



A STUDY ON THE SELF ESTEEM OF THE ATHLETES IN KERALA

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Abstract

Adolescent's self esteem reflects what they believe in their parents, teachers and peers think of them. The adolescent who thinks well of himself/herself has the reason to do so. Among those who have feeding of interiority of those who undervalue themselves. An adolescent self esteem is important for good adjustment at school and home, which in turn said to be important for scholastic achievement.

Keywords: Self Esteem, Athletes, Kerala.

Introduction

It is the period of development between the onset of puberty and adulthood ie between 11 and 13 years of age with the appearance of secondary male characteristics. Adulthood age will terminate at 18 to 20years of age with a complete development to adult form. During this period, the individual undergoes psychological, emotional and personality changes. Adolescents vacillate between children and being adults. They adjust physiological changes which their bodies are undergoing and work to establish and use these changes for their personal benefits and for the better. They search for personal identity and want freedom and independent action but continue to have a strong dependence on their parents and staff to prepare them for encountering the challenges of life. During the period of time between adolescence and childhood there are certain developmental tasks to be accomplished before going to the next stage of maturity. The developmental tasks of the adolescents include comfortable with their own bodies, working towards independence from adult authority figures building new and meaningful relationship with opposite sex, seeking economics and special stability and developing system and learning verbalize conceptually. "The period of development between the onset of puberty and adulthood is generally marked by the appearance of secondary sex characteristics using years of age and spans the teen years". Adolescent's self esteem reflects what they believe in their parents, teachers and peers think of them. The adolescent who thinks well of himself/herself has the reason to do so. Among those who have feeding of interiority of those who undervalue themselves. An adolescent self esteem is important for good adjustment at school and home, which in turn said to be important for scholastic achievement.

Concept of adolescence id the storm and stress view

Adolescence is turbulent time charged with conflict and mood swings. It is not hard to recognize that self esteem plays a big part in the development of adolescent it is important to understand that not all theorists believe adolescence is characterized as a time of storm and stress. It certainly may have its ups and downs but much of this is a normal reaction to all of the physical, emotional and social changes taking place. Self esteem issues are important throughout the teen years.

Adolescents and Self Esteem

We begin developing our self esteem as young children's preference for physical attractiveness begins in infancy Berlaetal. 1989, child development, Massachusetts, millions state university. During pre-school years children have cultural ideas of physical healthy because of media and author people. Early developing girls have less positive body images that boy which greatly contributes to self esteem. Boys however are the opposite, it they mature early; they are taller, stronger etc have a better self esteem. Both boys and girls that are perceived as less attractive have a lower self esteem. Low self in adolescence is unlike primarily to appearance and peers. If a certain individual of group of person include you, then often times you are left feeling unimportant which will result in suicide, anorexia nervosa, bulimia nervosa and self mutilation.

Objectives of the Study

The primary objective of the study is to assess "the self esteem of adolescent make female athletes who were studying in the unset and co- education schools in Thiruvananthapuram district".

1. The secondary objective is to assess the "sports achievement of the adolescent male/ female athletes

studying in the unset and co- education schools in Thiruvanthpuram district.”

2. The third objective is to assess and company “the relationship between self esteem and academic performance among male / female studying in unset and co-education schools.”

Significance of the Study

The state of Kerala has immense sports potential when compared to other states in India. But we have not achieved that much reputation in the national and international levels. At the same time it is found that the adolescent male / female athletes are not performing well in their academic subjects even though they are given ample opportunities in their respective educational institutions to enhance their studies. It is also a proven fact that girls are little better than boys in their scholastic achievement. Hence it is significant to conduct and evolution of the level of self esteem, sports performance and academic achievement.

Statement of the Problem

Academic Achievement and Self Esteem of Athletes in Kerala- a Study

Delimitations

1. The data of information collected is delimited to the state of Kerala only
2. The source of information is delimited to adolescent boys and girls ageing between 12 to 16 schools in Thiruvananthapuram district and those who have participated in the minimum district level sports competitions.
3. The physical, physiological, socio-economic aspects of students do not form a part of the study.

Limitations

1. The major limitation regarding the study is that it is based on the achievement made by the samples.
2. The effect of uncontrollable factors like environmental factor and individual difference may also be considered another limitation of the study.
3. Anything and everything that fits this limitation can be considered as a genuine limitation.

Samples

The study sample consisted of 150 adolescent athletes (boys and girls) those who have participated in minimum district level sports competitions studying in class VIII and IX from Govt Higher Secondary school and are equal number from vocational higher secondary schools in Thiruvananthapuram district. There are 75 boys and 75 girls. The age group of adolescents ranged from 13 to 16.

Split up of the sample

Set	No
Male (Athletes)	75
Female(Athletes)	75
Total	150

Tools

The tools used for the data collection are as follows

1. Personal data questionnaire
2. Self esteem inventory
3. Sports performance data sheet.
4. Teenage screening questionnaire used to access the personal data and factors related to academic performance of adolescents.

