



ISSN: 0975-833X

RESEARCH ARTICLE

SELF-PERCEPTION BETWEEN SPORTSPERSONS AND NON-SPORTSPERSONS: A
COMPARATIVE STUDY

Dr. Dalwinder Singh¹, Simerjeet Kaur² and Gaurav Dureja^{3*}

¹Reader, Department of Physical Education, Panjab University, Chandigarh (INDIA) dalwinder_pu@yahoo.com

²Lecturer, Department of Physical Education, DAV Model Senior Secondary School, Sec-15, Chandigarh (INDIA)

³Assistant Professor, Department of Physical Education (TE&L), Post Graduate Government College, Sector-11, Chandigarh (INDIA)

ARTICLE INFO

Article History:

Received 8th May, 2011
Received in revised form
16th June, 2011
Accepted 18th July, 2011
Published online 5th August, 2011

Key words:

Self-Perception,
Male,
Female,
Sportspersons,
Non-Sportspersons.



Gaurav Dureja

*Corresponding author: g_dureja83@yahoo.com

ABSTRACT

The purpose of present investigation was to examine the Self-Perception between Sportspersons and Non-Sportspersons. The investigators had randomly selected two hundred [N=200] male and female subjects. Out of which one hundred [n=100] Sportspersons (n=50 male and n=50 female) and one hundred [n=100] Non-Sportspersons (n=50 male and n=50 female) who were studying in various affiliated colleges of Panjab University and Panjab University campus, Chandigarh. Sportspersons were those who had participated in Inter-college and Inter-university sports competitions and non-sportspersons were those subjects who did not participate in any sports competitions. The age of the subject was ranged between 18 to 26 years. Self-Perception questionnaire developed by K.G. Agarwal, 1999 was administered to collect the required data. 't'-test was applied to determine the significance of difference and direction of difference in mean scores of each variable between Sportspersons and Non-Sportspersons. The results on the sub-variable 'Self-Regard' between male sportspersons and male non-sportspersons were found insignificant. However, the results with regard to sub-variable 'Self-Acceptance' and Self-Perception (total) were found highly significant between male sportspersons and male non-sportspersons. The results with regard to the female sportspersons and female non-sportspersons on the sub-variable 'Self-Regard' were found highly significant. However, the results with regard to the female sportspersons and female non-sportspersons on the sub-variable 'Self-Acceptance' and the variable Self-Perception (total) were found insignificant. The result with regard to the male sportspersons and female sportspersons on the sub-variable 'Self-Acceptance' was found insignificant whereas highly significant results were found on the sub-variable 'Self-Regard' and Self-Perception (total). The results with regard to male non-sportspersons and female non-sportspersons on the sub-variables 'Self-Regard', 'Self-Acceptance' and Self-Perception (total) were found statistically insignificant.

Copy Right, IJCR, 2011, Academic Journals. All rights reserved

INTRODUCTION

Self-perception is considered to be a very important concept in understanding and prediction of a person's image about his own self. Self system is that organized system, within the personality, which is the collection of attitudes, opinion and beliefs that individuals, holds about himself. It has been used as core concept around which many major aspects of personality are organized. Self-perception involves process of attributing characteristics/traits to ourselves. Psychologists and social psychologists have been predominately concern with the attribution or explanations that people give for their own and others' behavior. Perception of any object is determined partly by objective characteristics of the objects and partly by the subjective characteristics of the perceiver. Self-perception is an amalgam of the manifold physical,

social, psychological and economic influences that bear upon an individual. Perception is a very dynamic, evolving and abstract concept and defines confinement in a strait jacket module. In its very nature, essence and scope seeks free expression and mobility. Self-perception including self-image and feelings an individual perceives about his or her body (Davies and Furnham, 1986). James (1902) defines self-perception as the sum total of all that he can call his own. It is the interaction of an individual with the surrounding world. Self perception influences the behavior directly or indirectly. The present study was to investigate the self-perception of male sportspersons, female sportspersons, male non-sportspersons and female non-sportspersons.

