

COMPARISON OF SELF-CONCEPT, STRESS AND SOCIAL ADJUSTMENT BETWEEN SPORTS WOMEN AND NON-SPORTS WOMEN

¹MAMTA SAHRAWAT, ²JAGBIR SINGH BOORA, ³BALJJT SINGH

¹Asstt. Prof. of Phy. Edu. Bhagini Nivedita College for Women Kair (Najafgarh) N. Delhi.

²Asstt. Prof. of Phy. Edu. Govt. P.G. College Hisar (Haryana).

³Associate Professor of Physical Education, Govt. P.G. College, Hisar (Haryana)

Abstract— The purpose of study was to find out and compare the self-concept, stress and social adjustment level between sports women and non-sports women. For the purpose of the study a sample of sixty girls (30 Sports Women and 30 Non-sports women) was randomly selected from S.A.I. Sports Hostel H.A.U Hisar and Govt. P.O. college girl's hostel. The age group of the selected samples was between 18 to 22 years. The Self-concept was measured through questionnaire of Dr. Raj Kumar Sara Swat. Stress was measured through questionnaire of Miller and Allen, where as social adjustment was measured by questionnaire of assistant index of cowell's. The administered questionnaire was quantified for obtaining the scores as per the instructions/ guidelines. The independent 't' test was applied as the statistical tool to compare the means and the level of significance was set at 0.05. The findings of the study showed that social adjustment level was found significant higher among sports women (mean 9.06) as compared to non-sports women (mean 4.70) as the 't' value obtained was -7.27 at $p \leq 0.05$. While the self-concept and stress level were found higher among sports women (175.73 & 2.80) as compared to non-sports women (165.43 & 1.43) but this difference was not significant as the t values obtained were 1.86 and 1.88 respectively at $p \geq 0.05$. The results of the study reveals that sports women programme has nothing to influence on self-concept and stress. Sports women programme involves team work, group efforts and participation in coaching camp or various sports tournaments at different places of country, due to this sports woman have better social adjustment in comparison of Non-sports women. Results of present study supported by previous studies conducted by Sturkie (1968) Manson w.i. (1979) Yong Massy (1981) Anoop Singh (2009) Margaret A.V (1994) and Eliza (2011) on these selected variables.

Keywords— Self-concept, Stress, Social Adjustment.

I. INTRODUCTION

In today's age automation, advanced technology and high competition, man has great dreams of luxurious living and enjoy at the thought of experiencing it. On the other hand man also suffers a great deal when his dreams do not materialize in to materialistic goals. Some take their suffering in their stride, where as there are many who cannot face situations as they are. It is a well-accepted fact that every human being is an individual with his own unique characteristics and ways of responding and behaving. There are various ways of responding and behaving can be either positive or negative, can make one's life a happy one or a miserable one, can make one a successful person or a failure. These facts are true of every individual in every sphere of life.

The type of behaviour depends upon what one feel is capable of and appropriate to this need. Thus self-concept and unique behaviour pattern of an individual resembles the relationship between egg and chick. The self-concept is a highly complex component of behaviour, composed of both cognitive and effective dimension and has at least four orientations. The real self, the perceived self and ideas self as perceived by others. Self-concept is the totality of attitudes, judgments and values of an individual's relating to this, abilities and qualities 'self concept' embraces awareness of these variables and evaluation. Self concept is learned by individual inference from unique experiences. Singer () postulates that

self concept is learned by an individual's influence from his unique experience. The individual's perception of feelings of others towards him strongly influences his self image. In turn, self concept may prove most powerful motivation for specific behaviour, as the type of behaviour depends upon what one feels, one is capable of and appropriate to his need.

Stress is one of the biggest monsters of the present century. Stress has revalued with man since the dawn of avilization and shows no sign of every becoming extinct. It thrives in an urban habit due to overcoming and overcrowding and individual technology. Man has ventured to study the stressing great deal with it. Live with it or get out of its way. The word 'stress' however actually referes to our response in mind, body and spirit. In terms of how a person perceives himself, what he thinks himself, and how he attempts through various actions to enhance or defused himself. The body's reaction to mental or physical challenge's. A physical, chemical or emotional factor causing mental tension, possible factor in causing disease, adjustment is a biological phenomenon of acclimization. It is a dynamic process, where a person develops a harmonious relationship between himself and environment. In other words adjustment leads to modification of one's behaviour and attitude toward the changed environment. According to Bordin (1943) adjustment is a process by which living organism maintains a balance between its needs and circumstances that influence. Adjustment may also be

