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A STUDY OF SELF-CONCEPT OF STATE-LEVEL PLAYERS

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ABSTRACT
This study aimed to take measurements of numerous aspects of the self-concept of state-level athletes. An understanding of yourself accompanies self-concept based on your own experiences, body image, thoughts about own self, and how you tend to mark own self in different situations. Two groups were picked one is male and the other is female; both groups have 30 athletes. Each group had 15 male and 15 female players. Data were taken from the Chowk mini stadium, J.N.P.G. college, G.S.R.M.P.G. college, K.D. Singh Babu Stadium in Lucknow. The "self-concept questionnaire" by Dr. R.K. Saraswat was used in this research paper. The questionnaire lies of 48 items. To analysis "t" test was used in this paper.

Keywords:
Self-concept

INTRODUCTION:

The branch of science that studies human behaviour is called psychology, and sports psychology is primarily concerned with analysing the behaviour of sportspersons. It encompasses the study of how psychological factors shape athletic performance and participation. In contemporary sports, achieving success requires not only physical ability and technical skill, but also a robust mental game.

Among various psychological variables, self-concept is the most crucial singular trait and serves as the foundation for understanding an individual's behaviour. Self-concept refers to the way in which individuals perceive and evaluate themselves. Closely linked to this is self-awareness, which involves having a clear understanding of one's own identity and sense of self. Rather than being a singular idea, self-concept is a complex, multi-dimensional construct that reflects an individual's perception of their identity in relation to various physical, social, emotional, and intellectual attributes.

In the context of state-level players, who stand at a critical juncture between grassroots participation and national representation, a strong and realistic self-concept is vital. At this competitive tier, athletes face intense pressure, rigorous training demands, and constant performance evaluation. A well-developed self-concept helps them manage competitive anxiety, maintain self-confidence, and sustain long-term motivation, whereas a weak self-concept can lead to self-doubt and burnout. Therefore, studying the self-concept of state-level players is essential for coaches, physical educators, and sports psychologists to understand their psychological readiness and design effective mental conditioning programmes that enhance overall athletic potential.

1) **Physical-:** Individual's view of their body, health, physical appearance, and strength.
2) **Social-:** Individual's sense of worth in social interactions.
3) **Temperamental:-** Individual's view of their prevailing emotional state or predominance of a particular kind of emotional reaction.
4) **Educational-:** Individual's view of themselves in relation to school, teachers and extracurricular activities.
5) **Moral:-** Individual's estimation of their moral worth; right and wrong activities.
6) **Intellectual:-** Individual's awareness of their intelligence and problem-solving capacity and judgments.

Definition: -
"As one's attitude towards self".

Lowe
"The individual's belief about himself or herself, including the person's attributes and who and what the self is".

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Baumeister

"The self-concept is a complicated, intricate, and multifaceted part of an individual's personality".

Rosenberg

Statement of the problem

This study aims to compare self-concepts between male and female state game players.

Objectives:-

1. To compare the physical, social, temperamental, educational, moral and intellectual dimensions between male and female state level players.

Hypothesis:-

1. There is a significant difference between the self-concept of male and female state-level players.
2. There is no a significance difference between the self-concept of male and female state-level players.

Delimitation-:

1. The study delimited to the 30 state-level players (15 male and 15 female) aged 18 to 25 years.
2. The study delimited to self-concept variable.
3. The study was delimited to Lucknow district.

Limitation:-

1. The study was limited to player background, training schedule, life-style, food habits and mood during filling up questionnaire.
2. The study was limited to the physiological parameters.

Methodology and Procedure

In the present study, descriptive survey method of research was used. All the students belong to the age group of 18 to 25. These students were selected by using simple Random method. A self-concept questionnaire by Dr. Raj Kumar saraswat given them. For testing the hypothesis of the study 't' test was used.

