

A STUDY ON SELF-CONCEPT AND ATTITUDE OF STATE LEVEL GYMNASTS, ATHLETES AND YOGIC PRACTITIONERS

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ABSTRACT

Considering the role of self-concept and attitude on human activities the investigator intended to compare the self-concept and attitude of state level gymnasts, athletes and yogic practitioners. Psychology takes a great role in sports and games. Self-concept and attitude are complex component of behaviour. Methodology: Total sixty (N=60) male state level performer i.e. twenty gymnasts (Gr. G); twenty athletes (Gr. A) and twenty yogic practitioners (Gr. Y) were randomly selected as subjects for the present study. The age ranged of the subjects was from 17 to 19 years. Self-concept Inventory and attitude inventory were employed to all the subjects of each group and to collect the self-concept scores and attitudes scores were analysed by F-ratio and level of significance was set at .05 level of confidence. To find out the superiority of the groups critical ratio was also employed. Results: The result of the present study showed that the significant difference was observed among Gr. G, Gr. A and Gr. Y in self-concept and attitude by ANOVA at .05 level of confidence and self-concept appraisal and attitude appraisal are not same among Gr. G, Gr. A and Gr. Y. Critical difference was also showed that Gr. Y was superior to Gr. G and Gr. A and Gr. G was also superior to Gr. A in comparing the self-concept and attitudes of state level gymnasts, athletes and yogic practitioners. Conclusion: Yogasanas was superior to gymnastics and athletics and gymnastics was also superior to football in comparing to self-concept and attitude among state level players.

Key Words: Gymnasts, Athletes and Yoga.

INTRODUCTION:

Man is a union of body and mind. They are an integral unity and inseparable. One cannot function without other and one effects the efficiency of the other. Physical education activity and games and sports like gymnastics, athletics and yoga etc are the reflection of body and mind. Psychology takes a great role in sports and games. Self-concept and attitude are complex component of behaviour. The word self-concept may be defined as person's perception about him or himself. It is complex component of behavior. Attitude may be explained as a realistic summary of experience. It's build up by belief, feelings and disposition of behavior. The word athletics is derived from the Greek word "athlos" meaning "contest" or "task." The Ancient

Olympic Games were born of war and featured various forms of athletics such as running, jumping boxing and wrestling competitions. Jadhav (2006) investigated the impact of yoga practices on self-concept among fifty naturopathy and yogic science college students and fifty MBBS students both male and female. Result revealed that naturopathy and yogic science college students have better self-concept than MBBS students. Ramiz Arobaci (2009) assessed the attitude toward physical education and class performance of 1240 Turkish secondary and high school students. Attitudes toward physical education scale were employed to all the subjects and result revealed that attitudes toward physical education and class performance significantly changed accordingly to gender and age. Anderson (1982) in a related investigation using TSCS revealed that high grade gymnasts were significantly different being higher on self-concept.

PURPOSE:

The purpose of the present study is to compare the self-concept appraisal and attitude inventory among state level gymnasts, Athletes and yogic practitioners.

METHODOLOGY:

Total sixty (N=60) male state level performer i.e. twenty gymnasts (Gr. G); twenty athletes (Gr. A) and twenty yogic practitioners (Gr. Y) were randomly selected as subjects for the present study. The age ranged of the subjects was from 17 to 19 years. Self-concept Inventory and attitude inventory were employed to all the subjects of each group and to collect the self-concept scores and attitudes scores were analysed by F-ratio and level of significance was set at .05 level of confidence. To find out the superiority of the groups critical ratio was also employed.

Self-concept Inventory and attitude inventory were employed to all the subjects and to collect the self-concept scores and attitudes scores were analysed by F-ratio and level of significance was set at .05 level of confidence. To find out the superiority of the groups critical ratio was also employed.

The means of Gr. G, A and Y were computed by analysis of variance and the observed F-values was significant at .05 level of confidence.

TABLE - I
Analysis of variance of groups- G , A , and Y in Self-Concept Appraisal

Source of variance	df	Sum of square	Means of square	F	
				Observed value	Table value
Total	59	3417.93	57.93		
Sum of square between	2	2848.53	1424.27		
Sum of square within	57	569.4	9.99	142.57	3.18

The analysis of variance was done to compare the means of groups – ‘G’ , ‘A’ and ‘Y’ in self-concept appraisal. From Table –I, it can be stated that there is significant difference among the means i.e. self-concept appraisal are not same among the three groups. Critical difference can predict the superiority among the groups.

