

## A Comparative study of Self-esteem among Male and Female students from Fit India Movement organised by Savitribai Phule Pune University


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Self-esteem is an acquire set of beliefs about the 'Self' and it is the largest determinant of behaviour. Purpose of this study is to find if gender has any influence on Self-Esteem of current participants of Fit India Movement organised by Department of Physical Education from Savitribai Phule Pune University. This study was carried out on 15 male and 15 female students (n=30) age between 20-30 years. Data was collected by using Rosenberg Self-Esteem 4 point Likert scale in form of Google form. Analysis of data was Quantitative, Independent sample t test was computed to compare Self-Esteem between both the genders. Findings show that there is no significant difference of Self-Esteem among male and female students (P=0.109). Therefore conclusion states that gender has no influence on Self-Esteem on students of Fit India Movement organised by Savitribai Phule Pune University.

**Keywords:** Self-esteem, Gender, Fit India Movement, Rosenberg self-esteem scale

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## Introduction

Physical activity is very important in day today life. Physical activity means any bodily movement that increases energy expenditure. Regular physical activity helps to reduce the risk of non-communicable disease like heart disease, hypertension, diabetes depression, etc.

According to WHO adult age 18 - 64 should do at least 150 minutes of moderate intensity aerobic physical activity for whole week or do at least 75 minutes of vigorous intensity aerobic physical activity throughout the week. Report of Indian council of medical research ICMR shows that physical inactivity is very common in India. Around 50.4% people were found inactive during a study conducted by government agency of India (The times of India) physical inactivity leads to high disease burden and death. According to WHO Physical inactivity has been identified as 4th leading risk factor for global mortality so government of India has come up with fit India Movement to make people more active.

Fit India Movement is a nationwide movement launched by prime Minister of India Narendra modi to encourage people to participate in any type of physical activity to remain fit and healthy. In order to make the movement happening ministry of higher Education launch fit India Movement in every institution where in every University has to formulate a fitness plan for educational institution to inculcate fit and healthy lifestyle.

Savitribai Phule Pune University launched fitness movement for campus students, the idea behind the program is to make students aware about the importance of fitness and engage them in regular physical activity. Regular physical exercise helps to improve psychological as well as physiological health. psychological benefits like respiratory function, joint flexibility, bone mass. Psychological benefits like improving confidence, reduce feelings of anxiety and depression, self increase in self esteem.

Self esteem is measure of how much we like and appear of ourselves ( sandford and Donovan, 1988) self-esteem is kind of feeling that we have about ourselves . It is a realistic respect for a favourable impression of self (dictionary.com). In sport psychology literature self-esteem is defined by degree of worth and competence that we regard

To ourself. Research has shown time and time again that exercise can increase the self esteem ( neuropsychiatrist Dis Treat. 2016; 12; 2617-2625). During past two decades gender differences in self-esteem have found that men have higher self esteem than women (journal of personality and social psychology) regular physical exercise put the mind in more positive state. So the question arises here, does gender has any influence on self esteem of regular exercising students?

As on day 1 of fit India Movement organised by Savitribai Phule Pune University the proportion of male and female students were balance. As the day went by the participation of boy students started dropping but at other hand girls were more regular therefore the purpose of this study is to find if gender has any influence on self esteem of current participating students of fit India Movement organised by Savitribai Phule Pune University.

## Material and Method

Subject: Fit India Movement is fitness challenge programme organised by Savitribai Phule Pune University, from that researcher has selected 30 students, from which 15 were males and 15 were females student as sample of this study with the help of Weighted stratified sampling technique.

Variables and Tools: For measuring Self-Esteem, researcher have used Rosenberg Self-Esteem Scale of (Rosenberg, 1965). Which has 10-items. This questionnaire measures self-report of global self - esteem. The items are answered on a four point likert scale ranging from Strongly agree to Strongly disagree.

Procedure: In order to determine if gender has an effect on Self-esteem, Rosenberg self-esteem scale was administered on 15 male and 15 female students (n=30) from fit India Movement organised by Savitribai Phule Pune University. Rosenberg self-esteem scale was send to 100 students (N=100) via a Google form and Sample of 30 was selected using weighted stratified sampling technique. Data collected was statistically analysed using descriptive statistics. In order to determine difference between gender Independent sample't' test was computed.

## Result

To determine if gender has an effect on Self-esteem, Rosenberg self-esteem

Scale was administered on male and female students from fit India movement. Once the data is collected its descriptive statistical analysis are shown in the below table.

**Table No. 1:**  
**Descriptive Statistics of Self-esteem of male and female students.**

Gender	N	Mean	Std. Deviation	Std. Error Mean
Self Esteem Male	15	18.00	3.207	0.828
Female	15	19.80	2.731	0.705

According to the table no. 1, the calculated mean and standard deviation of their performance is 18 and 3.207 respectively. Similarly when same test was administered on female students the mean and standard deviation of their performance is 19.80 and 2.731 respectively.

**Table No. 2:**  
**Independent samples test of Self-esteem of male and female students.**

	Levene's Test for Equality of Variances		t-test for Equality of Means		Sig.	Mean Difference	Std. Error Difference	Lower Bound	Upper Bound
	F	Sig.	t	Df					
Self Esteem	0.096	0.759	1.655	28	0.109	1.800	0.109	1.691	1.909
	Equal variances assumed								
	Equal variances not assumed								

From the above table no. 2, incase of Independent sample 't' test we need to test equality of variances between two groups for which levene's test for equality of variances was calculated. The calculated 'F' value for self-Esteem is 0.096 and significant value is 0.759. The significance value is more than 0.05, hence the equal variances are assumed.

For comparing Self Esteem among male and female students, the mean difference was calculated. The calculated mean difference 1.800, calculated 't' value is 1.655 for the degree of freedom 28 calculated 't' value shows no significant difference at 0.05 level of significance. (P=0.109). Hence there is no significant difference in Self-Esteem

Among male and female students from Fit India Movement organised by Savitribai Phule Pune University.

**Discussion**

The result of this study shows that gender has no significant influence on self-esteem of students from SPPU fit India Movement.

According to the study conducted by Samuel D. Gosling (21st dec 2015) where he studied gender interaction effect on self-esteem across 48th nations. Result stated that man tend to have higher self-esteem than woman. Likewise Malik S. and Saida (2013) conducted study of gender difference in self-esteem on 60 male and 60 female students of Sargodha University Pakistan.

The result shows that gender has an impact on self-esteem, where male has higher self-esteem then female students. The study shows no significant difference in gender may be due to together involvement of students in planned physical activity where both the genders are treated equally without any discrimination.

**Conclusion**

From the above results we can state that gender has no significant influence on Self-Esteem.

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