

A Comparative Study of Self Concept of School Going Female Hockey Players of Urban and Rural Area

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1.0 Introduction

In the present era of high performance sports, the field of sports psychology as an applied psychology has been the greatest blessing of the modern day sports science. Within a short span of time, sports psychology has taken giant strides by positively influencing the players to excel in various sports domains. Basically the modern sports trainings lays a greater emphasis on preparing the athletes psychosocially and thus lot of emphasis is being given to the psychological characteristics of the top level athletes, mental rehearsals of the training task etc. Not just that, the sports [psychology related information has helped the coaches to be more effective. All other factors biological and sociological being equal, psychological conditioning of an athlete decidedly determines his success or failure of competitions.

In modern competitive sports psychological preparation of an athlete or a team is very important other than the technique of the different skills of the game (like field hockey) on specific lines. In modern competitive sports in general and hockey in particular, the athletes and teams are prepared not only to play the game, but also to win the games. And for winning the games it is not only the proficiency in the skills which bring victory but more important is the mental preparation, the spirit and the attitude of the athlete with which they play and perform the best in the competition. In view of the above, it is imperative that the aspect of self-concept be given adequate importance while preparing the hockey teams. The importance of the Self-Concept in the personality pattern is evident by the levels usually given to it. It is referred to as the core or centre of gravity of the pattern or as the keystone of personality. Its importance stems from its influence

over the quality of a person's behavior and his methods of adjustment to life situations. In view of the above, this investigation was conducted to assess and compare the level of self-concept vis-à-vis its various components like Physical-Self Concept, Social -Self Concept, Temperamental -Self Concept, Educational-Self Concept, Moral - Self Concept and Intellectual - Self Concept among the school going female hockey players of urban and rural areas of Nagpur District.

2.0 Research Methodology

2.1 Selection of the Hockey Players

In the present investigation, a total of four hundred (two hundred each from rural and urban area of Nagpur District) female hockey players were selected for the purpose of data collection. All the girls were part of their School's field hockey team.

2.2 Research Deign

To conduct this study, a Descriptive - Cross Sectional research design was used by the researcher.

2.3 Collection of the Data

Primary data was collected through survey by using a standardized psychometric scale. The Self-concept score of the subjects was obtained by using Self-concept Questionnaire developed by Raj Kumar Saraswat and the psychometric test was procured from National Psychological Corporation, Agra.

2.4 Reliability and Validity of Data

The reliability of data was ensured by establishing the instruments reliability, tester's competency and reliability of the test. The tester's reliability was evaluated together with the reliability of tests by using Pearson's product moment correlation coefficient determination.

2.6 Statistical Analysis of Data and Significance Level

The data generated during the study was processed using various statistical tests with the aid of Statistical Package for Social Sciences 18.0 (SPSS 18.0) software (Chicago, USA). The data characteristics such as frequency, percentage, etc. were determined and the Chi-Square test was used as an inferential statistical tool.

3.0 Results and Discussion

3.1 Physical-Self Concept of hockey players

Table 1: Physical-Self Concept of hockey players of Urban and Rural Areas

Physical - Self Concept	Area			
	Urban		Rural	
	Nos.	Percentage	Nos.	Percentage
Extremely low	6	3.0	9	4.5
Low	17	8.5	14	7.0
Below Average	19	9.5	67	33.5
Average	39	19.5	41	20.5
Above Average	59	29.5	38	19.0
High	26	13.0	19	9.5
Extremely high	34	17.0	12	6.0
Total	200	100.0	200	100.0
	Chi-Square: 63.199; df: 6; P = 0.05; Table Value: 12.59		Chi-Square: 93.873; df: 6; P = 0.05; Table Value: 12.59	

Table 1 shows information pertaining to physical-self concept of school going hockey players of Nagpur Division.