Critical difference at 5% level for groups – ‘G’ , ‘A’ and ‘Y’ in self-concept appraisal :

$$X_3 = \text{Means of Gr. 'Y'}$$

$$X_2 = \text{Means of Gr. 'G'}$$

$$X_1 = \text{Means of Gr. 'A'}$$

$$H_0: \mu_{Gr. Y} = \mu_{Gr. G}$$

$$X_3 > X_2 > X_1$$

$$\text{Or, } 262.3 > 255.3 > 245.5$$

$$|X_3 - X_2| > t_{0.05, 57} \times \sqrt{2MSW/20}$$

$$|262.3 - 255.3| > 2.01 \times \sqrt{2 \times 9.99/20}$$

$$7 > 2.01$$

Gr. ‘Y’ is superior than Gr. ‘G’ in self-concept appraisal, on other hand Gr. ‘Y’ is also superior then Gr. ‘A’.

$$H_0: \mu_{Gr. G} = \mu_{Gr. A}$$

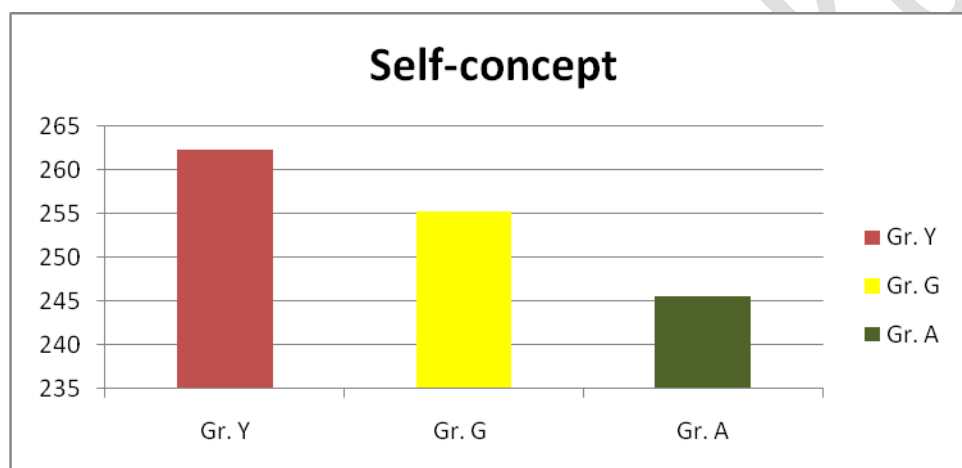
$$X_{\square_2} > X_{\square_1}$$

$$\text{Or, } |X_{\square_2} - X_{\square_1}| > t_{.05, 57} \times \sqrt{2MSW/20}$$

$$\text{Or, } |255.3 - 245.5| > 2.01 \times \sqrt{2 \times 9.99/20}$$

$$\text{Or, } 9.8 > 2.01$$

From the findings of the studies it can be stated that Gr. G was better than Gr. A in self-concept.



In figure-1, a comparison of means of each group in respect of self-concept has been presented by bar-diagram.

Self-concept is a psychological process by which an individual understand himself and others and there by directs his own behaviour. It is a complex component composed of both cognitive and affective dimensions of our self. Critical difference shows the Gr. Y was superior to Gr. G and Gr. A in self-concept scores and Gr. G was also superior to Gr. A in self-concept. The result of the study has some similar to Kroll and Crenshaw (1970). Physical activities enhances self-concept which have been reported by Singer(1962), Teagarin(1983), and Humphrey(1967).

TABLE - II
Analysis of variance of groups- G , A , and Y in Attitude Appraisal

Source of variance	df	Sum of square	Means of square	F	
				Observed value	Table value
Total	59	500.58	8.48		
Sum of square between	2	214.93	107.47		
Sum of square within	57	285.65	5.01	21.45	3.18

The analysis of variance was done to compare the means of groups – ‘G’ , ‘A’ and ‘Y’ in attitude appraisal. From Table –II, it can be stated that there is significant difference among the means i.e. attitude appraisal are not same among the three groups. Critical difference can predict the superiority among the groups.

Critical difference at 5% level for groups – ‘G’ , ‘A’ and ‘Y’ in attitude appraisal :

$$X_3 = \text{Means of Gr. 'Y'}$$

$$X_2 = \text{Means of Gr. 'G'}$$

$$X_1 = \text{Means of Gr. 'A'}$$

Ho: $\mu_{Gr. Y} = \mu_{Gr. G}$

$$X_3 > X_2 > X_1$$

$$\text{Or, } 129.5 > 126.75 > 123.95$$

$$|X_3 - X_2| > t_{0.05, 57} \times \sqrt{2MSW/20}$$

$$|129.5 - 126.75| > 2.01 \times \sqrt{2 \times 5.01/20}$$

$$2.75 > 1.42$$

Gr. ‘Y’ is superior than Gr. ‘G’ in attitude appraisal, on other hand Gr. ‘Y’ is also superior then Gr. ‘A’.

