

Assessment of Self-Esteem among Elite Male and Female Indian Universities Wrestlers –A Comparative Analysis

Dr. Kabir Shah Khan: Associate Professor, Department of Physical Health & Sports Education, Aligarh Muslim University, Aligarh, U. P.,(INDIA).

Mr. Dilshad Ali: Research Scholar, Department of Physical Health & Sports Education, Aligarh Muslim University, Aligarh, U. P.,(INDIA).

Abstract:

Self-esteem refers to the amount of realistic respect that you have for yourself. It is important for a athlete to have a healthy self-esteem in order to lead a happy and successful life - both on a personal level as well as his/her professional level. The purpose of study is to supports literature representing the importance of self-esteem in wrestlers through the comparison of male and female wrestling competitors. The study was used to form the samples as twenty five (n=25) medalist (12 male and 13 female) randomly selected from different weight categories in All India intervarsity competition. All subject readily agreed to volunteer as subject for collection of data, investigator used Rosenberg's Self-esteem Scale (Rosenberg, 1965) to assume the status of self-esteem between both sections. Analysis of data, t-test was used to find out the significance differences at 0.05 level of confidence. The finding of the statistical analysis reviled that there was no significant difference exists between male and female elite wrestlers regarding their self esteem.

Keywords: *self esteem, elite wrestler.*

Introduction

Wrestling is a classical two-person combative sport. Probably, it is the oldest sport in the world. It can be traced back to the early history of mankind. In ancient times, human beings were dependent on his/her physical strength, in confronting both natural forces and other humans. There were only primitive weapons, as far as any existed. Wrestling is one of the most widely combative sports in the Indian culture and it is a martial art that uses different type of techniques such as clinch fighting, throws and takedowns, joint locks, pins and other grappling holds. A wrestling bout is a physical strengthening competition, between two competitors or opponent partner and he or she try to gain and maintain a position. Mainly, it has been perversely concede that psychological factor, psycho-physiological conditioning program and traditionally skill practices are of crucial importance in high-level combative sporting events. The purpose of this study to assess and compare the level of self esteem between elite (1st, 2nd and 3rd position holders) male and female all Indian university wrestlers. Self-esteem refers to the amount of realistic respect that you have for yourself. The concept of Self esteem is the awareness of good possessed by one self, and the level of global self regard that one has for the self as a person (Campbell, 1984). Self-esteem is confidence in one's capacity to achieve values (Branden, 1970). It is subjective and enduring sense of realistic self approval. It reflects how the individual views and values the self at the most fundamental levels of psychological experiencing (Bednar & Peterson, 1995). Osborne (1993) defined self-esteem as a relatively permanent positive or negative feeling about self that may become more or less positives and negatives as individuals encounter and interpret success and failures in their daily lives

According to Rosenberg, self-esteem as a favorable or unfavorable attitude toward an individual which is the product of two internal assessments or judgment, and one's self worth. it

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is an individual's sense of his/her or worth ,or the extent to which a person values , approves of , appreciates, prize ,or likes himself or herself (Blascovich and Tomaka ,1991).Every individual's self esteem is directly influenced by many social factors teachers, parents, friends, co-workers , classmates and the environment were constantly influencing self esteem (Osborne,1997).it mean that, athletes surrounding environment effect their self esteem .Boumeisteret.al(2003)concluded from a review of self esteem literature that the benefits of high self esteem fell into the categories of enhanced initiative and pleasant feeling. Stamatakis et al. (2003) looked at the association of self esteem and mortality in a large sample of males in finaland .They report that lower self esteem was found to associate with many socioeconomic, behavioral, psychosocial, and desire characteristics. It is important for an athlete to have a healthy self-esteem in order to lead a happy and successful life - both on a personal level as well as his/her professional environment.

Methodology

The present study was suffering on N=25 (twenty five) Indian universities medalist wrestlers. On the basis of objectives, the subjects were divided into two main group, in terms of male (N=12) and female (N=13) wrestlers, who were randomly selected from All India Inter University wrestling Competition held at Rajasthan University - Jaipur. The subject representing the medal holders those who had succeeded in getting 1st, 2nd & 3rd position in own different weight categories. Investigator was used Rosenberg's Self-esteem Scale (Rosenberg, 1965) to assess their self-esteem. The range of scores was 10-40 with higher scores indicating higher Self-esteem. For collection of data all Participants, their manager and coaches were contacted and informed the nature of the study in all India wrestling competition and invited to take part in the investigation. A suitable time and venue for the collection of data was then arranged. All participants were asked to complete the questionnaire and each question was administered by the lead investigator. The statistically analysis of data t- test was applied by using the SPSS 11.5 version .This test was chosen to compare the difference of male and female wrestlers. The level of significance was set at 0.05 level of confidence.

