

Comparative study of self-concept of basketball and volleyball players

UMESH RATHI AND VIKRANT R. WANKHADE

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ABSTRACT

Self-concept is an important element in the professional developmental process for a sportsperson. In the present study, a comparative assessment of the self-concept dimension levels of men volleyball and basketball players was carried out. The data were collected by using a standard research instrument. The comparative assessment of the physical, educational dimension of self-concept showed no statistically significant difference in the means scores obtained from the basketball and volleyball representative groups. However, with respect to social, moral and intellectual dimensions, there was a significant difference in the test scores of volleyball and basketball players.

See end of the article for authors' affiliations

UMESH RATHI

Department of Physical Education, Art and Science College, Kurha, AMRAVATI (M.S.) INDIA

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Self-concept is an important element in the growth and developmental process for individual human beings. Sportspersons often need assistance in probing their inner selves to be able to move ahead in their lives. In addition for providing a framework for conceptualizing individual differences in behavioural styles and social adaptation, various models of self-concept suggest more normative directions for human growth and development. The particularity of one's cultural/personal history is pivotal in the emerging self-concept. One must look objectively at one's history, relate it, and calibrate it to the present experiences with which one is struggling in the effort to gain self-knowledge, which can help him/her in achieving exceptional heights in their professional carriers. Armed with an accurate self-concept, the individual can find self-actualization. As the sportsperson moves through life, he/she must face various role demands. Each person has some centre of ultimate concern that defines the centre of self and gives the organizing principle for all the various "callings." The task of bringing these diverse inner elements or roles into a cooperative, contributive relationship with each other is a major task of self-concept identification for every adult.

In the current millennium, new sports have been going further from the physical aspect to the mental or psychological aspect of competing. Psychology-a behavioural science has made its contribution for improving sports performance further (Alderman, 1974). Sports psychology is the scientific study of people and their behaviours in sport. The main job of a sports psychologist is to recognize how participation in sport

exercise and physical activity enhances a person's development. Sport and exercise psychologists have begun to research and provide information in the ways that psychological well-being and vigorous physical activities are related. Also, sport psychologists are beginning to consider exercise to be a therapeutic addition to healthy mental adjustment.

Previous research studies indicate a high relationship between the concept a person has of himself and his achievement in various spheres of life. The major premises underlying this information are that the manner in which a person sees himself is a product of how others view him and these perceptions are fine major products in his various achievement behaviours. That is, if you think you are good, and you perceive others as thinking you are good, then you will be good.

In the backdrop of advancement of scientific methods, techniques and tactics, every player of volleyball and basketball games requires certain specific physical, physiological and psychological qualities and all these qualities are highly required without which it is impossible to play efficiently (Bekiari *et al.*, 2006). An efficient player with good physique, fitness and mastery over all the skills but lacking in psychological qualities will be unable to play effectively for longer duration. Hence, the present study was undertaken to compare the self-concept levels of men volleyball and basketball players.

METHODOLOGY

For the purpose of the study 100 men players of basketball and volleyball games were selected. The study