



Effect of Sex and Age on Self-Concept of Saurashtra University Volleyball Player

KEYWORDS

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INTRODUCTION

Self-concept (also called self-construction or self-perspective) is a multi-dimensional construct that refers to an individual's perception of "self" in relation to any number of characteristics, such as academics (and nonacademic's), gender roles and sexuality, racial identity, and many others. While closely related with self-concept clarity (which "refers to the extent to which self-knowledge is clearly and confidently defined, internally consistent, and temporally stable"), it presupposes but is distinguishable from self-awareness which is simply an individual's awareness of their self. It is also more general than self-esteem, which is the purely evaluative element of the self-concept. The self-concept is composed of relatively permanent self-assessments, such as personality attributes, knowledge of one's skills and abilities, one's occupation and hobbies, and awareness of one's physical attributes. For example, the statement, "I am lazy" is a self-assessment that contributes to the self-concept. In contrast, the statement "I am tired" would not normally be considered part of someone's self-concept, since being tired is a temporary state. Nevertheless, a person's self-concept may change with time, possibly going through turbulent periods of identity crisis and reassessment. The self-concept is not restricted to the present. It includes past selves and future selves. Future selves or "possible selves" represent individuals' ideas of what they might become, what they would like to become, and what they are afraid of becoming. They correspond to hopes, fears, standards, goals, and threats. Possible selves may function as incentives for future behavior and they also provide an evaluative and interpretive context for the current view of self.

Volleyball is an Olympic team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules. The complete rules are extensive. But simply, play proceeds as follows: A player on one of the teams begins a 'rally' by serving the ball (tossing or releasing it and then hitting it with a hand or arm), from behind the back boundary line of the court, over the net, and into the receiving team's court. The receiving team must not let the ball be grounded within their court. They may touch the ball as many as three times. Typically, the first two touches are to set up for an attack, an attempt to direct the ball back over the net in such a way that the serving team is unable to prevent it from being grounded in their court. The rally continues, with each team allowed as many as three consecutive touches, until either (1): a team makes a kill, grounding the ball on the opponent's court and winning the rally; or (2): a team commits a fault and loses the rally. The team that wins the rally is awarded a point, and serves the ball to start the next rally. The ball is usually played with the hands or arms, but players can legally strike or push (short contact) the ball with any part of the body. A number of consistent techniques have evolved in volleyball, including spiking and blocking (because these plays are made above the top of the net the vertical jump is an athletic skill emphasized in the sport) as well as passing, setting, and specialized player positions and offensive and defensive structures.

Methodology

Aim and Objective of the study:

To Examine the Self-concept of Male and Female Inter-

university Volleyball Players To Examine the Self-concept of 18-21years and 22-25years Interuniversity Volleyball Players

Hypothesis:

Male Interuniversity Volleyball Players have Significantly Better Self-concept than the Female Saurashtra Interuniversity Volleyball Players. 22-25years. Interuniversity Volleyball Players have Significantly Better Self-concept than the 18-21years Interuniversity Volleyball Players.

Sample

For the present study 200 players were selected from Maharashtra. The effective sample consisted of 200 subjects, out of which 100 subjects were male and 100 subjects were female. The age range of subjects where 18 to 25 years.

Tools

Self-Concept scale:

This test is developed and standardized by C. G. Deshpande. The test consisted of 60 Items. The subjects were required to respond to each item in terms of 'YES' OR 'NO'. The reliability coefficient of the test was found 0.86 with Spearman Brown formula. The validity coefficient was found 0.84.

Procedures of data collection

Each of the three instruments could be administered individuals as well as a small group. While collecting the data for the study the later approaches was adopted. The subjects were called in a small group of 20 to 25 subjects and there seating arrangements was made in a classroom Prior to administration of test, through informal talk appropriate rapport form Following the instructions and procedure suggested by the author of the tests. The test was administered and a field copy of each Test was collected. Following the same procedure, the whole data were collected.

Variable

Independent variable- Gender a) Male b) Female

Age a) 18-21y b) 22-25y

Dependent variable- 1. Self-concept

Statistical Treatment of Data

Table-1

Male and Female Interuniversity Volleyball Players Shows the mean S. D and 't' value of factors 'Self Concept'

Factor	Group	A1B1	A2B1	A2B1	A2B2
Self-concept	Mean	42.27	39.45	43.34	38.76
	S.D.	2.51	2.86	2.06	2.19

A = Gender

B = Age

A1 = Male

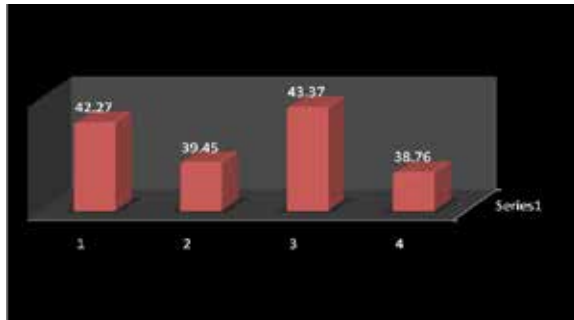
A2 = Female B1 = 22-25y B2 = 18-21y

Summary of Two Way ANOVA

SS	Source	Df	Ms	F	P
990.13	A	1	990.13	378.75	<0.01
465.13	B	1	465.13	177.93	<0.01
1.12	A×B	1	1.12	0.43	NS

512.38	Within	196	2.61	-	-
1968.76	Total	199	-	-	-

Figure 1



The factor Gender It was varied at two levels i.e. Male and Female it was assumed Male & female differ significantly with

regards to Self-concept. Since the main effect A is highly Significant ($F = 378.75$, $df = 1$ and 192 , $P < 0.01$) It is Clear that Male and Female Subjects Differ Significantly From each other from the mean scores and graph it was found that the males had significantly Better Self- Concept than the Females this Result Support the Hypothesis. The Second Independent Variable the Factor of Age It was also varied at two levels. The effective sample was divided in to two groups, 22-25years and 18-21years. Main effect has yielded highly significantly result and F Values of 177.93 for 1 and 192 df is significant beyond 0.01 level. And Support the Hypothesis 22-25years Interuniversity Volleyball Players has Significantly Better Self-concept than the 18-21years Interuniversity Volleyball Players.

Results:

Male Interuniversity Volleyball Players have Significantly Better Self-concept than the Female Interuniversity Volleyball Players. 22-25years Interuniversity Volleyball Players have Significantly Better Self-concept than the 18-21years Interuniversity Volleyball Players.

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