Table 1. Showing the range of self-concept

Sr. No	Range of Raw scores	Interpretation
1.	193 to 240	high self-concept
2.	145 to 192	above average self-concept
3.	97 to 144	average self-concept
4.	49 to 96	below average self-concept
5.	1 to 48	low self-concept

Table 2. Showing mean, SD, t value of Physical Self –concept of male and female state-level players

Sr. No	Group	N	Mean	SD	Df	"t" value	Result
1.	Male	15	27.46	5.418	28	1.4201	NS
2.	Female	15	32.53	4.316	28		

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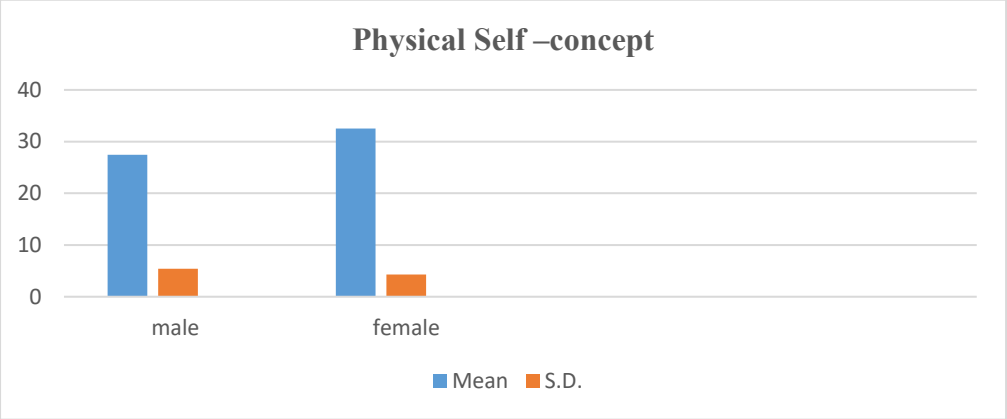


Table 3. Showing mean, SD, t value of Social Self –concept of male and female State-level players

Sr. No	Group	N	Mean	SD	Df	"t" value	Result
1.	Male	15	31.53	4.421	28	0.8183	NS
2.	Female	15	30.13	4.920	28		

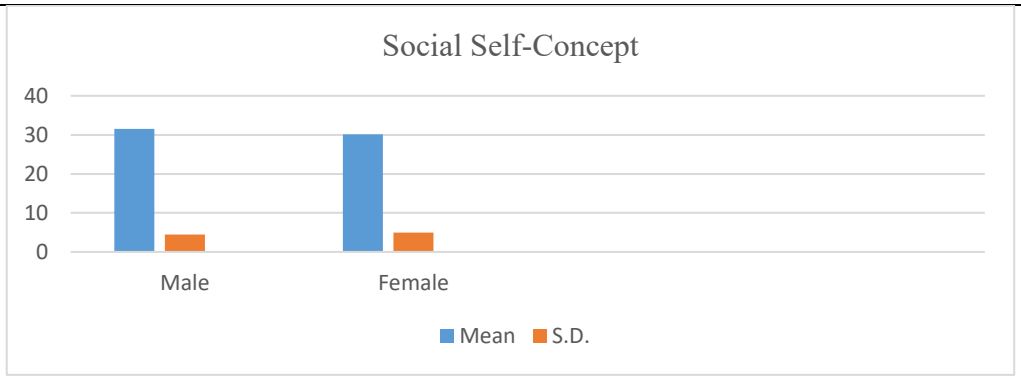


Table 4. Showing mean, SD, t value of Temperamental Self-concept of male and female state-level players

Sr. No	Group	N	Mean	SD	Df	"t" value	Result
1.	Male	15	28.46	4.664	28	0.679	NS
2.	Female	15	29.60	4.483	28		