OBJECTIVES OF THE STUDY

1. To evaluate the significant difference between male sportspersons and male non-sportspersons on the variable of Self-Perception.
2. To find out the significant difference between female sportspersons and female non-sportspersons on the variable of Self-Perception.
3. To assess the significant difference between male sportspersons and female sportspersons on the variable of Self-Perception.
4. To ascertain the significant difference between male non-sportspersons and female non-sportspersons on the variable of Self-Perception.

HYPOTHESES OF THE STUDY

1. There would be significant difference between male sportspersons and male non-sportspersons on the variable of Self-Perception.
2. There would be significant difference between female sportspersons and female non-sportspersons on the variable of Self-Perception.
3. There would be significant difference between male sportspersons and female sportspersons on the variable of Self-Perception.
4. There would be significant difference between male non-sportspersons and female non-sportspersons on the variable of Self-Perception.

MATERIALS AND METHODS

Sample: The investigators had randomly selected two hundred [N=200] male and female subjects. Out of which one hundred [n=100] Sportspersons (n=50 male and n=50 female) and one hundred [n=100] Non-Sportspersons (n=50 male and n=50 female) who were studying in various affiliated colleges of Panjab University and Panjab University campus, Chandigarh. Sportspersons were those who had participated in Inter-college and Inter-university sports competitions and non-sportspersons were those subjects who did not participate in any sports competitions. The age of the subjects was ranged between 18 to 26 years.

Tool: To collect the required data for the present study, Self-Perception Questionnaire developed by Agarwal, 1999 was administered. The scoring of the respective questionnaire was done according to its manual.

Statistical Technique: 't' test was applied to determine the significance of difference and direction of difference in mean scores of each variable between male sportspersons, female sportspersons, male non-sportspersons and female non-sportspersons. The level of significance was set at 0.05.

RESULTS

Table-1 shows mean, SD, MD, SEDM and t values on the variables 'Self-Regard', 'Self-Acceptance' and Self-Perception (total) between male sportspersons and male non-sportspersons. The mean values of sub-variable 'Self-Regard' between male sportspersons and male non-sportspersons were 9.44 and 10.08 respectively and standard deviations were 1.91

and 1.57 respectively. The 't'-value 1.83 was found lesser than the table value 1.98 and hence found insignificant at 0.05 level of confidence. The mean values on the sub-variable 'Self-Acceptance' between male sportspersons and male non-sportspersons were 13.44 and 14.78 respectively and standard deviations were 2.29 and 1.87 respectively. The 't'-value 3.20 was found higher than the table value 2.62 hence found highly significant at 0.01 level of confidence. The mean values with regard to the variable Self-Perception (Total) between male sportspersons and male non-sportspersons were 22.66 and 24.80 respectively and standard deviations were 3.85 and 2.64 respectively. The 't'-value 3.24 was found higher than the table value 2.62 hence found highly significant at 0.01 level of confidence. Table-2 shows mean, SD, MD, SEDM and t values on the variables 'Self-Regard', 'Self-Acceptance' and Self-Perception (total) between female sportspersons and female non-sportspersons. The mean values on the variable 'Self-Regard' between female sportspersons and female non-sportspersons were 10.66 and 9.76 respectively and standard deviations were 2.18 and 2.11 respectively. The 't'-value 2.09 was found greater than the table value 1.98 hence found significant at 0.05 level of confidence. The mean values with regard to 'Self-Acceptance' between female sportspersons and female non-sportspersons were 14.22 and 14.90 respectively and standard deviations were 2.15 and 1.90 respectively. The 't'-value 1.67 was found lower than the table value 1.98 hence found statistically insignificant at 0.05 level of confidence. The mean values on the variable Self-Perception (Total) between female sportspersons and female non-sportspersons were 25.12 and 24.72 respectively and standard deviations were 2.89 and 2.68 respectively. The 't'-value 0.71 was found lower than the table value 1.98 hence found insignificant at 0.05 level of confidence.

