

# RELATIONSHIP BETWEEN SELF CONCEPT AND PERFORMANCE OF SPORTS PERSON OF NORTHERN KARNATAKA

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**Abstract:** The intention of present research is to know relationship of self concept with High Jump performance of sports person (runners, jumpers and throwers) of Northern Karnataka and also know the difference in the sport performance among runners, jumpers and throwers. The present research utilized Descriptive Survey Method. In order to achieve the aim of the study, 90 (Ninety) sports person out of which 30 from each three groups that is runners, jumpers and throwers were selected as the subjects who had participated at taluk, block and district levels and the age of the subjects ranged from 13-16 years. The High Jump was treated as criterion variable to know the significant differences among runners, jumpers and throwers and also self concept was considered as independent variable to know its relationship with sport performance in High Jump. The High Jump performance of sports person was measured in meters and centimeters. The SCQ developed by Dr. Raj Kumar Saraswat (1999) was utilized to collect the data. To find out the relationship between self-concept and performance of sports person Karl Pearson's Product Moment Coefficient of Correlation was applied and to find out the significant differences among the groups, One-way analysis of variance was used to know the significant difference in the Self Concept among runners, throwers and jumpers. Further the Scheffe's Post Hoc test was used to find the significant difference in the paired mean scores of said sports person. The level of significance was fixed at 0.05 level of confidence. The correlation result shows significant positive relationship with self concept and high jump performance of sports person and from 'F' test results shows significant difference in the High Jump performance among sports person that is runners, jumpers and throwers. The jumpers had higher performance in high jump than runners and throwers. The self concept was proved to be essential for players. Self concept can improve health and fitness among sports person. Self concept in players leads to increased participation in sports activities.

**Index Terms-** Self Concept, Performance, High Jump, Sports Person, Runners, Jumpers, Throwers

## I. INTRODUCTION

A sport has several ways of developing an individual's self-concept because of the interaction with peers on the field of play especially at an early stage in life. Self-concept is multi-dimensional construct that refers to an individual's perception of "self" in relation to any number of characteristics, such as academics and non academics. Self-concept has been defined to consist of learned verbal labels about one self that elicit emotions and direct or control behavior. Self-concept (Markus and Wurf, 1987) has been shown to be related to sports performance abilities and competencies, including the ability to deal with the respective demands in training and competition (Brettschneider & Brandl-Bredenbeck, 1997). Positive verbal labels are expected to lead to successful performance that is reinforced by others, which, in turn, reinforces positive self-concept (Staats, 1996). Arun (2016) found relationship between self-esteem on sports performance and concluded that self-esteem of football and Cricket players had positive relationship with their performance. Vurho; Hamafyelto; and Buba (2017) determined the relationship between self concept and sports performance of club hockey players in north-east zone, Nigeria and results showed self concept was positively related to sport performance that higher the self concept, higher the performance among club Hockey players. Mirzaei; Nikbakhsh and Sharififar (2013) found relationship between personality traits and sport performance. The stepwise regression analysis indicated that from among personality components only Conscientiousness had positive significant correlation with sport performance and conscientiousness was the sole predictor of sport performance. Perry and Marsh (2003) found relationship between self-concept and international swimming performance of elite athletes and results found that self concept had positively related to swimming achievement. The above studies shows relationship of psychological factor self concept with game

performance of sports performance of various games. Hence, this research will be helpful to achieve more success in competitions with help of self concept as a psychological variable.

## II. STATEMENT OF THE PROBLEM

The intention of present research is to know relationship of self concept with High Jump performance of sports person (runners, jumpers and throwers) of Northern Karnataka and also know the difference in the sport performance among runners, jumpers and throwers. The research topic selected for the present study is **“RELATIONSHIP BETWEEN SELF CONCEPT AND PERFORMANCE OF SPORTS PERSON OF NORTHERN KARNATAKA.”**

## III. STATEMENT OF HYPOTHESES

The following hypotheses are formulated in the null form. It was hypothesized that :

1. There was no significant relationship between Self Concept and Performance of sports person of Northern Karnataka.
2. There was no significant difference in the Performance among sports person (runners, jumpers and throwers) of Northern Karnataka.

## IV. METHODOLOGY

**4.1 Method:** The present research used Descriptive Survey Method.

**4.2 Selection of Samples:** In order to achieve the aim of the study, 90 (Ninety) sports person out of which 30 from each three groups that is runners, jumpers and throwers were selected as the subjects who had participated at taluk, block and district levels and the age of the subjects ranged from 13-16 years.

**4.3 Selection of Variable:** The High Jump was treated as criterion variable to know the significant differences among runners, jumpers and throwers and also self concept considered as independent variable to know its relationship with sport performance in High Jump. The performance of sports person, High Jump was selected and it was measured in meters and centimeters.

