

## IMPACT OF AGE AND SPORTS PARTICIPATION ON SELF ESTEEM OF ADOLESCENT BOYS



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**Abstract:**-The purpose of the study was to see the impact of age and sports participation on self-esteem of adolescent boys. Total 200 adolescent boys were selected from various public schools of New Delhi where 100 boys have participated in sports and 100 boys have not participated in sports. Rosenberg Self Esteem Inventory (Rosenberg, 1965) was used as a criterion measure for self-esteem. Mean, Standard Deviation, and Two-Way ANOVA were employed as statistical techniques for computation of Self-esteem of school boy students. Results revealed that boys who have participated in sports have higher self-esteem than the boys who have not participated in sports. Participation in sports had effected on self-esteem of different age group but age group alone did not effect on self-esteem of adolescent boys.

**Keywords:**Self-esteem, Adolescent.

**INTRODUCTION :-**

Self-esteem is a person's overall emotional evaluation of his or her own worth. It is a judgment of oneself as well as an attitude toward the self. Self-esteem encompasses beliefs and emotions such as triumph, despair, pride and shame. "The self-concept is what we think about the self; self-esteem is the positive or negative evaluations of the self, as in how we feel about it" (Smith & Mackie 2007). Brown (1998) reported that individuals with high self-esteem were happier with their lives, which resulted in fewer interpersonal problems and in a higher consistency of achievements. He also reported that people with high self-esteem are more capable of forming satisfying love relationships and are less susceptible to social pressure (Brown, 1998). Research has shown that sport participation does have a positive effect on adolescent youth; it helps to promote their self-esteem as well as heightening their overall well-being (Slutzky & Simpkins, 2009). A research by McHale et al. (2005) on the involvement of seventh grade students in an urban middle-school in organized team sports found that it had positive effects on their self-esteem as well as preventive effect on substance abuse. Sport participation has been found to reduce the risk of obesity, cardiovascular disease and other chronic diseases (Sothorn et al. 1999; Warburton et al. 2006). Considering all those aspects the present study was intended to see the impact of age and sports participation on self-esteem of school boy students.

**METHODOLOGY**

For the purpose of the study total 200 adolescent boys were selected from various public schools of New Delhi where 100 boys have participated in sports and 100 boys have not participated in sports. Rosenberg Self Esteem Inventory (Rosenberg, 1965) was used as a criterion measure for self-esteem and it was administered to selected 200 students for filling the questionnaire in the month of February 2014. The age of the subject ranged between 16 to 19 years. Mean, Standard Deviation, and Two-Way ANOVA were employed as statistical techniques for computation of Self-esteem of school boy students.

**RESULTS**

The data pertinent to Self-esteem of school boy students who have participated in sports and who have not participated in sports along with their age group have been computed with the help of software IBM SPSS Statistics-21 and presented in the Table No.1 and 2.

**Table No. 1  
Descriptive Statistics of Self-esteem**

Age Group	Boys Group	Mean	Std. D	N
16 years	Participated Sports	24.750	2.5000	4
	Not Participated Sports	16.667	2.2509	6
	Total	19.900	4.7246	10
17 years	Participated Sports	21.364	4.0064	33
	Not Participated Sports	18.886	4.1499	35
	Total	20.088	4.2382	68
18 years	Participated Sports	21.735	3.5275	34
	Not Participated Sports	17.943	3.2983	35
	Total	19.812	3.8892	69
19 years	Participated Sports	21.241	4.1889	29
	Not Participated Sports	20.167	3.3057	24
	Total	20.755	3.8175	53
Total	Participated Sports	21.590	3.8667	100
	Not Participated Sports	18.730	3.6649	100
	Total	20.160	4.0218	200

The above table No. 1 shows the descriptive statistics of self-esteem of adolescent boys who have participated in sports and who have not participated in sports in age group wise. Further it shows the overall

total scores in each age group. Furthermore it also shows the total score of adolescent boys who have participated in sports and who have not participated in sports.

First of all when we compare the mean of self-esteem within the age group, and for the age group 16 years the boys who have participated in sports have greater mean score than the boys who have not participated in sports as the mean score is 24.750 and 16.667 respectively. But the boys who have not participated in sports have slightly lesser Standard Deviation than the boys who have participated in sports as the Std. D score is 2.2509 and 2.5000 respectively.

