STUDY ON RELATIONSHIP BETWEEN SELF-ESTEEM AND LEVEL OF ACHIEVEMENT BETWEEN SELECTIVE GROUP SPORTS AND INDIVIDUAL SPORTS

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Abstract: Self-Esteem reflects a person's overall subjective emotional evaluation of his or her worth. It's a judgement of oneself as well as an attitude toward the self. Self-esteem encompasses beliefs about oneself (for example) "I am competent", " I am worth"), as well as emotional states, such as triumph, despair, pride, and shame (Hewitt and John 2009). **Method:** 90 players were randomly selected from Soyim shuttlers (30 badminton players), Chantongya volleyball association (30 volleyball players) and R.C. Chitenjamir memorial (GHS) Changtongya (30 Athletes players)Mokokchung, Nagaland who competed at inter-university, district and state level competitions. The age of the subject ranged between 18-26 years with no gender difference. Data were collected by using self-esteem questionnaire and score were measure with the help of Rosenberg self-esteem scale. **Result:**The correlation coefficient between self-esteem and level of achievement is 0.911. The obtained correlation value of 0.911 was greater than the required value of 0.433 at 0.05 level with 88 df. Hence there was a significant relationship between self-esteem and level of achievement of changtongya volleyball association, soyim shuttlers and R.C. chitenjamir memorial GHS changtongya. **Conclusion**: Players having high self-esteem will have high level of performance and player with high level of achievement will also have higher self-esteem. It was concluded that team players will have significantly higher self-esteem than individual players.
Key-words: Self-esteem, Achievement

INTRODUCTION

Self-esteem is a term in psychology to reflect a person's overall evaluation or appraisal of their own worth. It's a judgment of oneself as well as an attitude toward the self. Self-esteem encompasses beliefs about oneself as well as emotional states, such as triumph, despair, pride and shame (Hewitt and John 2009). Self-esteem is popular in academic circles. In the field of personality and social psychology, it had been implicated in models of conformity, attraction, persuasion, cognitive dissonance, subjective wellbeing, and social comparison processes (Rhodes and Wood, 1992). The widespread appeal of self-esteem attests to its importance, but this popularity has had an undesirable consequence. Some researcher study whether high self-esteem people think, feel and behave differently, low self-esteem people. Some other researcher also studied how various experiences affect the way people feel about themselves (Baumeister and Leary M R, 1995). However, we know that believing in yourself and accepting

yourself for who you are is an important factor in success, relationships and happiness and that self-esteem plays an important role in living a flourishing life. It provides us with belief in our capabilities and the motivation to carry them out, ultimately reaching fulfillment as we navigate life with a positive outlook. Various study had confirmed that self-esteem has a direct relationship with our overall well-being, and we would do well to keep this fact in mind both for ourselves and for those around us, particularly the developing children we interact with.

METHOD

The propose for this study was to investigate whether there is a relationship between self-esteem and level of performance, also years of experience along with hours of practice per week. 90 subjects, 30 volleyball players, 30 badminton players and 30 athletes were selected based on simple random sampling from the changtongya volleyball association, Soyim shuttlers and R.C. Chitenjamir memorial (GHS)changtongya. The age of the subject ranges from 18-26 years. The samples should have at least represented district level and depend upon on their achievement level, performance was analyzed. The study was carried out through 10 self-esteem questionnaires along with the questionnaire, a list of demographic questions was given to know more about the background of the sample.Demographic information required from each participant was: age, years of experience in sport, category of sport (individual or team sports), type of sport,and hours of practice per week. Rosenberg, M. (1965). Society and adolescent self-image were used to measure self-esteem at a given point in time The scale consists of ten items in which the five items are scored 1,2,3,4 and for another five items, the scoring is 4,3,2,1 i.e., items 2,5,6,8,9 reversely scored. The score of performance is based on the level of participation in sports competitions.The State self-esteem scale was distributed to the subjects, they were asked to give responses based on their personal feelings and based on what they were feeling at the present moment and the data was collected from them. The responses gathered from the subjects are put in the SPSS software for analysis. Self-esteem and level of achievement was correlated using the Pearson product-moment correlation and to find out the significant difference between means of the two groups (individual and group players) t-test is used.