**4.4 Description of Self Concept Questionnaire (SCQ):** The SCQ developed by Dr. Raj Kumar Saraswat (1999) was used to assess self concept of the subjects. This questionnaire provides six dimensions of self concept namely physical, social, temperamental, educational, moral and intellectual self concepts. This questionnaire contains 48 items. A high score on this questionnaire shows a higher self concept, while a low score gives low self concept. The reliability of the inventory was found by test-retest method and it was found to be 0.91 for the total scores of self concept and the content and construct validity were established through expert's opinion. In the present study, self concept considered as overall scores.

**4.5 Statistical Procedure :** To find out the relationship between self-concept and performance of sports person Karl Pearson's Product Moment Coefficient of Correlation was applied and to find out the significant differences among the groups, One-way analysis of variance was used to know the significant difference in the Self Concept among runners, throwers and jumpers. Further the Scheffe's Post Hoc test was used to find the significant difference in the paired mean scores of said sports person. The level of significance was fixed at 0.05 level of confidence.

## V. RESULTS AND DISCUSSION

### 5.1 Correlation Results ('r' value)

The relationship of High Jump Performance and Self concept of sports person were ascertained by the obtained values of

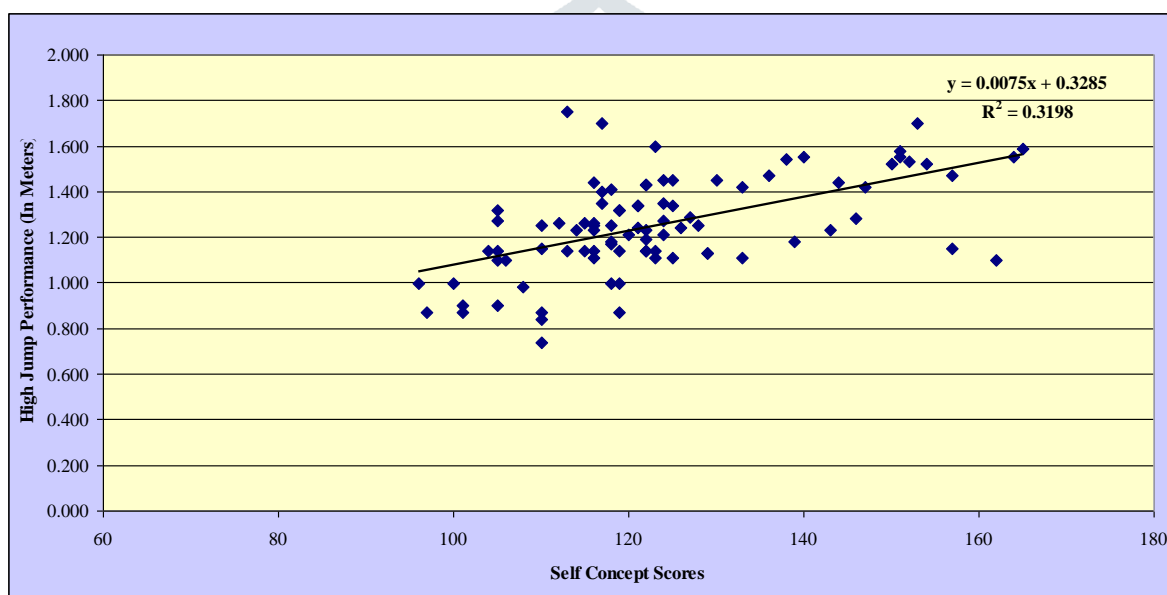
coefficient of correlation. The results are as follows:

**Table-1:** Table shows relationship of High Jump Performance and Self concept of sports person (N=90, df=88).

Variable		Mean	Standard Deviation	'r' value and Sig. level
Dependent Variable	High Jump Performance	1.254	0.212	
Independent Variable	Self Concept	123.788	16.040	

\*\*Significant at 0.01 level (Table value 0.325) ; NS Not Significant

The table shows Karl Pearson’s Product Moment Coefficient of correlation results related to High Jump Performance and Self Concept of sports person. The table clearly reveals that there is positive correlation between sports performance in high jump and self concept since the obtained ‘r’ value 0.566 is greater than the table value 0.195 at 0.05 level of significance.



**Fig.1:** Scatter diagram represents the values of Performance in High Jump performance and Self Concept of sports person.