For the age group 17 years again the boys who have participated in sports have greater mean score than boys who have not participated in sports as the mean score is 21.364 and 18.886 respectively. Again the boys who have participated in sports have slightly lesser Standard Deviation than the boys who have not participated in sports as the Std. D score is 4.0064 and 4.1499 respectively.

For the age group 18 years again the boys who have participated in sports have greater mean score than the boys who have not participated in sports as the mean score is 21.735 and 17.943 respectively. But the boys who have not participated in sports have slightly lesser Standard Deviation than the boys who have participated in sports as the Std. D score is 3.2983 and 3.5275 respectively.

For the age group 19 years again the boys who have participated in sports have greater mean score than the boys who have not participated in sports as the mean score is 21.241 and 20.167 respectively. But the boys who have not participated in sports have slightly lesser Standard Deviation than boys who have participated in sports as the Std. D score is 3.3057 and 4.1889 respectively.

Again when we look at the overall mean score in each age group the highest mean score in the age group was the age group of 19 years and followed by 17 years, 16 years and 18 years, with the mean score of 20.755; 20.088; 19.900 and 19.812 respectively. But the age group with the lowest Standard Deviation was 19 years followed by 18 years, 17 years and 16 years with the Std. D score of 3.8175; 3.8892; 4.2382 and 4.7246 respectively.

Again in overall total mean score, the boys who have participated in sports have greater mean score than the boys who have not participated in sports as the mean score is 21.590 and 18.730 respectively. But the boys who have not participated in sports have slightly lesser Standard Deviation than the boys who have participated in sports as the Std. D score is 3.6649 and 3.8667 respectively.

In the above Table No. 1, we have seen there is a difference in mean scores of different age group of boys and boys who have participated in sports and who have not participated in sports. Now in order to see whether there exists statistically significant difference between boys who have participated in sports and who have not participated in sports and also between the age groups and again the participation of sports in the age group Two-Way Analysis of Variance was computed and presented in the Table No. 2.

**Table No.2**  
**Two-Way ANOVA (Tests of Between-Subjects Effects)**

Source	Type I Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	552.470 <sup>a</sup>	7	78.924	5.683	.000
Intercept	81285.120	1	81285.120	5853.093	.000
Age Group	28.147	3	9.382	.676	.568
Boys Group	399.549	1	399.549	28.770	.000
Age Group *Boys Group	124.774	3	41.591	2.995	.032
Error	2666.410	192	13.888		
Total	84504.000	200			
Corrected Total	3218.880	199			

a. R Squared = .172 (Adjusted R Squared = .141)

From Two-Way Analysis of Variance in the Table No. 2 and we can see no significant difference was found when tested between the "Age Group" as the p-value is 0.568 which is greater than 0.05 level of significant. Significant difference was found when tested between "Boys Group" (i.e. Boys who have participated in sports and boys who have not participated in sports) as the p-value is 0.000 which is lesser

than 0.05 level of significant. Further significant difference was found when tested between “Age Group \*Boys Group” (i.e. the effect of boys' participation in sports and not participation in sports on self-esteem of different age group) as the p-value is 0.032 which is lesser than 0.05 level of significant.

### DISCUSSION OF FINDINGS

In the present study we explored the impact of age and sports participation on self-esteem of adolescent boys. When we tested between different age groups; no significant difference was found in self-esteem. The insignificant difference found in their age group might be because it was only one year difference and they all belong to adolescent age group. Significant difference was found when tested between boys' group (i.e. boys who have participated in sports and the boys who have not participated in sports). And from the mean scores in the above Table No. 1 it is evident that boys who had participated in sports have higher self-esteem than the boys who had not participated in sports. Thus the findings of our study have supported the findings of Slutzky & Simpkins, (2009) and McHale et al. (2005). Further significant difference was found when tested between age group and boys group. Thus we can conclude that, boys' participation in sports had effected on the age group of adolescent boys on self-esteem. And it is evident from the mean score of table No. 1. Therefore it is suggested for adolescent boys to regularly participate in sports and in active physical activity. Future research can be conducted considering the gender factor.

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