



# Comparative Study on Self Esteem and Mental Health between Team and Individual Game Player with Reference to their Sports Participation

**Asst. Prof. Ashish Govindrao Barde,**

(Director of physical Education), Late B.S. Arts, Prof N.G. Sciences  
and A.G. Commerce College, Sakharkherda, Buldhana District (M.S.)

## Abstract:

The aim of this investigation was to compare the Self Esteem and Mental Health between Team and Individual Game Player with Reference to their Sports Participation. For fulfill the purpose, the researcher has taken 40 male sports persons, 20 from each group, by using available purposive sampling method, the ages ranging from 19-24 years. The players were selected from affiliated colleges of Sant Gadge Baba Amravati University, Amravati. The variables selected for the research work like that self-esteem and mental health. Researcher hypothesized that there will be significant difference found in self-esteem and mental health between team and individual game player with reference to sports participation. The data of self-esteem and mental health were collected by using standard questionnaire. To assess Self-esteem, Self-esteem Scale prepared by Dr. Morris Rosenberg was used. Also, the standardized scale by Dr. Jagadish, Dept. of Psychology R.B.S. College, Agra, & Dr. A. K. Srivastava Department of Psychology, Banaras Hindu University, Varanasi was used for the collection of data of mental health. After that collected data was put into Microsoft Excel to develop Master Chart and then 't' test was used for the statistical treatment. To test the hypothesis the level of significance was set at 0.05 level of confidence, after the statistical analysis of data related to the self-esteem and mental health between Team and Individual Game Player, it was found that there is significant difference in self-esteem and no significant difference in mental health between team and individual game player with reference to their sports participation. Hence the researcher's hypothesis is partially accepted.

**Keywords:** Self-Esteem, Mental Health, Sports Person, Sports Participation, Team and Individual Game Player, etc.

## Introduction:

Psychology is a theoretical and functional discipline involving the systematic study of mental processes and behaviour. Psychology also references to the application of such information to a number of spheres of human

activity, including relating to individuals' everyday lives and the treatment of mental illness. Sport as activity, recreation, leisure-time activity is a universal phenomenon but sport as competition, is for the genetically gifted, whose number at any point of time may be limited. Maximum people love to watch sport; they like the thrill and enthusiasm accruing from it. Psychology changes its type with the change in condition: In education, it is educational psychology, in medicine it is medical psychology, in industry, it is industrial psychology, in sport, it is sport psychology, so on and so onward. Sport psychology, as such, is a current addition to the ever-expanding family of psychology.

### **Self-Esteem:**

Viewpoints and feelings such as victory, desolation, vanity, and humiliation are all part of self-esteem. Risk perceptions and accompanying changes in feeling of discomfort are also linked to self-esteem. Self-esteem (SE) is described as a person's more or less long-term feeling of like for themselves. Self-esteem refers to a person's overall sense of self-worth or self-value, or the value they place on themselves. SE is self-esteem, which is defined as being aware of and accepting one's inherent strengths and positive traits. To put it another way, it is the judgement that individuals pass on themselves. Self-esteem is essential since it demonstrates how we evaluate ourselves and our own intelligence.

Risk perceptions and accompanying changes in feeling of discomfort are also linked to self-esteem. For example, athletes with low self-esteem have less confidence and suffer more state anxiety than athletes with high self-esteem. Self-confidence strategies are key tools for lowering the amount of state anxiety that people feel. Hence tall trail anxiety and low self-esteem are related to heightened state anxiety reactions in athletes.