**5.2 One-way ANOVA Results (F Test)**

The One-way ANOVA (F test) results on Self Concept scores of sports person. (Runners, Jumpers and Throwers)

**Table-2:** One-Way ANOVA Analysis on High Jump scores of sports person (Runners, Jumpers and Throwers).

Groups	Sum of Squares	df	Mean Squares	F Value	Sig.
Between Groups	2.357	2	1.179	62.283 (P=0.000)	Significant at 0.05 level
Within Groups	1.646	87	0.019		
Total	4.003	89			

The table-2 shows that the obtained ‘F’ value 62.283 for High Jump is greater than the table value of 3.10 for df ‘2 and 87’ required for the significance at 0.05 level of confidence. Hence, the stated hypothesis was rejected and in its place an alternate hypothesis has been **accepted** that “there was significant difference in the High Jump among runners, jumpers and throwers.” To determine the significant difference in the High Jump of sports person among these paired mean scores, the ‘Scheffe’s test was applied as the Post hoc analysis and the results were presented in Table-3.

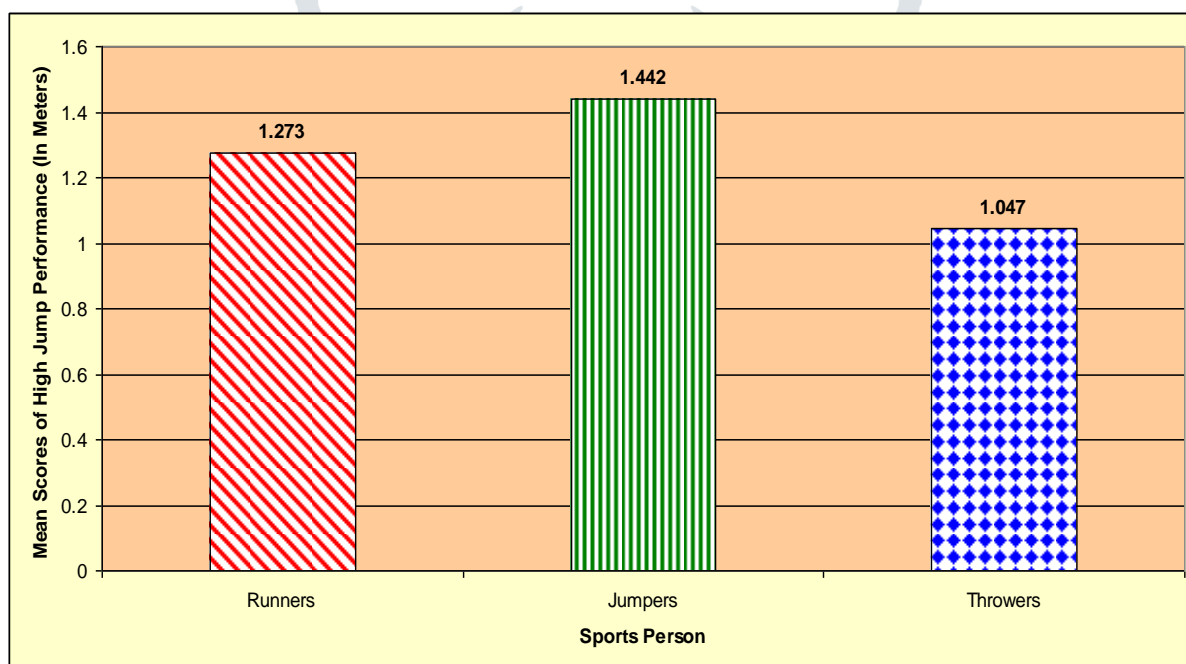
**Table-3:** Scheffe’s Post Hoc Analysis on High Jump of sports person (Runners, Jumpers and Throwers)

Sports person			Mean Difference
Runners	Jumpers	Throwers	
1.273	1.442		0.169*
	1.442	1.047	0.395*
1.273		1.047	0.226*

\*Significant at 0.05 level

The above table presents significant paired mean differences on the High Jump performance between runners & jumpers; jumpers & throwers; and runners & throwers and the values are 0.169, 0.395 and 0.226 respectively which are greater than the critical difference value at 0.05 level of confidence. It was concluded that there was significant difference in the High Jump performance between runners & jumpers; jumpers & throwers; and runners & throwers. The jumpers had higher performance in high jump when compared with runners and throwers.

The Bar graph shows the comparison of mean scores of the High Jump of varied sports person (runners, jumpers and throwers).



**Fig.1:** Comparison of mean scores of High Jump performance among runners, jumpers and throwers.

**VI. CONCLUSION**

The correlation result shows significant positive relationship with self concept and high jump performance of sports person. ‘F’ test results shows significant difference in the High Jump performance among sports person that is runners, jumpers and throwers. The jumpers had higher performance in high jump than runners and throwers. This may be due to the reason that they possess under different fitness level varied training and experience. The self-concept is independent of performance, coaches should therefore be aware that self-concept is not a barrier to sport performance of players. The findings will help to design fitness programme for those who need such attention. The self concept was essential for players. Self concept can improve health and fitness among sports person. Self concept of sports person leads to increased participation in sports activities.

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