

Self Esteem between Assam Police Trainees and Sports persons - A Comparative Study

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Abstract: The aim of the study was to compare self esteem between Assam Police trainees and sports persons. The researchers selected total 50 (fifty) subject's i.e. N1=25 Assam Police (AP) trainees from 2nd AP Battalion Camp, Makum, Tinsukia, Assam, India and N2=25 sports person from Dibrugarh University Post Graduate team participated different Inter-college level Tournament and between the 19-22 years age. The purposive sampling technique was used to select the subjects. To collect the data, the Rosenberg Self-Esteem Scale was used. To determine the differences between the groups the Independent t-test was applied and the level of significance was kept at 0.05 confidence. The result showed that statistically there was significant difference between the groups ($t(0.05) (48) = 3.55 > 1.677$).

Key Words: Self esteem, Assam Police trainees, Sports person.

1. Introduction

Self-esteem is viewed as "a feeling of self-appreciation." in field of psychology. It is a positive or negative attitude about oneself, the degree of liking or satisfaction within self and owns feeling of perceived worth as compared with others. Usually self esteem is referred as positive evaluation of one's self in all respects. Maslow (1943) states that psychological health is not possible unless essential core of individual is fundamentally accepted loved and respected by others or his/herself [1]. Research conducted in Indian context suggests that the main causes of low self esteem is discriminate on the basis of race and caste, comparison with others, physical appearance, financial and social position, negative experiences, poverty and punishments.

Self-love is the instinct on desire to promote one's well being. Every person has his or her own belief and concept upon him or her and ability to face life's challenges' that is, to understand and solve problems and achieve happiness, or in other words, to respect and define his or her own interest and needs. Thus, person's overall evolution or appraisal of his or her own worth positively or negatively is called self-esteem. Self-esteem also reflects a person's overall subjective emotional evaluation of his or her own worth. It is a judgment of oneself as well as an attitude toward the self.

As a social psychological construct, self-esteem is attractive because researchers have conceptualized it as an influential predictor of relevant outcomes, such as academic achievement

or exercise behavior. In addition, self-esteem has also been treated as an important outcome due to its close relation with psychological well-being. Synonyms or near-synonyms of self-esteem include: self-worth, self-regard, self-respect, and self-integrity.

2. Material and Methods

2.1 Subject:

Total 50 (Fifty) subjects i.e. N1=25 from Dibrugarh University PG team participated in different Inter-college games and sports Tournament and N2=25 from 2nd Assam Police Battalion Camp, Makum, Tinsukia, Assam, India were selected as the subjects. The age of the subjects was 19-22 years. The purposive sampling technique was used to select subjects.

2.2 Statistical Technique:

The Independent t-test was applied to assess the difference between the groups. The level of significance was set at 0.05 level of confidence.

2.3 Tools:

The Rosenberg Self-Esteem Scale (Rosenberg, 1965) was used.

3. Result and Discussion:

Table 1: Comparison of Mean of the self esteem between Assam Police trainees and Sportspersons Mean, Standard Deviation, Mean Difference, Standard Errors, t-value

Variable	Mean	Standard Deviation	Mean Difference	Standard Errors	T-Value
Assam Police trainees	25.80	3.45	1.92	0.54	3.55
Sportspersons	27.72	4.08			

Significant at 0.05 level

Tabulated t 0.05 (48) =1.677

From the above Table 1 it was revealed that there was significant different between Assam Police trainees and sportspersons as the $t_{0.05(48)} = 1.677 < 3.55$

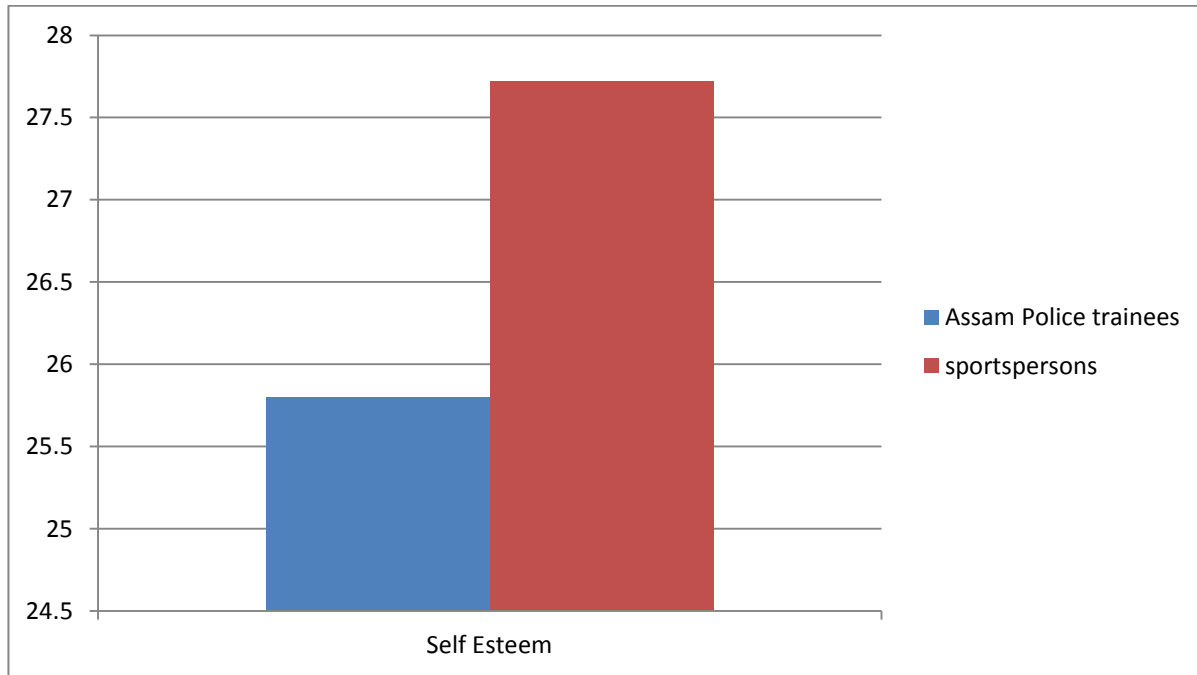


Figure 1: Graphical representation of Mean of the self esteem between Assam Police trainees and sportspersons.

4. Discussion on Finding:

The aim of the study was to compare the self-esteem between Assam Police trainees and sportspersons. The finding of the study revealed that there was significant of Self-Esteem between the two groups. The result indicated sportspersons have more self-esteem than arm force trainees (M= 27.72 > 25.80). It was attributed to the fact that the subject of sportsperson were from inter- college level players from the Dibrugarh University PG classes team and the Assam Police trainees were from the 2nd Assam Police Battalion Camp, Makum, Tinsukia, Assam, India. A number of studies have found that there is a positive relationship between sports participation and self-esteem. Research suggests that sport participation increases self-esteem and enhances general psychological well-being [2-4]. Kocak (2015) carried out a study on the self-esteem levels of 215 futsal players between 18-30 years of age, and the results showed that 93% of the participants had self-esteem scores ranging from medium to high,

compared to the general population which were found to have scores ranging from low to medium [5]. Similarly, Yigiter (2014) tested levels of self-esteem on student athletes and non-athletes, result found that athletes scored significantly higher on their levels of self-esteem [6]. This shows the importance of sport participation and psychological activity, as well as the impact it has on the significant factor of mental health that is self-esteem.

5. Conclusion:

On the basis of statistical finding it was concluded that there was significant difference of Self-Esteem between Assam Police trainees and sports persons (tabulated t 0.05 (48) =1.677 < 3.55).

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