Basketball and 30 Handball Players belonging to Govt. College of physical education Ganderbal, Jammu & Kashmir. The selected players for sample participated at least inter college level. The age of the subject ranged between 20-25 years & the entire samples selected from random basis. To investigate the Self-Esteem level of selected subjects, Self-Esteem Inventory developed by M.S. Prasad & G.P. Thakur. This inventory is highly reliable and valid to assess the Self-Esteem level of selected subjects. All the subjects were participated at least inter college level. There are two variables selected for this study as follows: Self Esteem-(i) Personal Perceived Self (ii) Social Perceived and tool used to measure the Self Esteem, the following test was selected & scores were considered as criterion measure for the study was M.S. Prasad & G.P. Thakur and test was administered to the study. For the statistical procedure t- test was used to compare the level of self esteem between both groups and the level of significance was chosen 0.05 level.

### 3. Result and Discussion

**Table-1**  
**Mean difference of Personal Perceived score of male Basketball players and male Handball players.**

Variables	Group	N	Mean	Standard deviation	t value
Personal Perceived score	Basketball	30	133.53	21.15	1.86
	Handball	30	135.9	16.26	
Social Perceived score	Basketball	30	136.76	19.43	3.55
	Handball	30	140.53	10.5	

Level of significance=0.05, Tabulated t value=2.00

The above table reveals that male Basketball players and male Handball players had found no significance difference regarding Personal perceived score at 0.05 level. They had equal level of Personal perceived score. The calculated t-value of Personal perceived score is 1.86 which is less than tabulated value. In analysis part the Mean and SD of Personal perceived score in Basketball players was found to be 133.53 and 21.15, whereas in case of Handball, Personal perceived score was found to be 135.9 and 16.26. Moreover, the above table also reveals that calculated t-value of Social Perceived score is 3.55 which are higher than tabulated value. There was significance difference had found between male Basketball players and male Handball players regarding social perceived score. Handball players had higher level of social perceived score as compare to Basketball players of Ganderbal. In case of Basketball, Social Perceived score mean value and SD was observed to be 136.76 and 19.43 respectively, whereas Handball players had 140.53  $\pm$ 10.5 Mean value and Standard deviation respectively.

### 4. Conclusion

Findings of the study had shown that male Basketball players and male Handball players had found no significance difference regarding Personal perceived score at 0.05 level. They had equal level of Personal perceived score. In case of social perceived score, there was significance difference had found between male Basketball players and male Handball players. Handball players had higher level of social perceived score as compare to Basketball players of Ganderbal. **Yacoob (2009)** which concluded that males scored higher self esteem scores than women. **Paul & Sandeep (2017)** studied on self-esteem among female handball and female volleyball players. They found Female handball players had shown more level of self esteem (Personal perceived score) as compare to female volleyball players. They also studied that female handball players and female volleyball players had shown no significance difference regarding social perceived score.

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