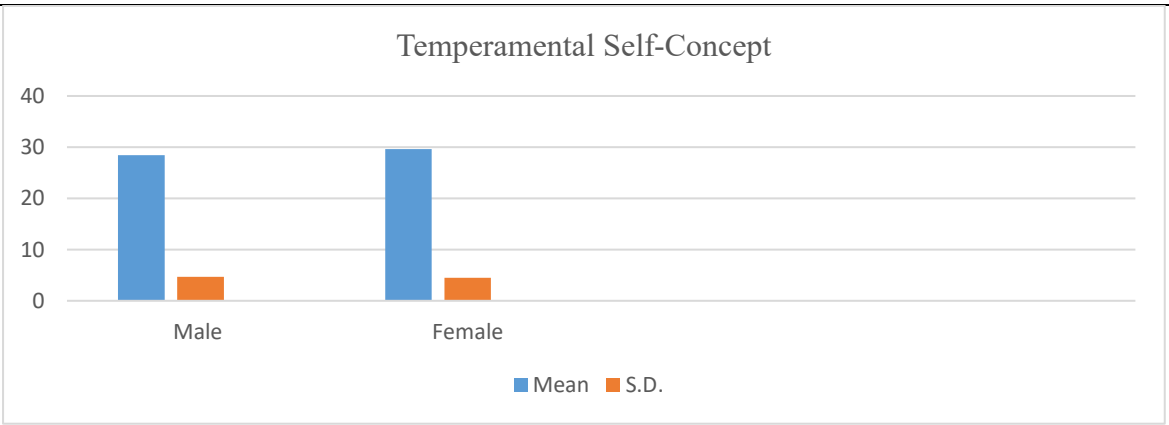


Table 5. Showing mean, SD, t value of Educational Self –concept of male and female state-level players

Sr. No	Group	N	Mean	SD	Df	"t" value	Result
1.	Male	15	27.60	4.57	28	1.580	NS
2.	Female	15	30.73	6.19	28		

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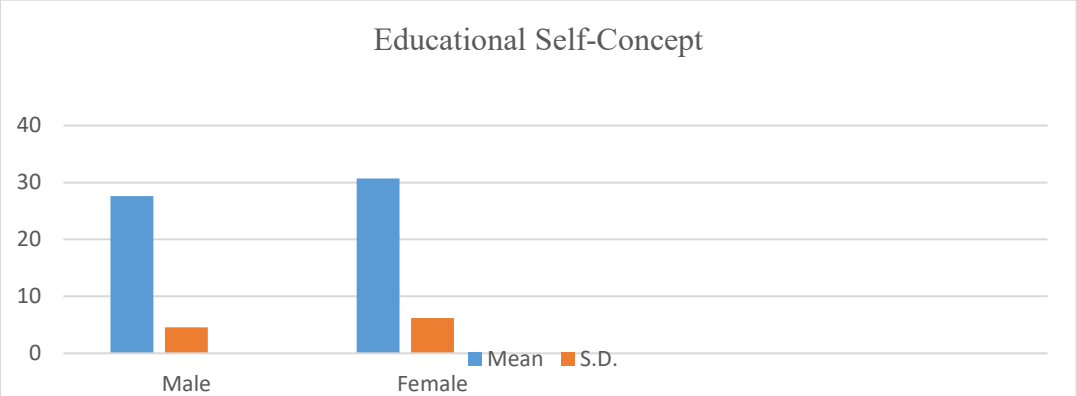


Table 6. Showing mean, SD, t value of Moral Self –concept of male and female state-level players

Sr. No	Group	N	Mean	SD	Df	"t" value	Result
1.	Male	15	30.46	3.43	28	2.558	S
2.	Female	15	33.53	3.16	28		

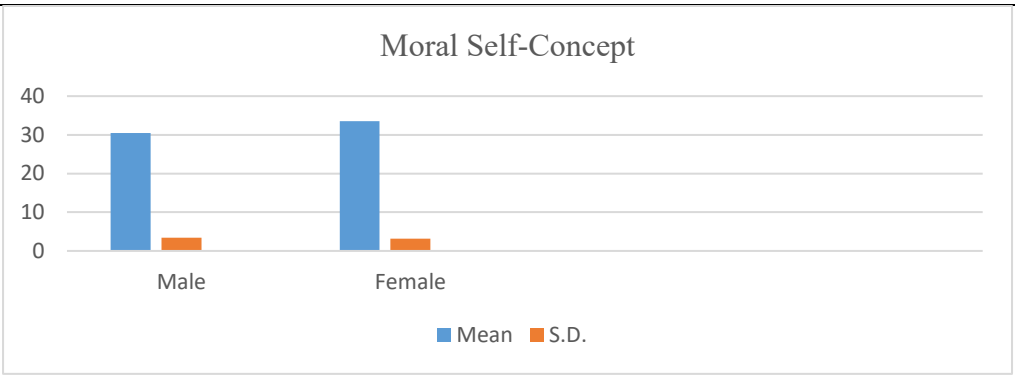


Table 7. Showing mean, SD, t value of Intellectual Self –concept of male and female state-level players

Sr. No	Group	N	Mean	SD	Df	"t" value	Result
1.	Male	15	25.40	4.10	28	1.772	NS
2.	Female	15	28.20	4.56	28		

