

A Comparative Study on Self-Esteem Among University Level Volleyball and Badminton Players

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Abstract

Objective-The aim of the study was to compare self-esteem among Volleyball Players and Badminton Players.

Methods:For the purpose of the study of total 50 players were selected from GGV Bilaspur. Where 25 volleyball players and 25 badminton players respectively were selected. The selected players age group was delimited to 18 to 25 years. All the samples selected on random basis. The selected samples Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.) to measure Self-esteem between volleyball Players and badminton Players. To assess self-esteem level of selected subjects. In order to assess the self-esteem of volleyball and badminton players by Morris Rosenberg. To compare the Self-esteem level of selected samples 't'- test was used.

Results- Result of the study have found that Self-esteem of Badminton Players have better as compare volleyball Players.

Conclusion- It is concluded that badminton players have shown better Self -Esteem level as compare to Volleyball players.

Keywords: Self-esteem, volleyball players, badminton players etc.

INTRODUCTION

Self-esteem plays a pivotal role in the psychological and emotional well-being of individuals, particularly among athletes. In sports, self-esteem can influence motivation, performance, interpersonal relationships, and overall satisfaction with participation. Volleyball and badminton are two sports that differ significantly in terms of their nature, dynamics, and demands. While volleyball is a team sport requiring extensive cooperation and communication, badminton is an individual sport demanding personal initiative and accountability. Understanding the role of self-esteem in these contexts can provide valuable insights into how different sports impact athletes' psychological states.

Meaning of Self-Esteem

Self-esteem refers to an individual's overall sense of self-worth, value, or personal judgment about themselves. It encompasses how people perceive and evaluate themselves, including their abilities,

appearance, emotions, and actions. Self-esteem plays a critical role in shaping one's confidence, decision-making, interpersonal relationships, and mental well-being.

Definitions of Self-Esteem

- **James (1890):** Self-esteem is determined by the ratio of an individual's successes in areas of life important to them to their aspirations in those areas.
- **Rosenberg (1965):** Self-esteem is "a positive or negative attitude toward the self." It reflects the degree to which individuals feel satisfied with themselves.
- **Coopersmith (1967):** Self-esteem is "the evaluation which an individual makes and customarily maintains about themselves." It reflects the extent to which an individual considers themselves capable, significant, and worthy.
- **Brown (1993):** Self-esteem is the effective evaluation of oneself; it reflects how much a person likes, values, and respects themselves.

Importance of Self-Esteem in Sports

Self-esteem is a fundamental component of an athlete's mental framework. High self-esteem is often associated with better coping strategies, improved performance, and greater resilience in the face of challenges. Conversely, low self-esteem can lead to issues such as performance anxiety, lack of confidence, and burnout. Exploring self-esteem within the domains of volleyball and badminton allows for a better understanding of how team dynamics or individual performance requirements contribute to the psychological profiles of players.

Rosenberg Self-Esteem Scale (RSES)

The Rosenberg Self-Esteem Scale (RSES), developed by Dr. Morris Rosenberg in 1965, is a widely used tool for measuring global self-esteem. It evaluates an individual's self-perception and overall evaluation of their worth.

Objectives of the Study -The primary objectives of this research are-

- To compare self-esteem levels between volleyball and badminton players.
- To analyze the factors contributing to self-esteem in team sports versus individual sports.
- To identify strategies to enhance self-esteem among athletes in both sports.
- To explore the influence of demographic variables such as age, gender, and experience on self-esteem.

Materials and Method

Selection of Subjects

For the purpose of the study of total 50 players were selected from Guru Ghasidas Vishwavidyalaya, Bilaspur (C.G.). Where 25 volleyball players and 25 badminton players respectively were selected. The selected players age group was delimited to 18 to 25 years.

Selection of Variables

For the present study the researcher selected self-esteem variables.

Criterion Measures

In order to assess self-esteem volleyball players and badminton players by Rosenberg Self-Esteem Scale.