Table-3 shows mean, SD, MD, SEDM and t values on the variables 'Self-Regard', 'Self-Acceptance' and Self-Perception (total) between male sportspersons and female sportspersons. The mean values on the variable 'Self-Regard' between male sportspersons and female sportspersons were 9.44 and 10.66 respectively and standard deviations were 1.91 and 2.18 respectively. The 't'-value 2.97 was found higher than the table value 2.62 hence found highly significant at 0.01 level of confidence. The mean values on the variable 'Self-Acceptance' between male sportspersons and female sportspersons were 13.44 and 14.22 respectively and standard deviations were 2.29 and 2.15 respectively. The 't'-value 1.75 was found lesser than the table value 1.98 hence found statistically insignificant at 0.05 level of confidence. The mean values with regard to the variable Self-Perception (Total) between male sportspersons and female sportspersons were 22.66 and 25.12 respectively and standard deviations were 3.85 and 2.18 respectively. The 't'-value 3.93 was found higher than the table value 2.62 hence found highly significant at 0.01 level of confidence. Table-4 shows mean, SD, MD, SEDM and t values on the variables 'Self-Regard', 'Self-Acceptance' and Self-Perception (total) between male non-sportspersons and female non-sportspersons. The mean values on the variable 'Self-Regard' between male non-sportspersons and female non-sportspersons were 10.08 and 9.76 respectively and standard deviations were 1.57 and 2.11 respectively. The 't'-value 0.86 was found lesser than the table value 1.98 hence found

Table 1: Mean scores of male sportspersons and male non-sportspersons on the variables Self Regard, Self-Acceptance and Self-Perception (Total)

S. No	Variables	Male Sportspersons (N=50)		Male Non-Sportspersons (N=50)		MD	SEDM	't' ratio
		Mean	SD	Mean	SD			
1.	Self-Regard	9.44	1.91	10.08	1.57	0.64	0.350	1.83
2.	Self-Acceptance	13.44	2.29	14.78	1.87	1.34	0.418	3.20**
3.	Self-Perception (Total)	22.66	3.85	24.80	2.64	2.14	0.660	3.24**

*Significant at 0.05 level, table value=1.98 (df=98); **Significant at 0.01 level, table value=2.62 (df=98)

Table 2: Mean scores of female sportspersons and female non-sportspersons on the variables Self Regard, Self-Acceptance and Self-Perception (Total)

S. No	Variables	Female Sportspersons (N=50)		Female Non-Sportspersons (N=50)		MD	SEDM	't' ratio
		Mean	SD	Mean	SD			
1.	Self-Regard	10.66	2.18	9.76	2.11	0.90	0.429	2.09*
2.	Self-Acceptance	14.22	2.15	14.90	1.90	0.68	0.406	1.67
3.	Self-Perception (Total)	25.12	2.89	24.72	2.68	0.40	0.557	0.71

*Significant at 0.05 level, table value=1.98 (df=98); **Significant at 0.01 level, table value=2.62 (df=98)

Table 3: Mean scores of male sportspersons and female sportspersons on the variables Self Regard, Self-Acceptance and Self-Perception (Total)

S.No	Variables	Male Sportspersons (N=50)		Female Sportspersons (N=50)		MD	SEDM	't' ratio
		Mean	SD	Mean	SD			
1.	Self-regard	9.44	1.91	10.66	2.18	1.22	0.410	2.97**
2.	Self-acceptance	13.44	2.29	14.22	2.15	0.78	0.444	1.75
3.	Self-perception (Total)	22.66	3.85	25.12	2.18	2.46	0.626	3.93**

*Significant at 0.05 level, table value=1.98 (df=98); **Significant at 0.01 level, table value=2.62 (df=98).