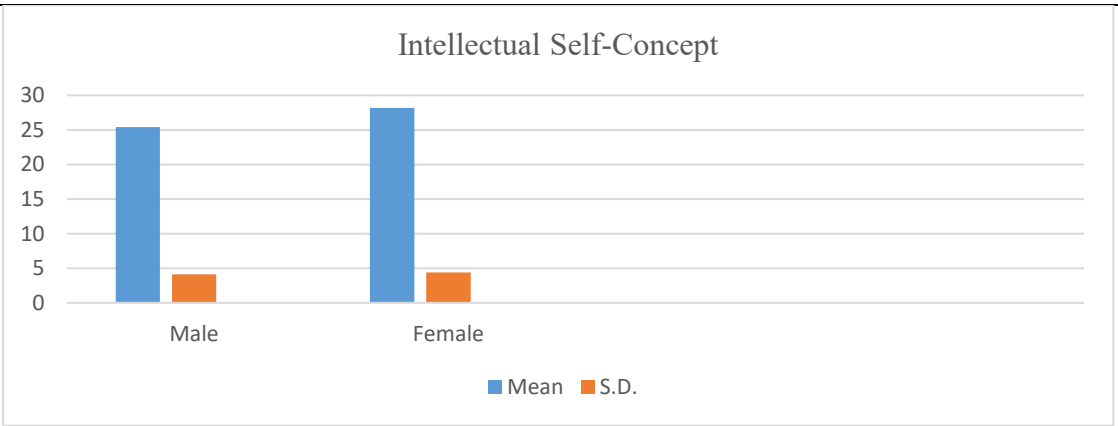


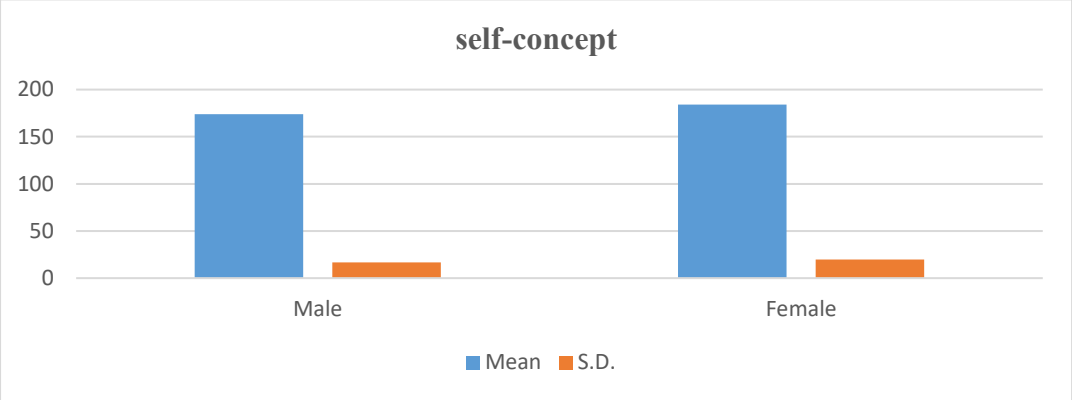
Table 8 Showing mean, SD, t value of self-concept of male and female state-level players

Sr. No	Group	N	Mean	SD	Df	"t" value	Result
1.	Male	15	173.93	16.633	28	1.42	NS

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2.	Female	15	183.4	19.591	28



Findings of the study:-

On the basis of the analysis and interpretation of the data the following findings are drawn:-

- There is no significant difference in physical self-concept between male and female state players.
- There is no significant difference of social self-concept between male and female state players.
- There is no significant difference of temperamental self-concept between male and female state players.
- There is no significant difference in educational self-concept between male and female state players.
- There is a significant difference found in moral self-concept between male and female state players.
- There is no significant difference in Intellectual self-concept between male and female state players.
- There is no significant difference in Self-concept between male and female state players.

CONCLUSION

However, there is a slight difference in physical dimension between male and female state players because females are more satisfied with looks. Male and female state players also have differences in moral dimension. Female players have the highest moral self-concept, while male players have above-average moral self-concept because female players have stronger empathy and emotional intelligence. Other dimensions have no difference between male and female state players.

The present study found no significant difference in total self-concept and dimensions of self-concept between male and female state players.

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