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## Investigation of self concept of winner and loser semi finalist women teams of state level kho-kho tournament

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### Abstract

**Introduction:** The self-concept as an organizer of behavior is of great importance. Self-concept refers to the experience of one's own being. It includes what people come to know about themselves through experience, reflection and feedback from others.

**Objectives of the study:** 1) First objective of the study was to characterize the Self-concept of winner and loser semi finalist women team of state level Kho-Kho tournament. 2) Second objective of the study was to compare the Self-concept of winner and loser semi finalist women team players of state level Kho-Kho tournament.

**Material and Methods:** The present study was conducted on 48 women Kho-Kho players of Madhya Pradesh i.e. 24 from each winner and 24 from each loser semi finalist women teams of state level were selected as subjects of this study. Kho-Kho tournament held on 5 and 6 Nov 2015 at Atal Bihari Bajpai govt. arts & commerce college Indore. The Self-concept was selected as psychological variables. The self-concept was assessed by Questionnaire of Self-concept, as standardized by G.P Sherry, R.P. Verma and P.K. Goswami has forty eight items. Data was collected through the purposive technique.

**Results:** The present study reveals that significant difference was found between winner and loser girls state players in relation to self-concept. Winners semi finalist girl's team players having greater mean this might be because their playing efficiency was better than losers therefore they were more confidence & better in self-concept.

**Conclusions:** 1) Significant difference was found between semi finalist winners and losers in relation to Self-concept. 2) Winner girls Kho-kho players were having greater self-concept in comparison to loser girls Kho-Kho players.

**Keywords:** Kho-kho, self-concept, state etc.

### 1. Introduction

Self-concept is influenced by many factors, such as age, sex, academic achievement and socio-economic status. Body image is also an important element of self-concept development. How person feel about themselves if related to how they feel about their body, height, weight, girth, eye color, complexion, and general body proportions are very much related to feelings of personal adequacy (Hamcheck, 1978).

The self-concept as an organizer of behavior is of great importance. Self-concept refers to the experience of one's own being. It includes what people come to know about themselves through experience, reflection and feedback from others. It is an organized cognitive structure comprised of a set of attitudes, beliefs, values, variety of habits, abilities, out looks, ideas and feelings of a person. Consistency of behavior and continuity of identity are two of the chief properties of the self-concept.

Self-concept, an ignored and neglected area in psychology and education for long, has now been recognized to play a vital role in personality development. It has been established by contemporary researches that the way an individual perceives himself goes to shape his behavior patterns. There is growing awareness that of all the perceptions we experience in the course of living, none has more profound significance than the perceptions we hold regarding our own personal existence-our concept regarding the point, which we are and how we fit into the world.

History of Kho-Kho in India goes back a long way, as it was first started in the state of Maharashtra. The game has been very popular in the Marathi speaking people.

This game, for many years, was played in an informal ways! In order to make the game very popular, the Deccan Gymkhana club of Poona tried to formalize the game! The first edition of the rules, of Aryapatya Kho-Kho and Hu-Tu-Tu, was published in 1935, by the newly founded Akhil Maharashtra Shareerika Shikshan Mandal. In order to suite the playing condition some amendments have been made. One of the main points of a successful animal life is "Active Chase" which is a fundamental principle of the Indian game called Kho Kho, synonymous with the phrase "Game of Chase". It will not be a mistake to say that Kho Kho was a recognized sport in the ancient times even earlier to the oldest mythological writings of classics- Mahabharata. The game of chase was then also regarded as legend, as it used in phraseology as "putting Kho to someone's active chase meaning putting an effective block and stopping the progress". The current adaptation of the game was actually an adaptation about the time of World War I in 1914, but at the same time lacked exacting rules and regulation that govern the games in the modern times. There were neither any dimension to the playground nor the poles which demarcate the central line, and the factor was also missing!

**1.1 Objectives of the study**

- 1) First objective of the study was to characterize the Self-concept of winners and losers semi finalist girl's team players of state level Kho-Kho competition.
- 2) Second objective of the study was to compare the Self-concept of winners and losers semi finalist girl's team players of state level Kho-Kho competition.

**2. Material and Methods**

The present study was conducted on 48 girls Kho-Kho player of Madhya Pradesh. 24 from semifinalist winners Indore & Bhopal and 24 from semi finalist losers Jabalpur & Rewa girls team. Keeping in vie the objectives, the players were categorized into two main groups: winners (24) and losers (24) semi finalist girls team players of state level Kho-Kho competition, held at Atal Bihari Bajpai govt. arts & commerce college Indore on 5<sup>th</sup> & 6<sup>th</sup> Nov. 2015. The Self-concept was selected as psychological variables. The self-concept was assessed by Questionnaire of Self-concept, as standardize by G.P Sherry, R.P. Verma and P.K. Goswami has forty eight items. Data was collected through the purposive technique.

**3. Results, Discussion and Conclusions**

The statistical analysis of data has been presented in this chapter. The Self-concept data was collected on total 48 girls Kho-Kho players. To characterize and compare the Self-concept of winners and losers semi finalist girl's team players of state level, Descriptive and t-test was used. Data pertaining to that have been presented in Table -1-2.

**Table 1:** Mean and Standard Deviation of Self-concept of semi finalist winners and losers girl's team players of state level Kho-Kho competition.

| Self-concept |         | Mean  | S.D.  |
|--------------|---------|-------|-------|
|              | Winners | 32.25 | 33.23 |
| Losers       | 28.33   | 24.75 |       |

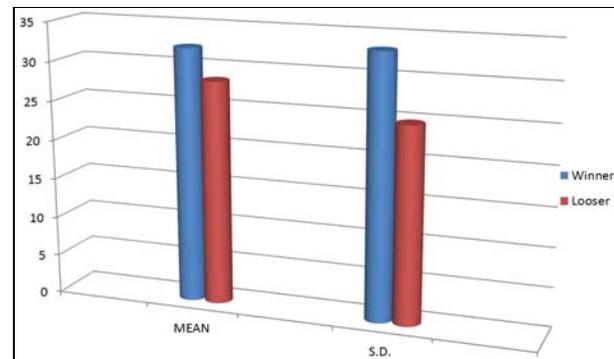
Table – 1 reveals that winners players were having grater mean (32.25±33.23) in comparison to losers players (28.33±24.75).

**Table 2:** Significance difference of Self-concept of Mean in winners and losers semi finalist girl's team players of state level Kho-Kho competition.

| Group   | Mean  | Mean Difference | t- ratio |
|---------|-------|-----------------|----------|
| Winners | 32.25 | 3.92            | 2.51*    |
| Losers  | 28.33 |                 |          |

\*significant at .05 level.  
 "t".05 (46) = 2.012

Table – 2 reveals that significant difference was found between winner and loser in relation to Self-concept because calculated t value (2.51\*) was greater than the tabulated (2.012) at 0.05 level of significance. This table was presented in Figure 1 below:



**Fig 1:** The Graphical Representation of the Mean and Standard Deviation of Self-concept of semi finalist winners and losers girl's team players of state level Kho-Kho tournament.

**3.1 Discussion of Findings**

- The present study reveals that significant difference was found between winner and loser girls state players in relation to self-concept. Winners semi finalist girl's team players having grater mean this might be because their playing efficiency was better then losers therefore they were more confidence & better in self-concept.

**3.2 Conclusions**

- Significant difference was found between winners and losers in relation to Self-concept.
- Winner girls Kho-kho players were having greater self-concept in comparison to loser girls Kho-Kho players.

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