

# SEX ALTERATIONS IN SELF- RESPECT AMONG INDIAN WRESTLERS

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**ABSTRACT:** *The aim of this study was to assess the self esteem among national level wrestlers and to examine differences in self-esteem among male and female Sub-junior wrestlers. The sample for this research was 20 (10 male and 10 female) National level wrestlers. Rosenberg Self-Esteem Scale (1965) was used to measures the Self-Esteem of all subject of this study. The data collected from the subjects were statistically analyzed for difference if any, by applying 't' test. The criterion for statistical significance was set at 0.01 level of confidence. The result reveals that the wrestlers of both categories showed normal range of self esteem. This study also indicated that there is significant difference found between the male and female wrestlers. The male wrestlers showed better self esteem than female wrestlers.*

**Key Words:** *self-confidence, aggression, competitiveness, personality & anxiety*

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## INTRODUCTION

Coppersmith defined self-esteem as a personal judgment of worthiness that is expressed in the attitude the individual holds toward himself" (1967). Self-esteem is a widely used concept both in popular language and in psychology. It refers to an individual's sense of his or her value or worth or the extent to which a person values, approves of, appreciates, prizes, or likes him or herself (Blascovich & Tomaka, 1991). The most broad and frequently cited definition of self-esteem within psychology is Rosenberg's (1965), who described it as a favorable or unfavorable attitude toward the self.

Self-esteem is generally considered the evaluative component of the self-concept, a broader representation of the self that includes cognitive and behavioral aspects as well as evaluative or affective ones (Blascovich & Tomaka, 1991). Self-esteem is an extremely popular construct within psychology, and has been related to virtually every other psychological concept or domain, including personality (e.g., shyness), behavioral (e.g., task performance), cognitive (e.g., attributional bias), and clinical concepts (e.g., anxiety and depression).

Humans are motivated to be self-determining, which means we want to be in control of our own actions and behavior. Individuals with more internal perceptions of control are more motivated than individuals who feel others control them or that they are lucky. Two important psychological constructs that affect motivation are self-esteem and self-confidence. Self-esteem is our perception of personal worthiness and the emotional feelings associated with that perception. Many psychologists view self-esteem as the most central core component of our identity, and thus it has a major influence on our motivation in sport and exercise. Self-worth or self-esteem is an important need for all individuals and it emanates from feeling competent and in control of our behavior in an achievement area that is important to us.

Dukes, R.L, et.,al. (1994) Taylor, D. L. (1995) Wayment, H. A., & Taylor, S. E. (1995) Weiss, M.R., & Ebbeck V. (1996) Geisler, G. W. W., & Leith, L. M. (1997) , Sotelo M J (2000) and Nathalie Koivula (2002) studied self-esteem among athletes. But very few researches have been done in the field of self-esteem among wrestlers especially for female Indian wrestlers .So keeping this in view investigator has selected the present investigation to find out the self esteem and also examined differences in self-esteem among male and female Junior elite wrestlers who represented their state in national level wrestling championship 2009 held at Una Himachal Pradesh.

### **METHODOLOGY: PARTICIPANTS**

Total 20 male and female wrestlers took part in the study. All participants were National level wrestlers from the State of Haryana, Delhi, Punjab, Maharashtra, Jharkhand, U.P and Madhya Pradesh. The sample included 10 male and 10 female wrestlers. The sample was selected by random sampling technique. Sample was taken from the venue of The National Sub junior championship 2009 Una Himachal Pradesh. The data was collected two day prior to the championship with the help of Self-Esteem Scale.

### **MATERIAL**

Rosenberg Self-Esteem Scale (1965) was used to measures the Self-Esteem of all subject of this study. Rosenberg's scale was originally developed to measure adolescents' global feelings of self-worth or self-acceptance, and is generally considered the standard against which other measures of self-esteem are compared. It includes 10 items that are usually scored using a four-point response ranging from strongly disagree to strongly agree. The items are face valid, and the scale is short and easy and fast to administer. Extensive and acceptable reliability (internal consistency and test-retest) and validity (convergent and discriminate) information exists for the Rosenberg Self-Esteem Scale (Blascovich & Tomaka, 1991).

### **STATISTICAL PROCEDURE**

The data obtained were analyzed with the help of statistical software (SPSS 11.5 version). The mean, standard deviation along with t test has been applied to check the significance between sample mean of two groups viz. male and female wrestlers. The criterion for statistical significance was set at 0.01 level of confidence.

**RESULT & DISCUSSION**

**Table I: Mean and S.D. of Self- Esteem of Male Wrestlers**

Male Wrestlers	
Mean	SD
19.9	3.72

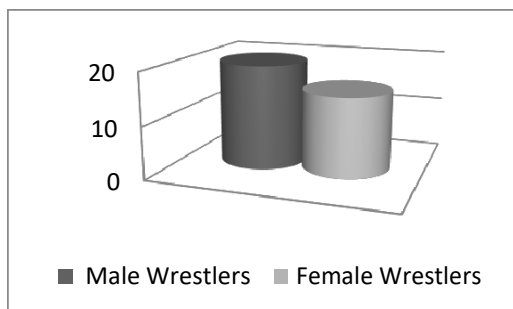
**Table II: Mean and S.D. of Self- Esteem of Female Wrestlers**

Female Wrestlers	
Mean	SD
15.2	1.31

**Table III: Comparisons of Self- Esteem between Male and Female**

Male Wrestlers		Female Wrestlers		SEM	Mean Diff.	‘t’ Value	Level of Significance
Mean	SD	Mean	SD				
19.9	3.72	15.2	1.31	0.41	4.7	3.76	0.01

**Fig-I Comparisons of Self- Esteem between Male and Female Wrestler**



- To summarize, the results of descriptive statistics Table. I indicated the mean score of Male Wrestlers performance in Self-Esteem were 19.90( $\pm$ 3.72).
- In case of Female wrestlers the mean score of Self-Esteem were 15.20 ( $\pm$ 1.31) see Table. II
- Table III reveals that male wrestlers have better self esteem than female wrestlers the 't' value of self esteem 3.76 is found significant at 0.01 level.

The finding of this study also supported by Kling K C (1999) who conducted a research to find out the gender deference in self esteem and concluded that males score higher on standard measures of global self-esteem than females. The study conducted by Dukes RL, e.al. (1994) also warrant the result of our findings that self-esteem of females had lower levels of both global and public domain self-esteem than did males.

## CONCLUSION

The aim of present investigation was to assess the self esteem among wrestlers and to examine the differences in self-esteem among male and female sub junior wrestlers. Rosenberg Self-Esteem Scale (1965) was used to measures the Self-Esteem of all subject of this study. The wrestlers of both categories showed normal range of self esteem. This study also indicated that the difference is existing between the male and female wrestlers. The male wrestlers showed better self esteem than female wrestlers.

Like other psychological variables self esteem is also important for sports domain. As predicted, individuals higher in self esteem performed better athletically than athletes lower in self esteem. This result is consistent with past research which has also found self esteem to be associated with better athletic performance (Mahoney, 1989). The present study has great significance in the field of sports and physical education (especially in the field of wrestling). Understanding the self esteem may help wrestlers and the coaches that work with them to enhance the sports performance.

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