- Urban Area:** Study results show that physical-self concept scores of 8.5% and 3.0% hockey players of urban area is low and extremely low respectively. In addition to it 9.5% and 19.5% players of urban area have below average and average level while 29.5% players have above average level of physical self-

concept respectively. Furthermore 13.0% and 17.0% players of urban area have high and extremely high level of physical- self concept.

- Rural Area:** Study results show that physical-self concept scores of 7.0% and 4.5% hockey players of rural area is low and extremely low respectively. In addition to it 33.5% and 20.5% players of rural area have below average and average level while 19.0% players have above average level of physical- self concept respectively. Furthermore 9.5% and 6.0% players of rural area have high and extremely high level of physical- self concept.

3.2 Social -Self Concept of hockey players

Table 2: Social - Self Concept of hockey players of Urban and Rural Areas

Social - Self Concept	Area			
	Urban		Rural	
	Nos.	Percentage	Nos.	Percentage
Extremely low	22	11.0	5	2.5
Low	37	18.5	11	5.5
Below Average	25	12.5	19	9.5
Average	52	26.0	39	19.5
Above Average	18	9.0	30	15.0
High	27	13.5	62	31.0
Extremely high	19	9.5	34	17.0
Total	200	100.0	200	100.0
	Chi-Square: 30.867; df: 6; P = 0.05; Table Value: 12.59		Chi-Square: 77.48; df: 6; P = 0.05; Table Value: 12.59	

Table 2 shows information pertaining to social-self concept of school going hockey players of Nagpur Division.

- Urban Area:** Study results show that social-self concept scores of 18.5% and 11.0% hockey players of urban area is low and extremely low respectively. In addition to it 12.5% and 26.0% players of urban area have below average and average level while 9.0% players have above average level of social - self concept respectively. Furthermore 13.5% and 9.5% players of urban area have high and extremely high level of social-self concept.
- Rural Area:** Study results show that social-self concept scores of 5.5% and 2.5% hockey players

of rural area is low and extremely low respectively. In addition to it 9.5% and 19.5% players of rural area have below average and average level while 15.0% players have above average level of social - self concept respectively. Furthermore 31.0% and 17.0% players of urban area have high and extremely high level of social-self concept.

3.3 Temperamental -Self Concept of hockey players

Table 3: Temperamental - Self Concept of hockey players of Urban and Rural Areas

Temperamental - Self Concept	Area			
	Urban		Rural	
	Nos.	Percentage	Nos.	Percentage
Extremely low	-	0.0	8	4.0
Low	-	0.0	39	19.5
Below Average	23	11.5	63	31.5
Average	41	20.5	48	24.0
Above Average	37	18.5	29	14.5
High	40	20.0	13	6.5
Extremely high	59	29.5	-	0.0
Total	200	100.0	200	100.0
	Chi-Square: 103.073; df: 6; P = 0.05; Table Value: 12.59		Chi-Square: 110.396; df: 6; P = 0.05; Table Value: 12.59	

Table 3 shows information pertaining to temperamental-self concept of school going hockey players of Nagpur Division.

- **Urban Area:** Study results show that temperamental-self concept scores of 11.5% and 20.5% hockey players of urban area is below average and average respectively while 18.5% players have above average level of temperamental - self concept respectively. Furthermore 20.0% and 29.5% players of urban area have high and extremely high level of temperamental - self concept.
- **Rural Area:** Study results show that temperamental-self concept scores of 19.5% and 4.0% hockey players of rural area is low and extremely low

respectively. In addition to it 31.5% and 24.0% players of rural area have below average and average level while 14.5% players have above average level of temperamental - self concept respectively. Furthermore 6.5% players of rural area have high level of temperamental - self concept.

3.4 Educational -Self Concept of hockey players

Table 4: Educational - Self Concept of hockey players of Urban and Rural Areas

Educational - Self Concept	Area			
	Urban		Rural	
	Nos.	Percentage	Nos.	Percentage
Extremely low	-	0.0	22	11.0
Low	3	1.5	47	23.5
Below Average	18	9.0	68	34.0
Average	33	16.5	30	15.0
Above Average	35	17.5	27	13.5
High	68	34.0	6	3.0
Extremely high	43	21.5	-	0.0
Total	200	100.0	200	100.0
	Chi-Square: 119.193; df: 6; P = 0.05; Table Value: 12.59		Chi-Square: 114.386; df: 6; P = 0.05; Table Value: 12.59	

Table 4 shows information pertaining to educational - self concept of school going hockey players of Nagpur Division.

