

A COMPARATIVE ANALYSIS OF SELF-ACCEPTANCE BETWEEN MALE AND FEMALE BADMINTON PLAYERS

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ABSTRACT

The aim of this study was to determine the level of Self-Acceptance Between male and female Badminton players. To obtain data, the investigator had selected Twenty (N=20) male and female inter-college level Badminton players of R.K. Arya College, Nawanshahr, Punjab were selected for this study. The subjects were purposively assigned into two groups: Male Badminton players ($n_1=10$) and Female Badminton players ($n_2=10$). To measure the level of Self-Acceptance among subjects, Self-Acceptance Battery by S.B. Kakkar (1984) was administered to measure the level of Self-Acceptance of the students. To determine the significant differences of Self-Acceptance in male and female inter-college level Badminton players, unpaired t-test was employed for data analyses. To test the hypothesis, the level of significance was set at 0.05. In a nutshell it can be said that from the findings that insignificant differences were found between male and female inter-college level Badminton players on the variable Self-Acceptance.

Keywords: Self-Acceptance, Badminton players.

INTRODUCTION:

Sport psychology specialist work with athletes who hold extensively differing values and beliefs about their sporting and everyday life. Psychological variables are universally acknowledged as being foremost provider to generous success in sports J. Singh and S. Singh (2011). Self-acceptance is an attitude or relationship in which an individual feels a sense of personal worth an individual's sense of full reconciliation with or acceptance of his own worth. Self-acceptance is the sense of personal worth and satisfaction with oneself, and is appraised in terms of the quantitative scores obtained on his attribute. Stephen Covey wrote, "We are not feelings." The very fact that we can think about these things separates us from them and from the animal worlds. Self-awareness enables us to stand apart and examine even the way we see ourselves the most fundamental paradigm of effectiveness. So many Scientific studies evidence shows that mere participation in sports can prove to be psychological asset and also further helpful in lifelong activities regardless of whether the participation has been Competition

oriented (Matsumoto & Konno, 2005). While considering the paramount importance of psychological variables with regard to combat sports the investigators focused to analyze the major role of Self-Acceptance Between male and female Badminton players.

METHOD AND PROCEDURE:

SAMPLE:

To obtain data, the investigator had selected Twenty (N=20) male and female inter-college level Badminton players of R.K. Arya College, Nawanshahr, Punjab were selected for this study. The subjects were purposively assigned into two groups: Male Badminton players ($n_1=10$) and Female Badminton players ($n_2=10$).

INSTRUMENT

To measure the level of Self-Acceptance among subjects, Self-Acceptance Battery by S.B. Kakkar (1984) was administered to measure the level of Self-Acceptance of the students.

STATISTICAL TECHNIQUE EMPLOYED

To determine the significant differences of Self-Acceptance in male and female inter-college level Badminton players, unpaired t-test was employed for data analyses. To test the hypothesis, the level of significance was set at 0.05.

RESULTS:

Table-1 Significant differences in the Mean scores of male and female inter-college level Badminton players on the variable Self-Acceptance.

	Male Badminton Players =10		Female Badminton Players =10			
Variables	Mean	SD	Mean	SD	t-value	Sig.
Self-Acceptance	92.95	7.52	88.65	7.20	1.30	0.53

SELF-ACCEPTANCE

A glance at table-1 shows the results of male and female inter-college level Badminton players, on the variable Self-Acceptance. The descriptive statistics shows the Mean and SD values of male badminton Players as 92.95 and 7.52 respectively. However, female badminton players had Mean and SD values as 88.65 and 7.20 respectively. The 't'-value 1.30 as shown in the table above was found statistically insignificant ($P > 0.05$). It has been observed from the above results that Table Tennis has demonstrated significantly better on Overall Mental Health than the Chess players.

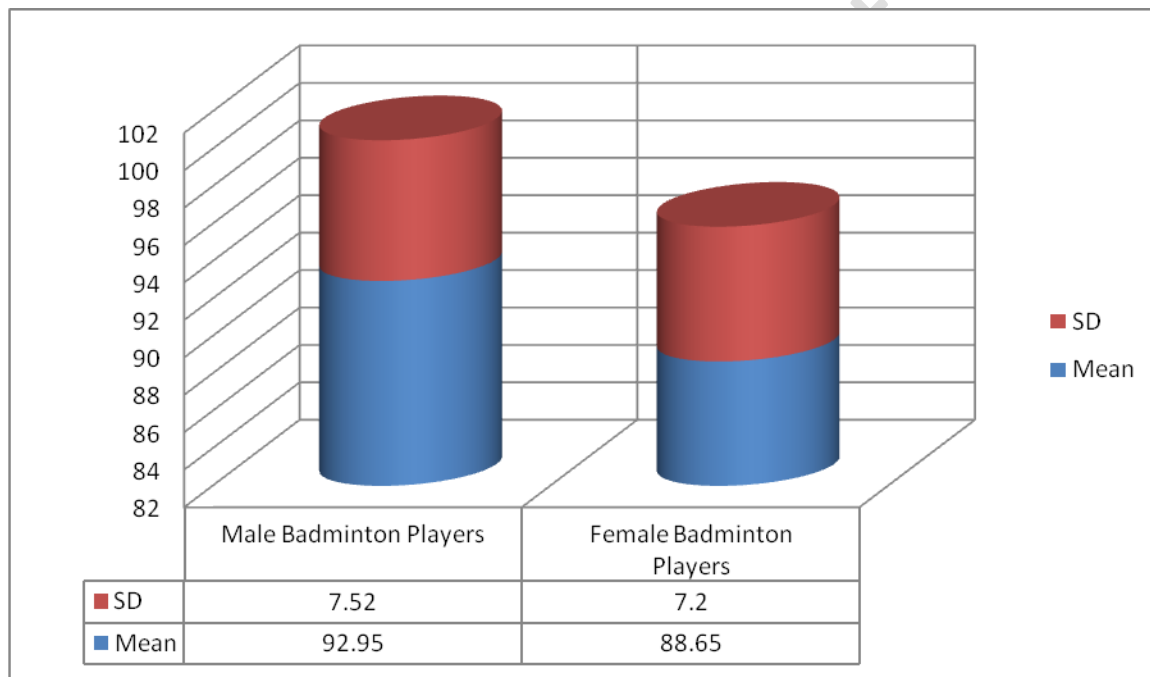


Figure-1: Mean & SD scores of male and female inter-college level Badminton players on the variable Self-Acceptance.

CONCLUSION:

In a nutshell it can be said that from the findings that insignificant differences were found between male and female inter-college level Badminton players on the variable Self-Acceptance.

References

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