Table 4: Mean scores of male non-sportspersons and female non-sportspersons on the variables Self Regard, Self-Acceptance and Self-Perception (Total)

S. No	Variables	Male Non-Sportspersons (N=50)		Female Non-Sportspersons (N=50)		MD	SEDM	't' ratio
		Mean	SD	Mean	SD			
1.	Self-regard	10.08	1.57	9.76	2.11	0.32	0.372	0.86
2.	Self-acceptance	14.78	1.87	14.90	1.90	0.12	0.377	0.31
3.	Self-perception (Total)	24.80	2.64	24.72	2.68	0.08	0.532	0.15

*Significant at 0.05 level, table value=1.98 (df=98); **Significant at 0.01 level, table value=2.62 (df=98).

insignificant at 0.05 level of confidence. The mean values on the variable 'Self-Acceptance' between male non-sportspersons and female non-sportspersons were 14.78 and 14.90 respectively and standard deviations were 1.87 and 1.90 respectively. The 't' value 0.31 was found lower than the table value 1.98 hence found insignificant at 0.05 level of confidence. The mean values on the variable Self-Perception (Total) between male non-sportspersons and female non-sportspersons were 24.80 and 24.72 respectively and standard deviations were 2.64 and 2.68 respectively. The 't' value 0.15 was found lower than the table value 1.98 hence found insignificant at 0.05 level of confidence.

DISCUSSION

The findings of Table-1 on the sub-variable Self-Regard between male sportspersons and male non-sportspersons revealed insignificant differences. While comparing the mean values, male non-sportspersons were having little higher mean score as compared to male sportspersons. It is evident from the above values that both the groups were similarly developed on the sub-variable Self-Regard. This area of development contains items pertaining to equal rights with

others, self-security, concern with one's ethics and self-worth. It might be their capacity to see one's actions and patterns of life as consistent with one's own values and equal rights with others. It has been found that the results with regard to variables Self-Acceptance and Self-Perception (Total) revealed highly significant differences between male sportspersons and male non-sportspersons. It has been observed from the above findings that the male non-sportspersons with higher mean scores had excelled better as compared to male sportspersons. It might be due to the fact that, the male sportspersons were under competition stress and anxiety during the collection of data. It may be due to the fear of competition and negative feelings regarding win or lose. On the other hand, male non-sportspersons were able to concentrate more as they were continuing with their daily routine with peaceful minds. It might be the reason that male non-sportspersons excelled better in the task at hand. The findings of present study contradict the findings of Kamal (1995) wherein he found that athletes have higher overall self-esteem as compared to their counterpart non-athletes. Asci (2004) also found that elite athletes were significantly different from those of non-athletes on self-perception in all psychomotor sub domains. The findings with regard to the

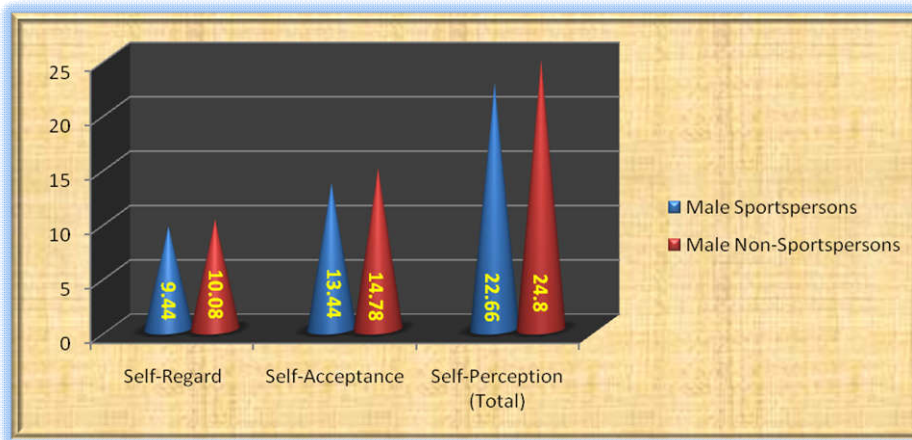


Fig.1: Graphical representation of mean scores between male sportspersons and male non-sportspersons on the variable Self-Regard, Self-Acceptance and Self-Perception (Total)

