

NORTH-ZONE BADMINTON PLAYER'S DEGREE OF SELF-ESTEEM

ZAMIRULLAH KHAN¹, ANWAR ALI², NASEEM AHMED³

¹*Department of Physical Education, Aligarh Muslim University, Aligarh, INDIA*

Email: zamirullahkhan@gmail.com

²*Department of Physical Education, Aligarh Muslim University, Aligarh, INDIA*

³*Department of Physical Education, Mumtaz P.G. College, Lucknow, INDIA*

How to cite this article: Khan, Z., Ali, A. & Ahmed, N. (2014). North zone badminton player's degree of self-esteem. *Journal of Physical Education Research*, 1, December, 27-30.

Received: September 30, 2014

Accepted: October 25, 2014

ABSTRACT

The aim of this study was to find out the levels of self-esteem of north-zone men and women badminton players. The data was collected during the north-zone badminton tournament. The tourney was held at Jamia Millia Islamia, New Delhi, in 2013-2014. The sample of the present study comprised of 50 (25 men and 25 women) badminton players. The questionnaire of self esteem developed by Rosenberg (1965) was employed in this work. The outcome of the study indicated that men players had much higher self esteem than their similitude.

Keywords: badminton, self-esteem, men, women.

1. INTRODUCTION

Self respect is one of the dimensions of personality which helps in knowing the personal satisfaction and effective functioning. Whether people's self respect is high or depressed has a marvelous impact on their ability to derive joy and satisfaction from life. Self-esteem has become a household word. People high in self-esteem claim to be more likable and attractive, to have better relationships, and to make better impressions on others than people with low self esteem (Baumeister, Campbell, Krueger, & Vohs, 2003).

Self-esteem is the regard that one hold for oneself. It is significant to know that self-esteem can be acquired at any time in the lifespan. Self-esteem is a state of mind. Self respect is one proportion of self concept and refers specifically to our self evaluations. It is also termed as self worth and is understood as generalized feelings of adequacy or inadequacy on the part of the individual. Cooper (1981) defined self esteem as a positive or negative attitude and value by

Correspondence: Zamirullah Khan, Ph.D., Associate Professor, Department of Physical Education, Aligarh Muslim University, Aligarh, INDIA, Tel: +919411465571, Email: zamirullahkhan@gmail.com

which a person view the self image and the evaluation or judgment he makes about it from the person's self esteem.

People who value their competence and worth in terms of positive terms are said to have high self esteem and those whose self evaluations are poor described as having low self-esteem (Pestonjee, 2011). Self-esteem is important from such points of view as the individual's gaining his autonomy, having a life full of satisfaction, carrying out activities directed at a goal, establishing healthy and perpetual relations, having a high level of the ability to adaptation, developing value systems, being successful and the ability to plan the future.

Self-esteem is a psychological state that arises from the affirmation of the concept of ego that a person attains as a result of adopting himself and having a high opinion about himself, his self confidence and self esteem. Such positive psychological traits as self-esteem, optimism, will be successful, not giving in the difficult are observed in individuals with a high level of self-esteem. Individuals with a low level of self-esteem, on the contrary, has a low level of self-esteem, they give away to despair easily and shortly they are more down to developed negative psychological symptoms.

Kassin (1998), has stated that the individuals with a low level of self-esteem have exhibited such traits as waiting for the failure, nervousness, showing a low level of effort and that they may neglect important aspects of life and may blame themselves as valueless and untalented when they are unsuccessful.

2. METHODS AND MATERIALS

2.1 Subjects

Data was collected from north-zone badminton intervarsity tournament held at Jamia Milia Islamia, New Delhi, India. The sample consisted of 50 (25 men and 25 women) badminton players. The age of the subjects ranged from 18 to 28 years.

2.2 Tool

The researcher used self esteem questionnaire developed by Rosenberg, (1965). The scale consists of 10 items related to the self esteem. Four alternatives characterized by the nature of the statements from which a respondent has to choose any one. The higher score indicates the higher level of the self esteem.

2.3 Procedure

For the acquisition of data, researcher contacted with the coaches and team managers for their consent. After acquiring consent the questionnaire of self-

esteem was administered on the subjects during north-zone badminton competitions.

2.4 Statistical Analysis

Descriptive statistic was used for the analysis of obtained data.

3. RESULTS

The result of the study is presented in the following Table.

Table1: Indicating descriptive statistics of the level of self-esteem between men and women badminton players

Gender	Levels of Self Esteem						
	High Self Esteem		Medium Self Esteem		Low Self Esteem		Total
	N	Scoring of the Players	N	Scoring of the Players	N	Scoring of the Players	
Men	12	48%	8	32%	5	20%	25
Women	9	36%	13	52%	3	12%	25

From the Table 1 it is evident that most of the men badminton players showing high self esteem as compared to women badminton players.

The above table showed that 12 i.e.48% men badminton players scored high self esteem as compared to women 9 i.e. 36% badminton players out of 25. On the other hand 8 i.e. 32% men players as compared to 13 i.e. 52% women showing medium self esteem and 5 i.e. 20% men players and 3 i.e. 12% women players scored low self esteem.

4. DISCUSSION

The results obtained from the data showed that men badminton players scored higher self esteem scale as compared to women badminton players. Men badminton players scored higher as compared to their counterpart, it might have been due to inclusion of 10 players (subjects in the sample) who compete till the final in the men section. Women players have lower self-esteem than men players this is supported by the Marcotte, Fortin, Potvin, & Papillion, (2002), who observed that men have high self esteem as compared to women players. Result in this study is also inline with the findings of Baumeister, *et al.* (2003), who in their research work proved that men badminton players had high self esteem in comparison to women badminton players.

Khan, Z., Ali, A. & Ahmed, N. (2014). North zone badminton player's degree of self-esteem. *Journal of Physical Education Research*, 1, December, 27-30.

5. CONCLUSIONS

On the basis of results it is found that men badminton players have high degree of self-esteem, it implies they are convinced and feel honest about themselves, which is helpful to perform well in the contest. They accept more energy for working hard to take care because of high self regard.

6. REFERENCES

- Baumeister, R. F., Campbell, J. D., Krueger, J. I., & Vohs, K. D. (2003). Does high self esteem cause better performance, interpersonal success, happiness, or healthier esteem lifestyles? *Psychological Science in the Public Interest*, 4, 1-44.
- Cooper, S.K., (1981). Discussion of some variables effecting attitudes of workers. *Indian Journal of Psychology*, 5(1), 78-81.
- Kassin, S., (1998). *Psychology* (2nd Ed.), New Jersey: Prentice Hall.
- Marcotte, D., Fortin, L., Potvin, P. & Papillion, M. (2002). Gender differences in depressive symptoms during adolescence: Role of gender-typed characteristics, self-esteem, body image, and pubertal status. *Journal of Emotional & Behavioral Disorders*, 10 (1), 29-43.
- Martens R. (1987). *Coaches guide to sport psychology Illinois*. President Human Kinetics Publishers.
- Pestonjee, D.M. (2011). A study on the job areas of job satisfaction in relation to involvement and participation. *International Multidisciplinary Research Journal*, 5(1), 67-69.