Result and Discussion

The present research paper was designed to compare the status of self-esteem of Indian universities under two conditions, namely, male and female elite wrestlers to observe the difference between above mentioned two sections.

Table: 1 Indicate Mean, S.D difference and t- value of Male and Female Elite Wrestlers on level of self esteem

<i>Groups</i>	<i>N</i>	<i>Mean</i>	<i>S.D</i>	<i>t-value</i>	<i>P</i>
<i>Male</i>	<i>12</i>	16.33	3.25	-0.75	> 0.05
<i>Female</i>	<i>13</i>	17.38	3.68		

Significant at .05 level, Tab "t".05 (23) =1.96

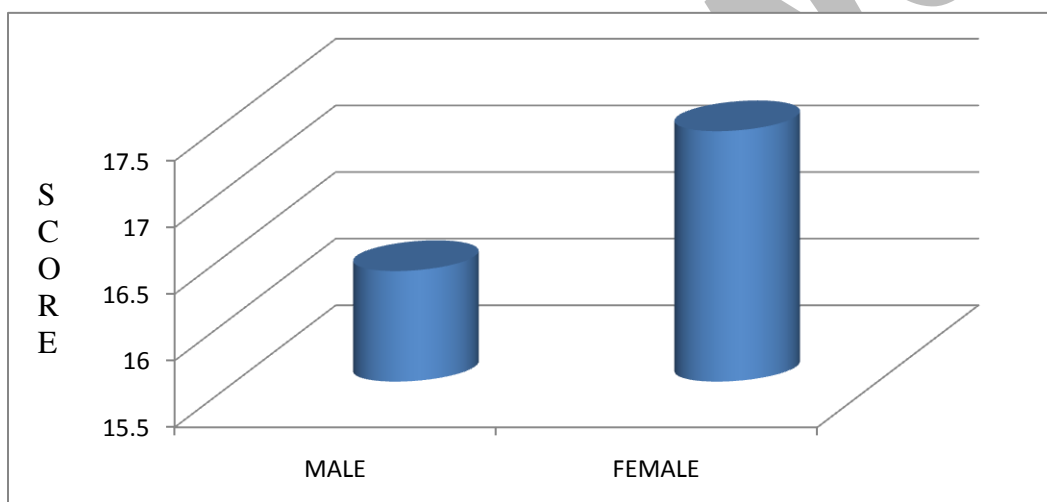
The above table preached that there was no statistical significant difference exits between male and female elite wrestlers with regard to their self-esteem because obtain t - value is less than

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tabulated t- value, However the mean score (17.38 > 16.33) of female wrestlers was greater than male wrestlers. But it was negligible.

These findings mirror those of Kumar, Pathak, and Thakur (1985) who found that athletes have higher levels of self-esteem in relation to non-athletes. It means high performance athletes have higher levels of self-esteem and gender differences not affect their self-esteem. M.Goodarzi.et al.(2008) examine the rate of self-esteem in male and female athletes students in the same level it means that being athletes or doing physical activities have a same effects in both gender level. Mac Mahan (1994) had studied the psychological advantages of physical activities and achieved the same result. The effect of physical activities on the rate of self-esteem in his study among male and female groups was also the same

**Figure 1: Expose the Comparative Mean Status of male and female wrestlers
 Self-esteem**



Conclusion

The findings of this study lead to several additional questions concerning the difference between elite male and female Indian universities wrestlers on the variable of self-esteem. Future research may wish to explore factors that contribute to the differences found between male and female elite wrestler's self-esteem, such as the number of years experience, ethnicity, gender, and types of athletic experience. The following result obtain from of the present study established between male and female condition, obtain finding may be helpful as a yardstick in talents identification for specific sports. The result reveals that there was no statistical significant difference exists between male and female elite wrestlers with regard to their self-esteem.

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