thought of as the favourable or unfavourable adaption of an organism, to external or internal stimulation (Good 1959). In competitive sports an athlete has to face many challenges. To meet these challenges successfully, he has to psycho - regulate himself. Such experiences prepare sportspersons psychologically. These experiences develops their over all personality, Clayton (1968), Bruggeman (1977), young Mary (1981) and Zacks Hanna (1982) conducted studies on self concept of sports persons and Non sports persons or low and high performer in games and sports, results of their studies found no significant differences in self concept of above categories. Previous studies of Fogelson B.D. (1983) Moffert M.A (1983) Smeltzer L.R (1987) Margaret A.V(1994) Gumming EA (1995) and C. Zerniak Oeski (1996) studies found no significant differences among various categories of sports persons and Non sportspersons or high or low achiever, zamirullah khan and Naseen Ahmed (2005). Dolly (2010). Nirmaljit (1992), Sharma (1990), Panda and Biswal (1989) found sports-persons and high performer with better social adjustment score on comparison to Non sportsman and low performer. Keeping in view the above results and importance of psychological make up for better performance of sports-persons the investigators had tried to findout and compare the self concept, stress and social adjustment level of sports women's and Non sports

women's of Govt. P.G. College Hisar and S.A.I. Centre H.A.U. Hisar.

II. METHOD AND PROCEDURE

For the purpose of the study Sixty female subjects were randomly selected (30 Sports Women and 30 Non-sports Women) from S.A.I, centre H.A.U. and Govt. P.G. College girls Hostel Hisar. The selected samples were in the age group of 18 to 22 years. Standardized tools/tests were used measurement of studied variables. Their administration and scoring were done strictly as per as instructions of tests manuals. Self concept was measured by questionnaire of Dr. Raj Kumar Saraswat. Stress was measured by questionnaire of Miller and Allen, social adjustment was measured by the questionnaire of assistant index of cowell's. To compare results of study independent t. test was employed. The level of significance was set at 0.05 level of confidence.

IV. FINDINGS OF THE STUDY

The findings of the study have been presented in the following tables for discussion and conclusion of study.

Table-1
Comparison of Self Concept between Sports Women and Non-SportsWomen

Category	Mean	DM	S.D	t-ratio
Sports women	175.73	10:30	5.52	1.86NS
Non-sports women	165.43			

*significant at 0.05 (58) = 2.00, NS- Not Significant at 0.05 level of significance

Table-1 reveals that the self-concept of sports women (175.73) is higher than the self-concept of non-sports women (165.43) but this difference is statistically not significant as the calculated 't' value obtained is 1.86 which is lower than the required 't' value (2.00) at 0.05

level of significance. Thus it may be concluded that the self-concept of sports women and non-sports women are found same.

Table-2
Comparison of Stress between Sports Women and Non-Sports Women

Category	Mean	DM	S.D	t-ratio
Sports women	2.80	1.37	0.37	1.88NS
Non-sports women	1.43			

*significant at 0.05 (58) = 2.00, NS- Not Significant at 0.05 level of significance

Table-2 reveals that the stress level of sports women (2.80) is higher than the stress level of non-sports women (1.43) but this difference is statistically not significant as the calculated 't' value obtained is 1.88

which is lower than the required 't' value (2.00) at 0.05 level of significance. Thus it may be concluded that the stress level of sports women and non-sports women are found same.

Table-3
Comparison of Social Adjustment between Sports Women and Non-Sports Women

Category	Mean	DM	S.D	t-ratio
Sports women	9.06	4.36	0.60	7.27*
Non-sports women	4.70			

*significant at 0.05 (58) = 2.00, NS- Not Significant at 0.05 level of significance

Table-3 reveals that the social adjustment of sports women (9.06) is higher than the stress level of non-sports women (4.70). This difference is found statistically significant as the calculated 't' value obtained is 7.27 which is higher than the required 't' value (2.00) at 0.05 level of significance. Thus it may be concluded that the sports women programme has something to do with social adjustment as sports women programme involved group work, team spirit etc.