Administration of Test

A questionnaire with the required instructions provided to respondents Before the Questionnaire is provided, necessary instructions regarding the subject will be communicated.

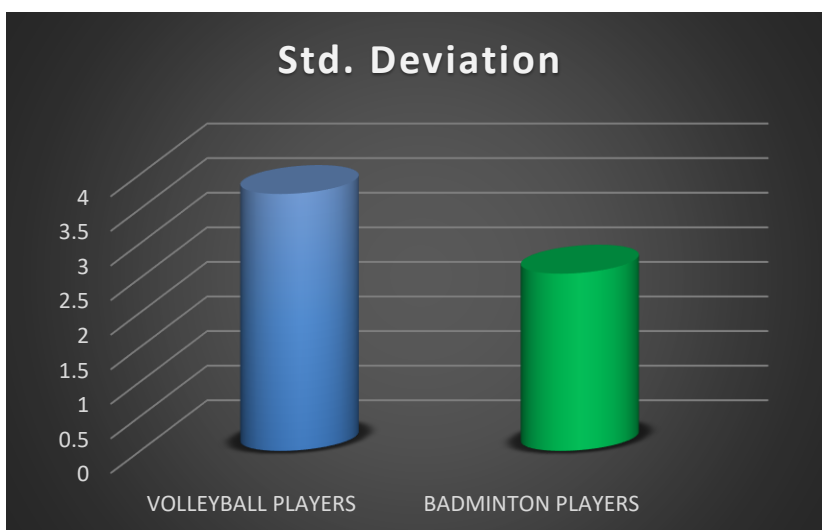
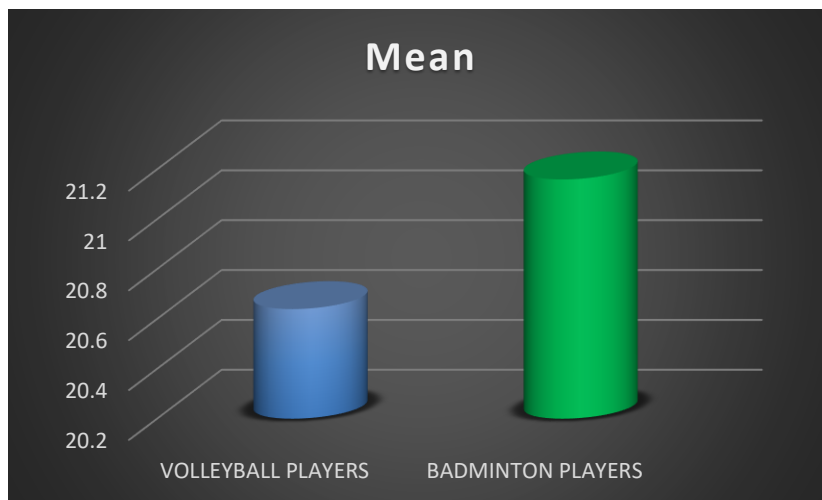
Statistical Procedure

The data collected was tabulated and subjected to statistical analysis. Descriptive analysis was done by computing means, standard deviations and independents ‘t’ test were applied to analyses the data.

Data analysis and Interpretation

Table: 1 Mean and S.D. of self-esteem among volleyball and badminton players

| | SPORTS GRUOPS | N | Mean | Std. Deviation | Mean Difference | t |
|-------------|--------------------|----|-------|----------------|-----------------|------|
| SELF ESTEEM | VOLLEYBALL PLAYERS | 25 | 20.64 | 3.71 | 0.52 | 0.57 |
| | BADMINTON PLAYERS | 25 | 21.16 | 2.56 | | |



Discussion of the Findings:

Result in table 01 indicated that there is significant difference between Volleyball players (M= 20.64,

SD= 3.71) and badminton players (M= 21.16, SD= 2.56) in Self-esteem The $t=0.57$ indicated that badminton players self-esteem is higher than volleyball players self-esteem.

Conclusion

It is concluded that badminton players have shown better Self -Esteem level as compare to Volleyball players.

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