### **Mental Health:**

The terms "mental health" and "behavioural health" relate to the cognitive, behavioural, and emotional well-being of people. It all comes down to how persons think, feel, and act. The appearance "mental health" is infrequently used to refer to the absence of a mental illness. Mental illness can have a negative influence on daily life, relationships, and physical health. This joining, however, also works in the opposite direction. Mental health issues can be produced by a variety of reasons, including personal circumstances, interpersonal relationships, and physical conditions. Taking care of one's mental health might support one's capacity to appreciate life. You must raid a balance between your daily activities, obligations, and attempts to improve your psychological resilience. Stress, sadness, and anxiety may all have an impact on one's mental health. Despite the widespread usage of the phrase "mental health," many illnesses that doctors classify as psychological disorders have physical foundations. A healthy person is not only physically fit, but also psychologically strong. The current idea of health encompasses more than just physical well-being. It consists of a sound, effective intellect as well as well-controlled emotions. Health is a state of existence, sound or whole in body and mind. It incomes that both body and mind are working efficiently and harmoniously.

Mental health, permitting to the WHO, is "more than merely the absence of mental illnesses or impairments." Peak mental health entails not only avoiding active mental illnesses but also maintaining overall well-being and happiness. They also highlight the need of supporting and repairing mental health on an individual

level, as well as in many groups and civilizations throughout the world. According to the National Alliance on Mental Illness, about one in every five persons in the United States suffers from mental illness each year.

**Objectives:**

The main purpose of this study was to compare the self-esteem and mental health between team and individual game player with reference to their sports participation.

**Hypothesis:**

On the basis of literature searched, researcher's own perception and knowledge, it was hypothesized that there would be significant difference in self-esteem and mental health between team and individual game player with reference to their sports participation.

**Methodology:****Source of Data:**

In the present study the source of subjects were selected from affiliated colleges of Sant Gadge Baba Amravati University, Amravati.

**Selection of Subjects:**

Forty male players were selected for this study; 20 players from team game and 20 players from individual game, ages ranging from 19-24 years.

**Sampling Method:**

The subjects were being selected by using purposive sampling method.

**Collection of Data:**

Team and individual game players were taken for the collection of data; the subjects were given full administration of the tests. The data of self-esteem and mental health were collected by standard Questionnaire. After that collected data was put into Microsoft Excel to develop Master Chart and then 't' test was used for the statistical treatment.

**Criterion measures:**

Following are the criterion measures which were responsible for collection of data, to testing the hypothesis.

**Self-esteem Scale:**

Standard questionnaire meant for Self-Esteem by- Dr. Morris Rosenberg's. Self-Esteem Scale has used 10 items. The Self-Esteem Scale is the set of 10 questions and has four responses each viz. strongly agree, Agree, Disagree and strongly disagree. Among them five statements are positive and five negative. The scale ranges from 0-30. Score between 15 and 25 are within normal range: score below 15 suggest low Self-Esteem where, as above 25 suggests high self-esteem or above normal. The interpretation of raw scores is such that higher the scores, more is the magnitude of self-esteem. This scale is highly reliable and valid.

**Mental health:**

Also, mental health inventory developed and standardized by Dr. Jagadish, Dept. of Psychology R.B.S. College, Agra, & Dr. A. K. Srivastava Department of Psychology, Banaras Hindu University, Varanasi used for data collection. The inventory consists of 44 items in which 16 are positive and 28 are negative statements.

**Analysis of the Data:**

After the collection of data from team and individual game player of Sant Gadge Baba Amravati University, Amravati, the raw data were converted into standard one by using a statistical technique 't' test for testing of hypothesis.

**Table No. 1****Comparison of Self-Esteem between Team and Individual Game Player**

Game	Mean	S.D.	Mean Difference	df	Obtained 't'	Tabulated 't'
Team Game Player	19.3	3.007	2.6	38	3.704*	2.024
Individual Game Player	16.7	2.394				

**Table No1:** indicates that the mean of team game player is 19.3 which is greater than the mean of individual game player which is 16.7. So this mean difference is found as 2.6. The calculated value of 't' is found as 3.704 which is greater than tabulated 't' which is 2.024 at 0.05 level of significance. This indicates that there is significant difference in self-esteem between team and individual game player. Hence the hypothesis which was given by the researcher is accepted.

