



# Amitrakshar International Journal

of Interdisciplinary and Transdisciplinary Research (AIJITR)

(A Social Science, Science and Indian Knowledge Systems Perspective)

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## Study on Self Esteem between General and Physical Education College Students

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**Abstract:** Purpose of the present study was to find out the tone-regard or self-esteem position on named cerebral variables between general and physical education students. Total 50 manly scholars were used as subjects. Age range between 18- 21 times. Tone-regard was measured by questionnaire which develops by "Rosenberg tone-regard scale". "T" test was used to calculate. The findings of this study reflected that insignificant compliance between general college scholars and physical education scholars, but physical education scholars have high tone-regard from general council scholars.

**Keywords:** Tone-regard, Self Concept, Physical education, General College and scholars.

### Introduction

Tone regard or self-esteem is another's idea of one's own strengths or sins which helps to produce one's Self Concept or egotism. For illustration, numerous say I'm a good speaker. It has been proven time and time again in different situations that he has come to believe that I'm a good speaker. Again, my classmates and preceptors say I'm bad at calculi, so my tendency to do calculi will gradationally drop. This is called Negative tone regard. I.e. Self Esteem. Not just the result of my own thinking about myself, but the way others suppose of me can be called Self Esteem.

William James (1892) first spoke of two types of pride or tone. 1. I tone is to know oneself and 2. Me tone means to try to estimate oneself. Me tone the sum of three types of tone. They're Material tone, Spiritual tone, and social tone. James says this social tone is nearly tone regard. In 1960, sociologist Morris Rosenberg spoke about tone-regard." tone regard is the feeling of tone". Rosenberg latterly developed a scale for measuring a person's tone regard, known as the Rosenberg tone regard scale (RSES). In the twentieth century, realistic psychologists spoke of two further branches of psychology. These are Phenomenology and Humanistic Psychology. Conservative psychologists began to suppose again about tone esteems. 1977 announcement. Psychologists similar as Judge, Locke and Durham spoke of Core tone-evaluation. Which numerous have called Self-conception. Tone regard is a part of core tone evaluation.

Tone-regard is n't created after birth. Tone-regard begins gradationally in children from the age of 2 times. In the morning, the children are happy to see the guest of the elders. Also, gradationally the elders can distinguish between praise and annoyance. Expresses joy in praise and anguish in resentment. Tone-regard is created in children progressed 3-5 times. They understand good deeds, bad deeds, commination and praise and act consequently. Boys and girls between the periods of 6 and 10 bear according to their studies, sports, physical shape and descent. Different types of tone- regard are created in grown-ups from 11 times. Tone-regard is erected on peer-to- peer gemütlichkeit, love, affection, affection, physical appearance, and job. Tone- regard is important at every position of life. In the morning, tone- regard is erected around oneself. Gradationally tone-regard is created by fastening on different objects. After a while, tone-regard takes the form of pride or tone Concept. Egoism makes scholars competitive. When they succeed in the competition, their sweats increase numerous times over. Failure to succeed in the competition hurts tone- regard, causing the child to come more stubborn and share in the competition and ultimately succeed.

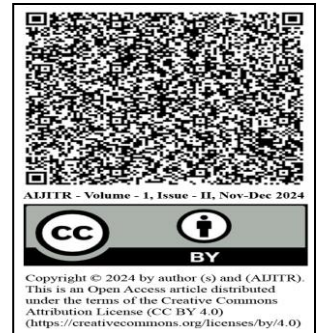
Different psychologists suppose that a person's tone-regard and tone-efficacy together form a tone-conception. In a word (tone regard) is n't only the existent's own studies, but also the result of other members of society judging that person. Giving an illustration will make the point clearer. For illustration, I play justice well. It's proven in different situations. This is my tone-loathing. Everyone who sees my game calls me a good player. For this, my tone-regard has been created. I'll exercise further to do better in the coming games so that my tone-regard is n't damaged. Tone-regard also plays a part in the association of personality. The pupil can frequently assess himself or herself rightly. That is why numerous times he can not make the right decision about his tone- loathing. This is called arrogance. It's veritably delicate to form a correct idea about yourself. Numerous times it can be proven wrong or false. But it's only when other members of society make the same decision about him that his tone-regard is eroded. And to maintain this tone-regard, the individual passes to ameliorate himself further. That's why it's the duty of parents at home and preceptors at academy to encourage the child to do good deeds, to help him in colorful ways so that tone-regard is created in him. Once the tone-regard hedge is created, the child tries to keep his tone-regard complete, performing in gradational enhancement.

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Also, if a pupil is reprimanded or blamed for his or her minor miscalculations, he or she's naturally offended. He loses confidence in himself and becomes disinterested in work and gradationally withdraws from all matters and becomes extremely tone- centered, or gradationally becomes aggressive by inciting violence towards good boys. Gradationally the inconsistent guest within him came apparent. So, in order to develop the pupil duly, one should always take care that the guest of the parents or preceptors does n't hurt his tone-regard and tone-restraint. Tone-regard and tone- control are veritably important in the development of a child's personality.

### Statement of the Problem

With this background idea the major purpose of the study was to compare the Self-Esteem between general college students and general college physical education students. Thus, the problem was stated as “Study on Self Esteem between General and Physical Education College Students”.

### Purpose of the Study

The main purpose of the study is to find-out the status between general and physical education council scholars in respects to their tone regard, find out the difference between Self Esteem among general and physical education council scholars and the study may be help the preceptors, trainers to determine the tone regard status among them and develop their capacities.

### Methodology

#### Selection of the Subjects

An aggregate of 50 scholars age order of eighteen to twenty-one times were named aimlessly as the subject for the study. Subjects were named from Bankura quarter. Equal figures of subjects were named by the experimenter.

