



A Comparative Study of Self-Esteem between Male and Female Badminton Players

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KEYWORDS

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ABSTRACT:

The study was conducted to examine self-esteem between male and female badminton players. Thirty (30) badminton players (Male = 15, Female = 15) who keenly participated in the national level badminton tournament were selected as subjects for the study. The age of the subjects ranged from 18 to 24 years. To measure the self-esteem between male and female badminton players, Rosenberg Self-Esteem Scale (RSES) developed by Rosenberg (1965) was administered on the subjects. For testing the significance difference of self-esteem between male and female badminton players, t-test was used to analyze the data. Results of the study revealed significant difference between male and female badminton players in terms of their self-esteem.

INTRODUCTION

Badminton is an ideal sport for both boys and girls; hard work, good exercise with lots happening and great fun. Top class badminton player demands the agility of a gymnast, the endurance of a cross-country runner, the concentration of a chess player and the determination of a rock climber. The game is played with a shuttle cock which can float gently like a parachute or fly at speeds up to 180 kph depending on how you hit it with the racket. It is a grand energetic game giving enjoyment and pleasure and demanding fitness and dedication (Singh, 2006).

Self-esteem is defined as a positive image of oneself based on a fair appraisal of one's assets and liabilities. Some aspects of self esteem, such as intelligence, appearance and body development form the natural traits of the person (Chrzanowski, 1980).

Sports psychologists have exposed that performance is the upshot of an athlete's genetical, psychological, sociological and generous structure. In the games and sports, physiological traits play dynamic roles in determining the performance level. However, in recent times great importance has been laid to psychological parameters in cutthroat competitive sports (Ali & Rahaman, 2011; Karademir, Acak &

Coban, 2011; Khan, Ali & Ahmed, 2014; Arshad, Zaidi & Mahmood, 2015; Yigiter, & Zengin, 2019; Sagat, Bartik, Lazic, Tohanean, Koronas, Turcu, Knjaz, Alexe & Curitianu, 2021; Naik, 2022).

MATERIALS AND METHOD

Participants:

For the purpose of this present study thirty (30) badminton players (male = 15, female = 15) who represented in the national level badminton (men & women) tournaments were taken as the subjects. The age of the subjects ranged from 18 to 24 years.

Tool:

For measuring the self-esteem of the subjects, a questionnaire Rosenberg Self-Esteem Scale (RSES) developed by Rosenberg (1965) was used. It is a 4-point likert type scale having 10-items. It is a popular tool being used by psychologists for assessing the level of self-esteem.

Procedure:

Before administering the questionnaire, the researcher took consent from the members of Manipur Badminton Association (MBA). After seeking permission from the association, the researcher started collection of data of the National Badminton players



during the coaching camp by using the Rosenberg Self-esteem questionnaire developed by Rosenberg. Before the collection of data the researcher explained the rules and conditions of the questionnaire to the subjects so as to get most reliable information for the purpose of the study. The researcher also explained about the objective of the study and also request to give full co-operation in completing the investigation.

Data Analysis:

The data consequently collected were statistically treated by using Statistical Package for the Social Science (SPSS) 16v (v = version) computing Mean, Standard Deviation (S.D.) and t-test were computed to explore the significant difference between two groups on the psychological parameters of self-esteem.

RESULTS

The obtained results have been presented in the following table-

Table-1: Indicating the Mean Difference on Self-Esteem between Male and Female Badminton Players.

SELF-ESTEEM				
Experimental Groups	No. of Subjects	Mean	S.D. (Standard Deviation)	Calculated t-Value
Male	15	18.40	± 4.28	2.15*
Female	15	15.60	± 2.64	

Tabled value of 't' at 0.05 level of significance with 28 df = 2.05

It may be seen from the above table that significant difference was found between male and female badminton players on self-esteem as the obtained calculated 't' value is 2.15 which is considerably higher than the tabled value of 't' (2.05) at 0.05 level of significance with 28 degree of freedom.

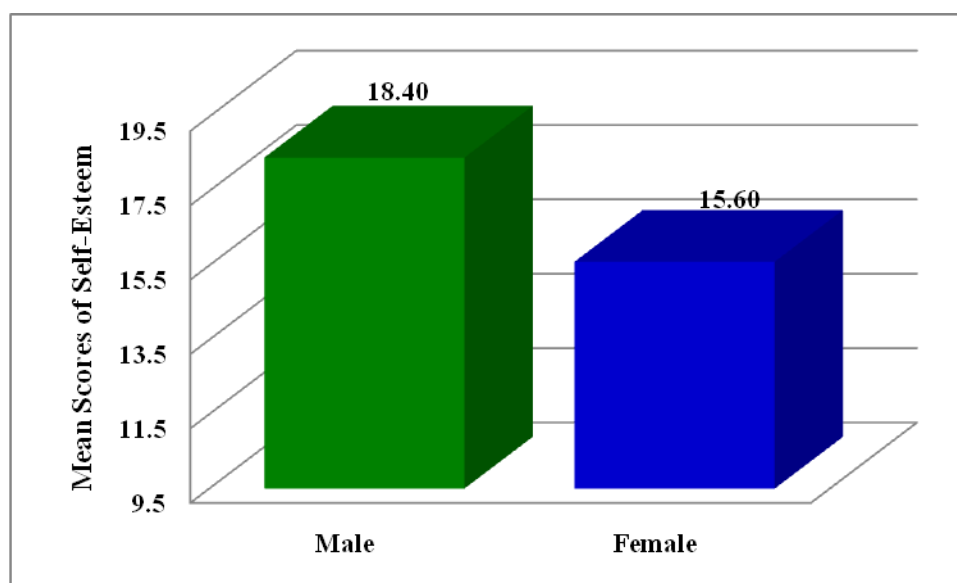


Figure-1: Illustration Showing Difference of Self-Esteem between Male and Female Badminton Players

DISCUSSION

From the results of the study it has been clear that significant difference was found between male and female badminton players in

score to self-esteem. The results of the present study may be substantiated with the findings of Sakthivel (2022) who studied self-esteem among adolescents of Andaman and Nicobar



islands and reported that significant difference was found between male and female among college students. In an analogous study, Shashidhara and Patil (2016) compared self-esteem between sports-men and women and they also found significant difference in self-esteem.

CONCLUSION

On the basis of the results obtained from the present investigation it may be concluded that male and female badminton players significantly differ on their level of self-esteem. The findings also suggest that the level of self-esteem of these badminton (male and female) players was moderate which is really necessary to have belief of oneself and positive image in racquet sports and in badminton scrupulous.

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