V. DISCUSSION ON FINDINGS

Results presented in table 1 and table 2 of study confirm insignificant differences on self concept and stress level of sports women and non sports women of Hisar, where as table 3 results show significant difference on social adjustment level of sports women and non sports women. It may be due to that sports women programme has nothing to influence on self concept and stress. Therefore it shows insignificant difference between sports women and non sports women on self concept and stress. Sports women programme involves team work, group efforts and outing due to various coaching camps of sports and participation in various level championships at various places, therefore it shows significant difference in social adjustment between sports women and non sports women. Sturkie (1968) determined in his study relationship between physical activities performance and self concept of 323 basketball women players. He found insignificant results, Mason W.I (1979), young Massy (1981), Zacks Hanna (1982), A. Singh (2009) studies also support the rest of present study in case of self concept. Studies conducted by Czerniakoeski (1996), Gumming E.A (1995), Margaret A.V (1994), Nelson D.L (1989) studies finds insignificant difference on stress level of low performer high performer in sports. Sports women and non sports women and various upper and low categories of society. Panda and Biswal (1989) conducted a study to find out adjustment of low and high performer in sports and their study results confirmed significant difference on social adjustment of low and high performer. Singh (1988) studied the adjustment level of sports-persons and concluded that successful athlete were better adjusted in health, some social, emotional areas as compared to unsuccessful athlete. Results of present study on social adjustment supported by studies of Susma (2013), Eliza (2011) and Yadav (1992).

CONCLUSION

In relation to self concept and stress, no significant difference were found among sports women and non sports women. In case of social adjustment significant differences were found among sports women and non sports women by of Hisar.

REFERENCES

- [1] Evsenek H.J., Anand W.J. and Mali R.. (1975) "Self-Concept" Encyclopedia of Psychology.
- [2] Rober N., Singer (1976) Physical Education Foundation (New York)
- [3] James A.. Balev and David A., Field (1976) Physical Education and Physical Educator (Boston; Allyn and Bacon)
- [4] Miller, D.K. and Allen (1982) Teaching Education.
- [5] Welson D.L. (1989) Men and Women of the Personnel Profession some difference and similarities in their stress, stress medicine.
- [6] Rajkumar Saraswat (1984) Manual for self concept questionnaire (Agra National Psychological Corporation)
- [7] Journal and Periodicals:
- [8] Gumming, E. A. (1995) Stress and job satisfaction among Special Education Teachers in Urban Districts in Texas, Dissert, Abst.
- [9] Czernaikoueski (1996) stress burnout and coping strategies among Elementary School Principles in Pennsylvani, Dissertation Abstract International.
- [10] Fogelson, B.D. (1993) occupational stress and Role Conflicts and Role Ambiguity in Elementary School Teachers and Administration in Learn Country Florida State University Florida, Dissertation Abstract International.
- [11] Margaret. A.V (1994) The relationship between burn out and sources of stress and perceived by selected Bilingual Education Teachers. Dissertation Abstract International.
- [12] Moffert, L.R. (1987) " The relationship of communication to work stress, Journal of Business Communication."
- [13] W.F. Manson (1979) An investigation of the relationship between self concept and Physical fitness of white American, Indian and Black women college students, Dissertation Abstract International.
- [14] Mary L.. Young (1981) Physical Fitness estimation of fitness and physical ability and self concept. "Abstract of Research Paper AAHPER convention Noston.
- [15] Zacks Hanna (1982) "The self concept of college Graduate women midlife. Dissertation Abstract International.
- [16] Khan Zamirullah and Ahmed Naseen (2006) "A comparative study on Adjustment of male and female swimmers, scientific journal in sports sciences".
- [17] D.E. Clayton (1968) The relationship among attitude toward Physical Education/activity, Personality and self concept. Completed Research in Health Physical Education Research.
- [18] Floyd, Conic Sturkie (1973) Relationship between Physical Performance and self concept.
- [19] Mary A. Bruggeman (1977) Relationship between the ability to learn a novel motor skill. Completed Research in Health and Physical Education.

- [20] Singh. A. (2009) Personality propel and self concept of sports person and Non sports person.
- [21] Eliza Kundu (2011) Physical Activity Motivation and Adjustment among rural and urban sports women.
- [22] Sushma (2013) Physical fitness and Adjustment comparison among state and National women JudoKa's.
- [23] Baljit Singh and Dolly (2004) Yogasans and physical fitness of college level players in relation to their sports performance. Journal of sports science, N.S, N.I.S. Patiala. vol.27.
- [24] Boring, G.E. (1948) Foundation of Psychology Asia Publication House. Good, G.V. (1959) Dictionary of Education, New York, Megrew.
- [25] Sharma, D.V. (1984) Socio-psychological differences of non sports man and university representing sportsmen unpublished Ph.D. P.U. Chd.
- [26] Singh Nasib (1988) Comparative Study of Psychological characteristics of athletes in team games and individual events (unpublished Ph.D. Thesis).

★ ★ ★