Ho: $\mu_{Gr. G} = \mu_{Gr. A}$

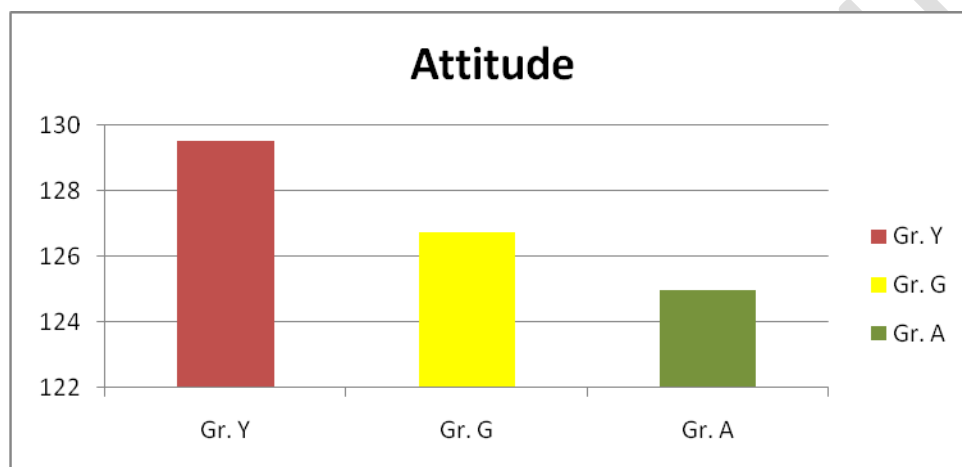
$X_{\square_2} > X_{\square_1}$

Or, $|X_{\square_2} - X_{\square_1}| > t_{.05, 57} \times \sqrt{2MSW}/20$

Or, $|126.75 - 123.95| > 2.01 \times \sqrt{2 \times 5.01}/20$

Or, $2.8 > 1.42$

From the findings of the studies it can be stated that Gr.G was superior to Gr. A in attitude.



In figure-2, a comparison of means of each groups in respect of attitude has been presented by bar-diagram.

Attitude is a realistic summary of experience. It's build up by belief, feelings and disposition of behavior. It is a complex component of behavior. Critical difference shows the Gr. Y was superior to Gr. G and Gr. A in attitude scores and Gr. G was also superior to Gr. A in attitude score.

Yogic asanas play great role for the improvement of self-concept and attitude which have been reported by Anderson and Freshman (1982), Bhole and Karambelkar (1971), Deshpande, Nagendra and Raghuram (2009), Morison and Ibrahim (1981) and Yadhav (2006), Aerobaci(2009) and Tokmakidies(2006). Figure-1 showed that yogasanas group was superior to Gymnastics group and athletics group in self-concept and Figure-2 showed that yogasana group was also superior to gymnastic group and athletics group in attitude. Yogic asanas have a greater impact on the mind and the senses than other exercises with the result that yogic exercises help to develop one's physical and mental powers to make the mind clam and control the emotion. Yoga involves and

includes eight paths (i.e. astanga yoga – yama, niyama, asana, pranayama, pratyahara, dharana, dhyana and Samadhi.). The astanga yoga based on idealistic approach, a real road to attain god consciousness, self-consciousness and self-concept. Figure-1 and Figure-2 showed the superiority of Gr. G over Gr. A in self-concept score and attitude score respectively. Gymnastics activities not only develop the physical fitness, but also make a sense of fair play and develop individual esthetic values and mental alertness. It also helps to develop mental state. Gymnastics can provide opportunities for physical development, mental development, character development, and it provides a unique and valuable social education and experience. The performance in gymnastics depends completely on once physical fitness, mental alertness and other psychological process of the individual. On the other hand athletes achieved highest level of physical fitness as well as concentration through training. It help to develop behavioural modification.

CONCLUSION:

- i) Yogic asanas were superior to gymnastic activities and athletics in self-concept of state level male players.
- ii) Gymnastic activities were superior to athletics in self-concept of state level male players.
- iii) Yogic asanas were superior to gymnastic activities and athletics in attitudes of state level male players.
- iv) Gymnastic activities were superior to athletics in attitude of state level male players.

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