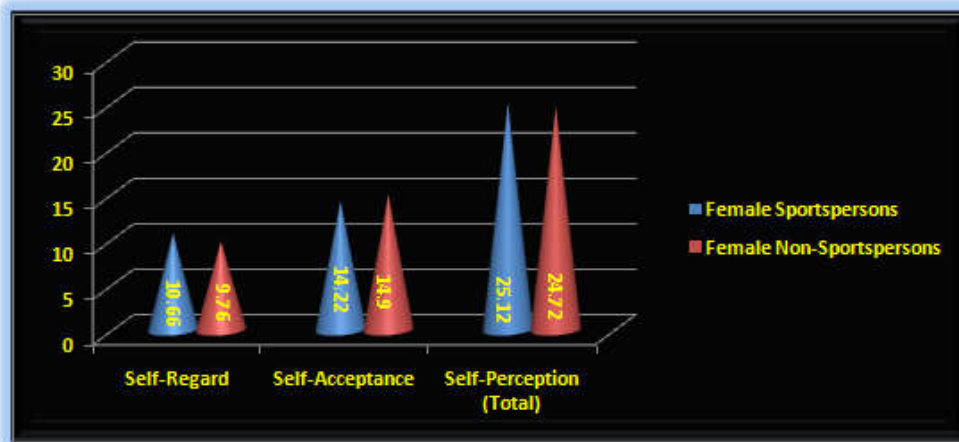


Fig. 2: Graphical representation of mean scores between female sportspersons and female non-sportspersons on the variable Self-Regard, Self-Acceptance and Self-Perception (Total)



Fig. 3: Graphical representation of mean scores between male sportspersons and female sportspersons on the variable Self-Regard, Self-Acceptance and Self-Perception (Total)

Female sportspersons and female non-sportspersons on the variables Self-Regard were found significant. While comparing the mean values of female sportspersons and

female non-sportspersons, it was found that female sportspersons had excelled significantly better than their counterpart female non-sportspersons. The findings with

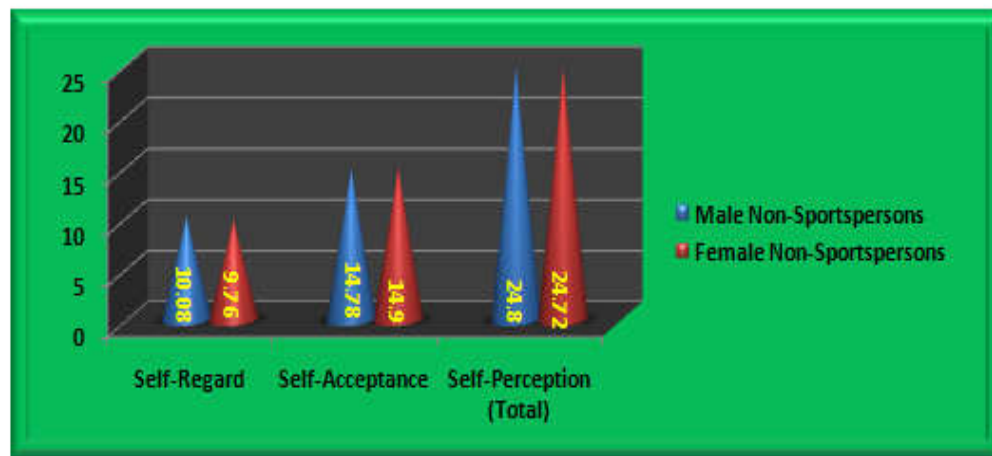


Fig. 4: Graphical representation of mean scores between male non-sportspersons and female non-sportspersons on the variable Self-Regard, Self-Acceptance and Self-Perception (Total)