## Graph-1

## Graphical Representation of Mean difference of Self-Esteem between Team and Individual Game Player

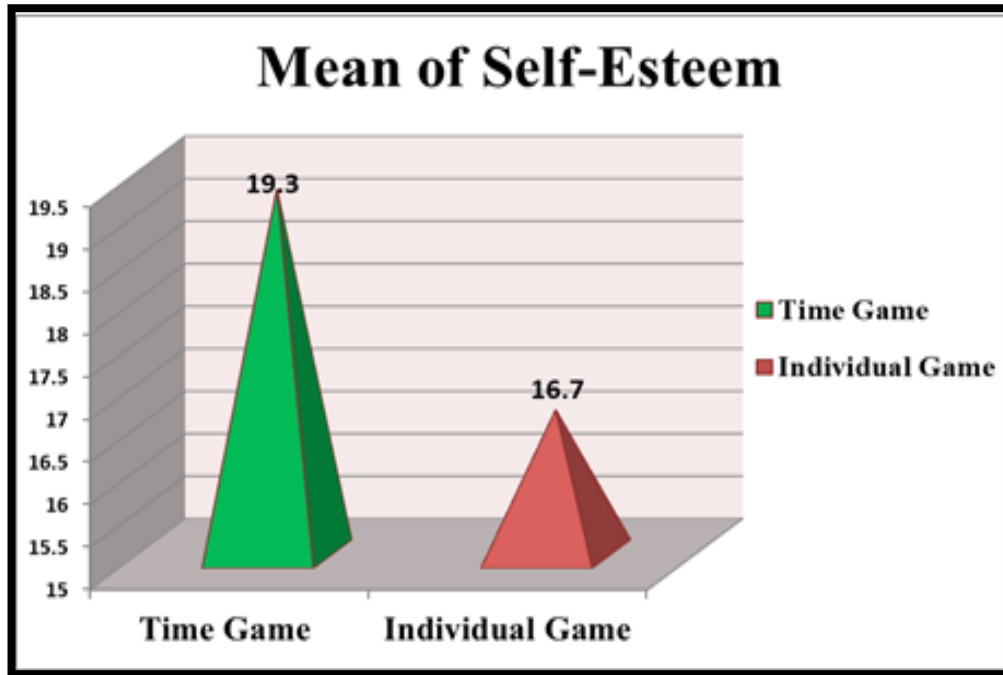


Table No. 2

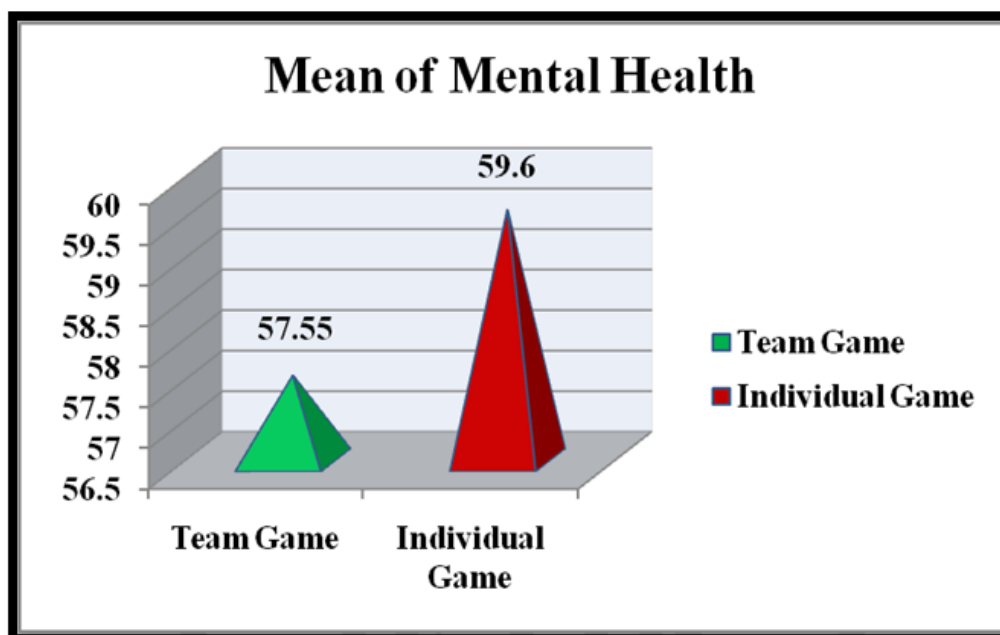
## Comparison of Mental Health between Team and Individual Game Player

