

# Comparison on Self-Concept between Football and Kabbadi Male Players

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## ARTICLE DETAILS

### Article History

Published Online: 15 April 2019

### Keywords

Self-Concept, Football, Kabbadi, Male Players.

## ABSTRACT

For the purpose of the study, 40 subjects (20 football player and 20 kabbadi players) were selected randomly from District Gurdaspur, only those players were selected who participated in the district level tournament of football and kabbadi. The age level of the subjects ranged from 16 to 18 years. self concept of the subjects was assessed by the self-concept questionnaire was developed by Dr. Raj Kumar Saraswat. For analysis of the data mean, standard deviation and 't' test was applied in SPSS (Version 24.0). Level of significance set was .05 level..the results come out that there is a significant difference on self-concept between football and kabbadi male players.

## 1. Introduction

A personality emanation described as 'how much people become anxious when others watch their constitution' (Hart, Leary and Rejeski 1989). People with high social constitution uneasiness will experience stress in the midst of health appraisals and will, by and large, avoid wellbeing conditions.

Self-concept or self identity refers to the global understanding a sentient being has of him or her. It presupposes but can be distinguished from self consciousness, which is simply an awareness of one's self. It is additionally more broad than confidence, which is simply the absolutely evaluative component of the idea. The self-idea is made out of generally perpetual self evaluations, for example, character characteristics, information on one's aptitudes and capacities,

one's occupation and diversions, and attention to one's physical traits. For instance, the announcement, "I am languid" is a self-appraisal that adds to the self-idea. Conversely, the announcement "I am drained" would not ordinarily be viewed as a feature of somebody's self-idea, since being worn out is a transitory state. By and by, an individual's self-idea may change with time, potentially experiencing tempestuous times of character emergency and reassessment. The self-idea isn't limited to the present. It incorporates past selves and future selves. Future selves or "conceivable selves" speak to people's thoughts of what they may become, what they might want to become, and what they fear turning out to be. They relate to trusts, fears, objectives, and dangers. Conceivable selves may work as motivating forces for future conduct and they likewise give an evaluative and interpretive setting for the current perspective on self.

## 2. Statement

The statement of problem is "Comparison on self-concept between football and kabbadi male players "

## 3. Objective

1. The purpose of the study was to compare of self-concept between football and kabbadi male players.

## 4. Hypothesis

1. There is no significant difference of self-concept between football and kabbadi male players.

## 5. Limitation

1. No special motivational technique was used during the test.
2. The investigator was unable to control their daily routine, training and competition schedules.

## 6. Delimitations

1. The study was delimited to 16-18 years age group.
2. The study was delimited to District Gurdaspur, only those players were selected who participated in the district level tournament of football and kabbadi.
3. The study was delimited to only self-concept.

## 7. Methodology

For the purpose of the study, 40 subjects (20 football player and 20 kabbadi players) were selected randomly from District Gurdaspur, only those players were selected who participated in the district level tournament of football and kabbadi. The age level of the subjects ranged from 16 to 18 years. The self concept of the subjects was assessed by the self-concept questionnaire was developed by Dr. Raj Kumar Saraswat.

## 8. Statistical Procedure

The data was analyzed and compared with the help of statistical procedure in which arithmetic mean; standard error mean, standard deviation and "t" test was used to compare the data.

## 9. Result

Table 1: Comparison between football and kabbadi male players on self concept

Group	N	Mean	SD	MD	DF	't' Value
Football	20	38.2	8.1			
Kabbadi	20	32	7	6.2	38	2.33*

N= 40, Significance level 0.05,

From table no.1 result found that Kabbadi players have low self concept (M=32.03, SD= 6.99) as compared to Football players (M= 38.24, SD= 8.12). The 't' value is 2.33\* which is

more than tabulated value, so that there is a significant difference at .05 level.

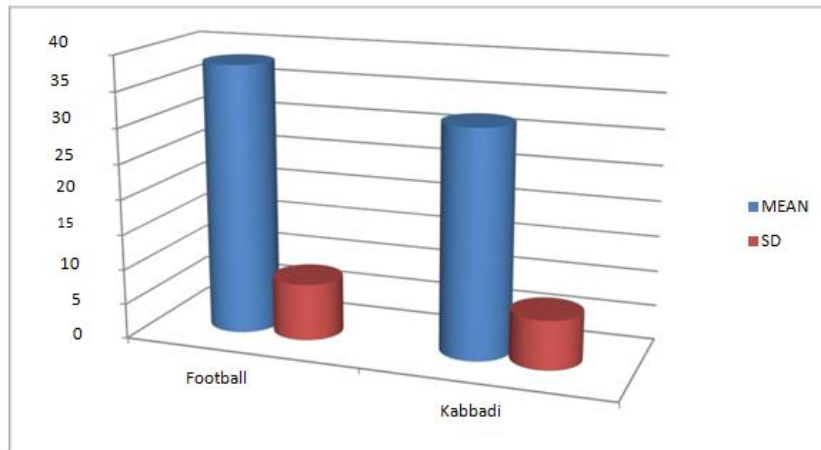


Fig 1: Difference of Means between football and kabbadi male players on self concept

## 10. Conclusions

Recognizing the limitations of this study and on the basis of statistical findings the following conclusions may be drawn that Kabbadi players have low self concept (M=32.03, SD=

6.99) as compared to Football players (M= 38.24, SD= 8.12). The 't' value is 2.33\* which is more than tabulated value, so that there is a significant difference at .05 level.

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