regard to the variables Self-Acceptance and Self-Perception (Total) were found insignificant. It is evident from the above findings that both the groups were similarly developed on the variable Self-Acceptance and Self-Perception (Total). It might be due to the fact that the variable self-perception constitutes basic human needs, aspirations, self-actualizing, self-regard, demands, love, egos and psychological factors, beliefs and attitudes which might have been similarly developed amongst the female sportspersons and female non-sportspersons due to modernization of the society. The findings of Saint *et al.* (1999) revealed that athletic group scored better than the non-athletic group on the variable self-perception. The findings of present study confirm the findings of Saint *et al.* (1999) as while comparing the mean values of female sportspersons and female non-sportspersons it was found that female sportspersons had edge over their counterpart female non-sportspersons. The results on the variables Self-Regard and Self-Perception (Total) between male sportspersons and female sportspersons revealed significant differences. However, the results with regard to the variable Self-Acceptance were found statistically insignificant. While comparing the mean values of male sportspersons and female sportspersons it was found that female sportspersons have performed significantly better on these variable Self-Regard and Self-Perception (Total). It might be due to the fact that the female sportspersons perceives them more confident which contributed to this self-appraisal. The reason for higher self-regard, self-acceptance and self-perception (total) might be due to that they were more serious about the task at hand and also enjoy better status in today's life as compared to earlier times. The present findings contradict the findings of Bond and Nideffer (1992) wherein they found that self-esteem of male athletes was better than female athletes. The findings with regard to the variables Self-Regard, Self-Acceptance and Self-Perception (Total) between male non-sportspersons and female non-sportspersons were found statistically insignificant. It might be due to fact that both the male and female non-sportspersons were similarly developed on the above said variables.

CONCLUSION

On the basis of above findings, it is concluded that the results on the sub-variable 'Self-Regard' between male

sportspersons and male non-sportspersons were found insignificant. However, the results with regard to sub-variable 'Self-Acceptance' and Self-Perception (total) were found highly significant between male sportspersons and male non-sportspersons. The results with regard to the female sportspersons and female non-sportspersons on the sub-variable 'Self-Regard' were found highly significant. However, the results with regard to the female sportspersons and female non-sportspersons on the sub-variable 'Self-Acceptance' and the variable Self-Perception (total) were found insignificant. The result with regard to the male sportspersons and female sportspersons on the sub-variable 'Self-Acceptance' was found insignificant whereas highly significant results were found on the sub-variable 'Self-Regard' and Self-Perception (total). The results with regard to male non-sportspersons and female non-sportspersons on the sub-variables 'Self-Regard', 'Self-Acceptance' and Self-Perception (total) were found statistically insignificant.

REFERENCES

- Agarwal, K.G. 1991. *Self, Role and Status*, New Delhi, Sterling.
- Asci, F. H. 2004. Physical Self-Perception of Elite Athletes and Non-Athletes: A Turkish Sample. *Perceptual and Motor Skills*, 99(3), 1047-52.
- Bond, N and Nideffer, R.M. 1992. Attentional and Interpersonal Characteristics of the Australian Athletes, *Journal of Sports Behavior*, 15, 60-74.
- Chamberlain, V.C. 1960. *Adolescence to Maturity*, London: The Badley Head
- Davies, E., and Furnham, A. 1986. Body Satisfaction in Adolescent Girls. *British Journal of Medical Psychology*, 58, 279-287.
- James, W. 1902. *Principles of Psychology*, New. York. Holt.
- Kamal, A.F. 1995. Self-esteem Attribution Components of Athletes versus Non-athletes. *International Journal of Sport Psychology*, 26 (2), 189-195.
- Saint, P. D., Van, D. B., Marx, R.G., and York, K.A. 1999. Self-Perception in Elite Collegiate Female Gymnasts, Cross-Country Runners and Track and Field Athletes. *Mayo Clinic Proceedings*, 74(8), 770-774.