Hypothesis

The hypothesis is this

1. “Unhappy family situation adversely affects the study of male athletes and female athletes”
2. Female athletes are postponing their daily studies than male athletes
3. Low academic performances of athletes are not related to the factors such as physical tiredness because of their coaching sessions and negligence to their studies.
4. Alcoholism of parents, parents quarrel drug addiction in the family play a role in the distraction on the study of male athletes and female athletes.
5. Male athletes experience lack concentration in the classroom than female athletes
6. Male athletes have more problems in mingling with teachers than female athletes
7. There is a strong correlation between academic achievement and self esteem.
8. Fathers are having more education than mothers of the male female athletes.
9. Female athlete are more academically excellent than male athletes.

Analyse and Interpretation of Data

The data collected from 150 subjects were analyzed by using the statistical procedure named simple percentage for the purpose of evaluating the reasons for the unhappy family situation, reasons for not properly studying their daily lessons distraction in study at home, lack of concentration in class, reason for not mingling with others, comparison between self-esteem and academic achievement, demographic findings and measuring g the total marks.

Unhappy Situation in the Family

The study reveals that 21% of boys (Athletes) and 22% of girls (Athletes) have and unhappy family atmosphere which is not conducive for the study. Parental Quarrel Contributes (3.1%, 3.2%), Economic problem (10%), Broken family (0.8%), illness in the family (3%). It is evident from the previous researches that peaceful family condition of athletes plays vital role in the academic performance of the student.

Reasons for not Studying Daily Lessons

Students seem to be postponing their studies due to various reasons. 21.8% boys and 22.6% girls are postponing their daily studies. 13.1% boys and 12.1% girls face the death of time for study because of their coaching sessions in the morning and evening. 4.2% boys & 50.1% girls accepted that they do not try to study daily lessons. 56.6% boys & 50.1% girls reported that they do not study their daily lessons due to various reasons. Only 43.3% had the habit of studying their lessons every day. The details regarding their scholastic achievement indicates 60.1% boys and 63.1% girls scored less than 34% marks in their class examinations which is lower than the required pass mark. From this is concluded that the low academic performance is related to the factors such as physical fire class because of their coaching sessions and negligence to this studies.

Reason of Distraction in Study at Home

Alcoholism of parents, parents quarrel, drug addiction in the does not lay family a major in the distraction in study. 92.6% boys and 93.3% girls had no distraction at home during the study. Parental quarrel affects only 2% boys and 3.7% girls and alcohol and drug addiction affects 2.2% boys & 2.3% girls.

Lack of Concentration in Class

19% boys and 22% girls experience lack of concentration in class room situations. 7.1% boys and 7.2% girls found bored in the classes and 7.3% boys 7.8% girls cited that they do not understand their lessons.

Mingling with Others

Mingling with others is not a problem to be raised as far as athletes are concerned. But 2.1% boys and 3.2% girls have problem with their teachers. They are not able to interact with teachers. 0.9% boys & 8% girls have problem with neighbours and relatives.

Comparison of Self Esteem and Academic Achievement of Adolescent Male / Female Athletes

When the data analysed using persons product movement correlation the result obtained shows a strong correlation. The significant level (0.01) level is seen only in case of girls.

Demographic Findings

As far as the education of parents is concerned 47.7% of fathers and 49% mothers had high school education. But 2% of fathers and 3% of mothers don't have schooling. 18% of them belong to joint families and 2% of them belong to nuclear families.

Outcome Measurements of Marks Obtained

23.8% of the boys and 24.1% of girls had marks more than 30% not clear. This indicates their poor academic performance.

Discussion on hypothesis

1. The first hypothesis that "unhappy family situation adversely affects the study of the male female athletes" is accepted because the result of the study is in supportive of that.
2. The second hypothesis that the female athletes are postponing their daily studies than male athletes" is accepted because of the above hypothesis.
3. The third hypothesis is low academic performance of athletes are not related to the factors such as physical tiredness because of their coaching sessions and negligence to their studies is rejected because the result of the study is in supportive of this.
4. The fourth hypothesis that "alcoholism of parents, parents quarrel drug addiction in the family play a role; in the distraction on the study of male athletes and female athletes" is accepted because the result of the study result is supportive of this.
5. The fifth hypothesis that "Male athlete's lack concentration on in the class room than female athletes" is accepted because the result of study is in supportive of that.
6. The sixth hypothesis that male athletes experience more problems in mingling with teachers than female athletes is rejected because the result of the study is supportive of this.
7. The seventh hypothesis that "there is a strong correlation between academic achievement and self esteem" is rejected because the result of the study is in supportive of this.
8. The eighth hypothesis that "Fathers are having more education than mothers of the male female athletes is rejected because the result of the study is in supportive of this.
9. The ninth hypothesis that "Female athletes are more academically excellent than male athletes" is accepted because the result of the study is in supportive of this.

Conclusion

The merits of boosting self-esteem has gone through multiple changes, and were further revised during the process of ambling this review. The regular concluded his current view with frank acknowledgement that it should be regarded more as informed expert opinion than as an unassailable summary of proven facts. It was concluded that unhappy family situation, alcoholism of parents, parents quarrel during addition in the family affects the education of the children. Female students were affected more by the unhappy family situation Alcoholism, during addiction and parents quarrel affects both male and female students equally. The study concluded that female athletes have more concentration than male athletes. It was also excluded that female athletes faced more problems in mingling with others. There is a strong correlation between

academic achievement and self-esteem. It was also concluded that female athletes excel more than male athletes in academic.

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