- **Urban Area:** Study results show that educational - self concept scores of 1.5% hockey players of urban area is extremely low. In addition to it 9.0% and 16.5% players of urban area have below average and average level while 17.5% players have above average level of educational - self concept respectively. Furthermore 34.0% and 21.5% players of urban area have high and extremely high level of educational - self concept.
- **Rural Area:** Study results show that educational - self concept scores of 23.5% and 11.0% hockey players of rural area is low and extremely low respectively. In addition to it 34.0% and 15.0% players of rural area have below average and average level educational -self concept respectively. Furthermore 13.5% and 3.0% players of urban area

have above average and high level of educational - self concept.

3.5 Moral -Self Concept of hockey players

Table 5: Moral - Self Concept of hockey players of Urban and Rural Areas

Moral - Self Concept	Area			
	Urban		Rural	
	Nos.	Percentage	Nos.	Percentage
Extremely low	7	3.5	13	6.5
Low	23	11.5	17	8.5
Below Average	54	27.0	40	20.0
Average	63	31.5	58	29.0
Above Average	16	8.0	25	12.5
High	29	14.5	34	17.0
Extremely high	8	4.0	13	6.5
Total	200	100.0	200	100.0
	Chi-Square: 101.854; df: 6; P = 0.05; Table Value: 12.59		Chi-Square: 58.031; df: 6; P = 0.05; Table Value: 12.59	

Table 5 shows information pertaining to moral - self concept of school going hockey players of Nagpur Division.

- **Urban Area:** Study results show that moral -self concept scores of 11.5% and 3.5% hockey players of urban area is low and extremely low respectively. In addition to it 27.0% and 31.5% players of urban area have below average and average level while 8.0% players have above average level of moral - self concept respectively. Furthermore 14.5% and 4.0% players of urban area have high and extremely high level of moral - self concept.
- **Rural Area:** Study results show that moral -self concept scores of 8.5% and 6.5% hockey players of rural area is low and extremely low respectively. In addition to it 20.0% and 29.0% players of rural area have below average and average level while 12.5% players have above average level of moral -self concept respectively. Furthermore 17.0% and 6.5% players of rural area have high and extremely high level of moral - self concept.

3.6 Intellectual -Self Concept of hockey players

Table 6: Intellectual - Self Concept of hockey players of Urban and Rural Areas

Intellectual - Self Concept	Area			
	Urban		Rural	
	Nos.	Percentage	Nos.	Percentage
Extremely low	4	2.0	9	4.5
Low	9	4.5	12	6.0
Below Average	16	8.0	20	10.0
Average	37	18.5	82	41.0
Above Average	74	37.0	47	23.5
High	34	17.0	26	13.0
Extremely high	26	13.0	4	2.0
Total	200	100.0	200	100.0
	Chi-Square: 116.058; df: 6; P = 0.05; Table Value: 12.59		Chi-Square: 158.768; df: 6; P = 0.05; Table Value: 12.59	

Table 6 shows information pertaining to intellectual- self concept of school going hockey players of Nagpur Division.

- **Urban Area:** Study results show that intellectual - self concept scores of 4.5% and 2.0% hockey players of urban area is low and extremely low respectively. In addition to it 8.0% and 18.5% players of urban area have below average and average level while 37.0% players have above average level of intellectual - self concept respectively. Furthermore 17.0% and 13.0% players of urban area have high and extremely high level of intellectual - self concept.
- **Rural Area:** Study results show that intellectual -self concept scores of 6.0% and 4.5% hockey players of rural area is low and extremely low respectively. In addition to it 10.0% and 41.0% players of rural area have below average and average level while 23.5% players have above average level of intellectual -self concept respectively. Furthermore 13.0% and 2.0% players of rural area have high and extremely high level of intellectual - self concept.