### Statistical Procedure

In the present study for assaying the data following statistical treatment were given. “T” test calculates. For the purpose of comparing the present study the position of significance was set at 0.05 situations of confidence.

### Criterion Measure

To compare the tone regard between general and physical education council scholars following tone regard measured questionnaire by “Rosenberg Self- Esteem scale”.

## Results and Discussion

TABLE -1

Tabular presentation of mean, standard deviation and “t” ratio of self-esteem between general and physical education college students

Variables	Subject	No	Mean	SD	MD	$\sigma$ DM	“t” ratio
Self-Esteem	General students	25	26.16	2.239	1.2	0.872	1.376
	Physical education students	25	27.36	3.928			

Significant at 0.05 level of confidence  $t'_{0.05} (48) = 2.009$

From this table evident that the mean and standard deviation of Self-esteem in respect of general students  $26.16 \pm 2.239$  and mean and standard deviation of Physical education students  $27.36 \pm 3.928$ . Calculated ‘t’ ratio was 1.376 which lower than table value of 2.009 so insignificant result was found in respect of Self-esteem of 0.05 level of confidence. The mean and standard deviation of the score have been presented graphically in this Figure 1.

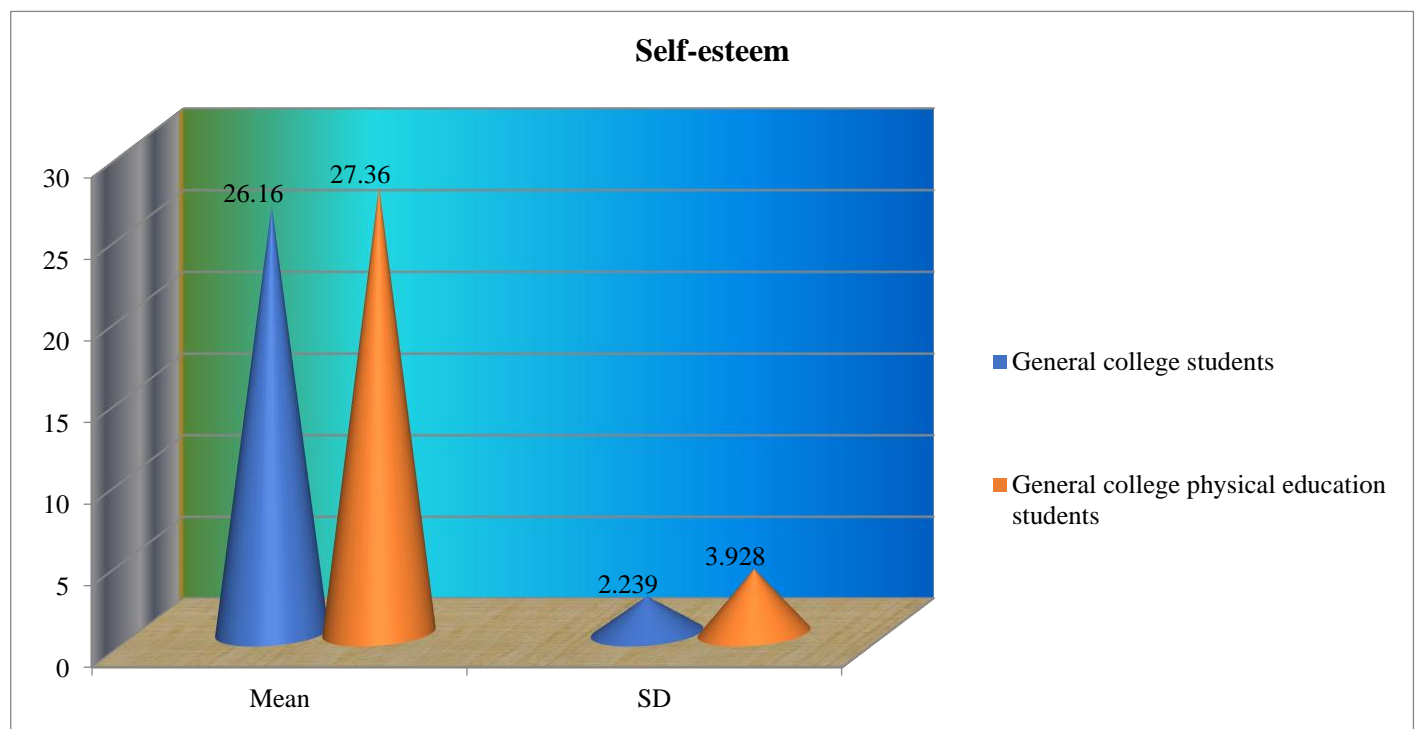


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**Figure 1: Compares mean and standard deviation of the score on self-esteem of general college students and general college physical education students**

Tone regard is the positive or negative station about tone, the quantum of choice or satisfaction inward tone, and owns feeling of perceived worth as compared with others. Healthy tone- regard is important to be successful and happy throughout one's life. There is insignificant compliance among general council scholars and general council physical education scholars. General council physical education scholars have high tone-regard from general council scholars. Because their academic performance and colorful type of physical exertion, sports events help to develop tone-regard.

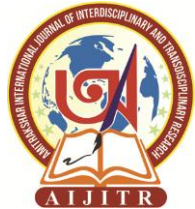
## Conclusions

The present study delved and estimated tone-regard among general council scholars and general council physical education scholars and the results from the questionnaire which was exposed to them to calculate the degree of tone-regard. In tone-regard is insignificant difference was set up among general council scholars and general council physical education scholars.

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