Game	Mean	S.D.	Mean Difference	df	Obtained 't'	Tabulated 't'
Team Game Player	57.55	6.22	2.05	38	0.973	2.024
Individual Game Player	59.6	7.09				

**Table No1:** indicates that the mean of team game player is 57.55 which is less than the mean of individual game player which is 59.6. So this mean difference is found as 2.05. The calculated value of 't' is found as 0.973 which is less than tabulated 't' which is 2.024 at 0.05 level of significance. This indicates that there is no significant difference in mental health between team and individual game player. Hence the hypothesis which was given by the researcher is rejected.

## Graph-2

## Graphical Representation of Mean difference of Mental Health between Team and Individual Game Player

**Conclusion:**

In the beginning of this study it was hypothesized that there would be significant difference in self-esteem and mental health between team and individual game player with reference to their sports participation. But after the statistical analysis of data related to the self-esteem and mental health between team and individual game player, it was found that there is significant difference in self-esteem and no significant difference in mental health between team and individual game player with reference to their sports participation of Sant Gadge Baba Amravati University, Amravati. Hence the researcher's hypothesis is partially accepted.

**References:**

1. Cambridge, Cambridge Advanced Learner's Dictionary, United Kingdom: Cambridge Publication Ltd. 1995.
2. Collins, Nandini Mathur, et.al. "Effects of Early Sport Participation on Self-esteem and Happiness", The Sport Journal, U. S. Sports Academy, January, 2018.
3. Daniels, E., and Leaper, C., "A longitudinal investigation of sport participation, peer acceptance, and self-esteem among adolescent girls and boys", Sex Roles, Vol. 55, No. 11, 2006
4. Gangopadhyay, S.R., Sports Psychology, New Delhi: Sports Publication, 2008.
5. Gouttebauge, V., and Kerkhoffs, G. M. M., "Mental health in professional football players," in Return to Play in Football: An Evidence-Based Approach, eds V. Musahl, J. Karlsson, W. Krutsch, B. R. Mandelbaum, J. Espregueira-Mendes, and P. D'Hooghe (Berlin; Heidelberg: Springer-Verlag), 2018.
6. Jain, Deepak, Physical Education And Recreational Activities, New Delhi: Khel Sahitya Kendra, 2004.

7. Kamlesh, M. L., Foundation of Physical Education, New Delhi: Metropolitan Book Corporate Private Ltd., 2002.
8. Kundra, Sanjay, Text Book Of Physical Education, New Delhi: Evergreen Publications, 2010
9. Martin, K. and Hall, C., (2000), “Using Mental Imagery To Enhance Intrinsic Motivation,” Journal Of Sport And Exercise Psychology, Volume: 17, 2000.
10. Ouyang, Yiyi, et.al. “The Influence of Sports Participation on Body Image, Self-Efficacy, and Self-Esteem in College Students”, Front Psychol., February, 2020.
11. Pedersen, S., and Seidman, E., “Team sports achievement and self-esteem development among urban adolescent girls”, Psychology of Women Quarterly, Vol. 28, No. 4, 2004
12. Rothstein, Anne L., Research Design and Statistics For Physical Education, New Jersey: Prentice Hall, Inc., 1985.
13. Schinke, R. J., Stambulova, N. B., Si, G., and Moore, Z., “International society of sport psychology position stand: athletes' mental health, performance, and development”, Int. J. Sport Exerc. Psychol. 16, 2018.
14. Singh, Ajmer, et. al., Essential of Physical Education, New Delhi: Kalyani Publishers, 2008.