3.7 Total -Self Concept of hockey players

Table 7: Total- Self Concept of hockey players of Urban and Rural Areas

Total Self Concept - Self Concept	Area			
	Urban		Rural	
	Nos.	Percentage	Nos.	Percentage
Extremely low	9	4.5	18	9.0
Low	23	11.5	30	15.0
Below Average	14	7.0	21	10.5
Average	25	12.5	80	40.0
Above Average	78	39.0	16	8.0
High	31	15.5	21	10.5
Extremely high	20	10.0	14	7.0
Total	200	100.0	200	100.0
	Chi-Square: 110.671; df: 6; P = 0.05; Table Value: 12.59		Chi-Square: 113.543; df: 6; P = 0.05; Table Value: 12.59	

Table 7 shows information pertaining to total- self concept of school going hockey players of Nagpur Division.

- **Urban Area:** Study results show that total -self concept scores of 11.5% and 4.5% hockey players of urban area is low and extremely low respectively. In addition to it 7.0% and 12.5% players of urban area have below average and average level while 39.0% players have above average level of total - self concept respectively. Furthermore 15.5% and 10.0% players of urban area have high and extremely high level of total - self concept.
- **Rural Area:** Study results show that total -self concept scores of 15.0% and 9.0% hockey players of rural area is low and extremely low respectively. In addition to it 10.5% and 40.0% players of rural area have below average and average level while 8.0% players have above average level of total -self concept respectively. Furthermore 10.5% and 7.0% players of rural area have high and extremely high level of total - self concept.

4.0 Conclusions

4.1 Physical-Self Concept of hockey players

- On the basis of study results it is evident that there is significant (P<0.05) difference in the physical- self concept level of school going hockey players of urban and rural area of Nagpur

division. Specifically, most of the school going hockey players of rural area has below average level of physical-self concept while those belonging to urban area have above average physical-self concept.

4.2 Social -Self Concept of hockey players

- In view of the study results it is evident that there is significant (P<0.05) difference in the social- self concept level of school going hockey players of urban and rural area of Nagpur division. Specifically, most of the school going hockey players of rural area has high level of social-self concept while those belonging to urban area have average level of social -self concept.

4.3 Temperamental -Self Concept of hockey players

- From the study results it is evident that there is significant (P<0.05) difference in the temperamental - self concept level of school going hockey players of urban and rural area of Nagpur division. Specifically, most of the school going hockey players of rural area has below average level of temperamental -self concept while those belonging to urban area have extremely high level of temperamental -self concept.

4.4 Educational -Self Concept of hockey players

- From the study results it is evident that there is significant (P<0.05) difference in the educational - self concept level of school going hockey players of urban and rural area of Nagpur division. Specifically, most of the school going hockey players of urban area has high level of educational-self concept while those belonging to rural area have below average level of educational-self concept.

4.5 Moral -Self Concept of hockey players

- On the basis of the study results it is evident that there is significant (P<0.05) difference in the moral - self concept level of school going hockey players of urban and rural area of Nagpur division. Specifically, most of the school going hockey players of urban as well as rural area has average level of moral-self concept.

4.6 Intellectual -Self Concept of hockey players

- On the basis of the study results it is evident that there is significant (P<0.05) difference in the intellectual - self concept level of school going hockey players of urban and rural area of Nagpur division. Specifically, most of the school going hockey players of rural area has average level of intellectual -self concept while those belonging to urban area have above average level of intellectual -self concept.

4.7 Total -Self Concept of hockey players

- From the study results it is evident that there is significant (P<0.05) difference in the total - self concept level of school going hockey players of urban and rural area of Nagpur division. Specifically, most of the school going hockey players of rural area has average level of total -self concept while those belonging to urban area have above average level of total -self concept.

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