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IMPACT OF SELF ESTEEM ON SPORTS PERFORMANCE OF CRICKET PLAYERS

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ABSTRACT:

The present study dealing with the impact of self esteem factor on the sports performance of cricket players, the research investigator taken the motor fitness test to measure the speed, endurance, agility, flexibility and strength among the cricket players of Kodugu district, Karnataka. The investigator tried out find out the impact of low and high self esteem on the motor fitness among the cricket players. the hypothesis stated that there would be significant difference in high and low self esteem players in their motor fitness level.

The investigator selected one hundred cricket players with same age group for the study and the sample were divided high and low self esteem on the bases of psychological test, The Rosenberg Self-Esteem Scale was developed by Rosenberg (1965). Used to measure the self esteem of sample, It was an attempt to achieve a one-dimensional measure of global self-esteem and Motor fitness test administrated. The basic statistical techniques were used to find out the result of the research study.

KEYWORDS: Self Esteem, Motor Fitness

INTRODUCTION

Self-esteem

The present world needs the good ways to develop the self esteem not only involving in the news paper, mobiles and internet or to going outside for the recreation in the busy world. There are so many ways to develop the self esteem through the scientific ways. The self esteem is the essential factor for the present world to face the situations comes in the life.

This internet world is not fulfilled without the self esteem in the personality of an individual person or students those studying the school and colleges. The teachers should focus on the development of the self esteem in the students groups.

Self-esteem "Self-esteem is the self evaluations made by individual the general attitude a person holds about himself or herself." - **Brown & Byrene (1983)**

In the personality of an individual anxiety, stress depression, motivation and life satisfaction is related to the self-esteem of an individual in their life (Harter,; Rosenberg, 1986). Given the associations, the little baby to adolescents and senior all are facing the lack of self esteem due to less awareness in the parents and teachers in the society.

According to Pervin (1989) the self esteem factor is a tool to measure worthiness of an individual. Self esteem is a appreciating one's personal value and importance and have to act as a good citizen in the society with the good relation with other. .

The Self-esteem is defined by the psychology as a total value of an individual and it is also involved the feelings such as winning desires, shy and pride etc. the self esteem is that a person can measured on the

bases of value of himself in his own ways it may be negative or positive of his self. The self esteem is based on the believes of people and the reflection towards the society in their own way.

Sports performance

The sports performance is depended on the motor fitness of the sports players, the motor fitness is very essential in the sports competitions with the fitness there will be lack of sports performance among the players. the factor of motor fitness are speed, endurance, agility, flexibility and strength

Method

The present study intended to reveal the influence of the psychological factor on the sports performance or motor fitness among the cricket players. the researcher used the standardized tools to measure the motor fitness and self esteem levels among the cricket players.

Objectives

- ❖ To measure the self esteem among cricket players of kodugu district.
- ❖ To make two groups of high and low self esteem among the sample of study.
- ❖ Check the motor fitness among sample groups. And compare the fitness among high and low self esteem groups.

Hypothesis

- ❖ There would be impact of self esteem on the sports performance of cricket players
- ❖ There would be impact of psychological variable on motor fitness of the sample of the study.

The sample

One hundred cricket players were selected for the research study and divided them in high and low self esteem group on their psychological test scores than compared the sample groups with motor fitness tests

Tool

The Rosenberg Self-Esteem Scale was developed by Rosenberg (1965). Used to measure the self esteem of sample, It was an attempt to achieve a one-dimensional measure of global self-esteem the scale consisted 10 questions.

The statistical tools

the researcher used the mean, standard deviation and t tests for analyze the data of the sample. And also to find out the result of the study.

The table showing the impact of self esteem on motor fitness among the cricket players

Sample	N		Speed	Endurance	Agility	Flexibility	Strength
HIGH SELF ESTEEM	50	Mean	6.55	2199.82	11.55	3.01	14.05
		SD	1.17	201.87	1.01	1,01	1.74
LOW SELF ESTEEM	50	Mean	7.14	2123.98	12.39	1.54	11.08
		SD	1.53	179.14	1.87	1,18	1.34
		t values	1.532**	1.883**	1.787**	2.345**	3.228**

*Significant at 0.01 levels***

The table showing the motor fitness levels between high and low self esteem group of cricket players, in all five motor fitness tests the higher self esteem group players are having the higher performance than the low self esteem group. all the t values are significant at 0.01 levels,

CONCLUSION

The research study showing that the higher self esteem levels players are better in motor fitness than the low self esteem group players of the study. the psychological factors also impacting on the sports performance of the cricket players.

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