Method of scoring for Self-Esteem

The scoring is a 4-point scale of Self-Esteem scale:

Categories of response	Scores of items 1,3,4,7,10	Scores of items 2,5,6,8,9
Strongly Agree	1	4
Agree	2	3
Disagree	3	2
Strongly Disagree	4	1

Sum of scores from all items are taken as the Self-Esteem level of a subject.

The Scoring for level of achievement:

Performance Level	Scores
Inter-university	1
District Level	2

State Level	3
National Level	4
International Level	5

RESULT

Using the Pearson product-moment correlation, the relationship between self-esteem and level of achievement was tested, and which group among the samples whether individual or group sports have high level of self-esteem was also tested using t-test in all cases, 0.05 level of significantwas fixed.

Table-I
Showing the Descriptive Statistics of Self-Esteem and Level of Achievement

	Mean	Standard Deviation	N
Self-Esteem	21.9000	7.49539	45
Level of Achievement	2.6556	.92604	45

Table-I represented the mean and standard deviation of scores of self-esteems and level of achievement. The total no. of subjects is 90, among those 60subjects (66.66%) from group games and 30 subjects (33.33%) from individual sports. As the table shows that the mean of self-esteem is 21.9 and standard deviation at 7.49539 the mean level of achievement is 2.6556 and the standard deviation at 0.92604.

Table II
Correlation

	Self-esteem	Level of Achievement
Self-esteem **Pearson correlation**	1	.911
Sig. (2-tailed)		.010
N	90	90
Level of Achievement **Pearson correlation**	.911	1
Sig. (2-tailed)	.010	
N	90	90

**. Correlation is significant at 0.05 level (2-tailed) with 88 df.

Table II represent the correlation of coefficient between Self-esteem and level of achievement is 0.911. The obtained correlation value of 0.911 was greater than the required value of 0.433 at 0.05 level with 88dgree of freedom. Hence there was a significant relationship between self-esteem and level of achievement in individual and group sports.

Table-III
Showing the Descriptive Statistics of Individual athletes and Group athletes

Groups	N	Mean	Std. Deviation	Std. Error mean

Individual sports	30	20.7000	8.28855	1.51327
Group game	60	22.5000	7.06267	0.91179

Table-III shows that the mean of individual sports is 20.7, standard deviation 8.28855 and Std .error mean at 1.51327 the mean of group sports is 22.5, standard deviation 7.06267 and Std. error mean 0.91179.

Table-IV
Showing the independent sample t-test of individual sport and group games

	Levene's test for equality of variance		t-test for equality of Mean						
	F	Sig.	T	Df	Sig. (2-tailed)	Mean difference	Std. error difference	95% confidence Interval of the difference	
								Lower	Upper
Score Equal Variances Assumed	1.35	2.49	-1.975	88	.285	-1.80000	1.67456	-5.12783	1.52783
Equal Variances Not assumed			-1.919	50.60	.313	-1.80000	1.76674	-5.34755	1.74755

Significant at 0.05 level with 88 df .

From statistical analysis we obtained, 't' value of 1.975 was greater than the required table value of 1.900 and hence the results from independent t-test found that there was a significant difference between a team and individual sport athletes on their levels of self-esteem and it was proved that team athletes have higher self-esteem than individual athletes among the players of changtongya volleyball association, soyim shuttlers and R.C chitenjamir memorial GHS changtongya.

DISCUSSION OF FINDING

The correlation coefficient between self-esteem and level of achievement is 0.911. The obtained correlation value of 0.911 was greater than the required value of 0.433 at 0.05 level with 88 df. Hence there was a significant relationship between self-esteem and level of achievement of changtongya volleyball association, soyim shuttlers and R.C. chitenjamir memorial GHS changtongya.

CONCLUSION

1. It was concluded that players with higher self-esteem have a high level of performance.
2. It has been found that players with a high level of achievement have higher self-esteem.
3. It was concluded that team players will have significantly higher self-esteem than individual players.
4. It was revealed that years of experience and hours of practice per week would influence higher self-esteem.

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