



## A COMPARATIVE ASSESSMENT OF PHYSICAL SELF-CONCEPT: A STUDY ON VOLLEYBALL PLAYERS AND BADMINTON PLAYERS

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### ABSTRACT

The study aimed to compare the physical self-concept of volleyball players and Badminton players, involving a total of forty male CBSE cluster level players (20 volleyball players and 20 badminton players) aged between 16 to 19 years. Data on physical self-concept were collected using a questionnaire developed by Fox (1990). A t-test was employed to assess differences in mean scores between the two groups. Results indicated a significant difference between two groups of volleyball players and badminton players in overall physical self-concept. Significant differences were also observed in sub-variables related to sports competence, body attractiveness, and physical conditioning. In contrast, insignificant differences were found in physical strength and physical self-worth. This distinction was established at a 0.05 level of significance.

**Keywords:** Volleyball players, Badminton players, Physical Self Concept, Physical Strength and Physical Self-Worth.

### INTRODUCTION

In the era of scientific and technological advancements, sports scientists are delving into factors that directly and indirectly contribute to the enhancement of sports performance. Psychological variables, such as introversion, extroversion, neuroticism, psychoticism, physical self-concept, and positive attitudes, are well-documented influencers on sports performance.

In the contemporary realm of sports, players are recognizing the necessity not only for physical, physiological, and technical preparation but also for psychological readiness for competitions. With sports competitions becoming increasingly competitive, a lack of mental skills is often identified as a primary cause of poor performance, even when physical skills are adequate (Weinberg and Gould, 2011). Top-level athletes are attributing their competition success significantly to psychological skills, emphasizing that, regardless of physical ability, skill, or fitness, the quality of performance often hinges on an individual's psychological makeup (Alderman, 1974). Physical self-concept pertains to an individual's perception of various aspects of their physique and physical dimensions, covering factors like height, weight, appearance, physical abilities, overall health, coordination, ease and quality of movement, ability to translate mental thoughts into physical action, and nutritional considerations. Within the realms of physical education, sports, and exercise, physical self-concept serves as a crucial mediating variable, playing a role in achieving desired outcomes such as exercise behavior, adherence, and health-related physical fitness (Marsh et al., 2006). The study of physical self-perceptions has advanced, adopting a multidimensional and hierarchical organizational structure. Instruments like the physical self-perception profile (Fox & Corbin, 1989) and the Physical Self-Description Questionnaire (Marsh et al., 1994) have been developed to assess and understand these perceptions more comprehensively.

### METHODOLOGY

This study included a total of forty male participants, comprising 20 Volleyball players and 20 Badminton players, who were randomly selected from CBSE cluster level competition. The age range of the selected subjects spanned from 16 to 19 years. The collection of data on participants' physical self-concept utilized the Physical Self-Perception Profile (PSPP), which was created by Fox in 1990. This multidimensional self-report tool encompasses 30 items crafted to gauge an individual's perception of their physical self. The PSPP incorporates four domain-specific subscales: Sports competence, body attractiveness, physical conditioning and physical strength. Additionally, it includes a subscale designed to evaluate the overall global perception of physical self-worth (PSW). Employing a structured four-choice alternative item format, the instrument features six items per subscale, providing a comprehensive assessment of various dimensions of physical self-concept. The data for this study were collected from participants in the CBSE cluster level volleyball and badminton competition. The researcher administered the Physical Self-Perception Profile (PSPP) to the study's participants. The scoring



process for the PSPP involved summing the scores of each subscale. Each participant's response was assigned a value ranging from 1 to 4 points. Within each subscale (sport, condition, body, strength, and physical self-worth, there were six items, with scores ranging from 6 to 24. To maintain consistency, negative items were reversed, ensuring that the lowest-scoring descriptor was placed first. Items from each subdomain were organized sequentially within the complete profile. Consequently, higher scores on the PSPP indicate a more positive physical self-concept. All subscales comprised three positive and three negative items, with the exception of the strength subscale, which included four positive and two negative items. The t-test was utilized to evaluate the differences in mean scores among volleyball and badminton players with a significance level set at 0.05.

## FINDING AND RESULTS

Table 1  
 Highlighting mean differences in the five domains of physical self-concept among volleyball players and badminton players.

S.N.	Variables	Scale's Range	Volleyball Players		Badminton players		t
			Mean	SD	Mean	SD	
1	Physical self concept	30-120	65.15	6.62	56.55	5.31	5.05
2	Sports Competence	6-24	14.45	2.66	10.35	1.69	5.81
3	Body Attractiveness	6-24	13.40	1.78	11.25	2.10	3.49
4	Physical Conditioning	6-24	12.60	2.66	10.85	2.00	2.35
5	Physical Strength	6-24	12.50	2.78	11.35	1.81	1.55
6	Physical Self-worth	6-24	12.45	2.30	12.45	2.70	0.00

Significant at 0.05 level of significance

Table 1 presents that there were significant differences found between two groups of volleyball players and badminton players on overall physical self-concept. Significant differences were also found in mean scores between two groups of volleyball and badminton players in three domains of physical self-concept (sports competence, body attractiveness and physical conditioning). No significant differences were found in mean scores between two groups of volleyball and badminton players on other two domains of physical self-concept (physical Strength and physical self-worth) at the 0.05 significance level.

## DISCUSSIONS OF FINDINGS

The statistical analysis of data on the physical self-concept of volleyball players and badminton players revealed significant differences between the two groups. In terms of the five domains of physical self-concept, significant variations were observed in sports competence, body attractiveness and physical conditioning, while no significant differences were found in two domains (physical strength and physical self-worth). This aligns with Marsh and Shavelson's (1985) theory, emphasizing the multidimensional and hierarchical nature of physical self-concept. The study indicated that volleyball players exhibited a higher level of overall physical self-concept compared to badminton players. Notably, volleyball players demonstrated greater Sports Competence, attributing their competence to concrete goals and focused training. Additionally, volleyball players scored higher in Body Attractiveness, emphasizing the aesthetic nature of their sports.

Physical Conditioning also showed a significant mean difference between volleyball players and badminton players, with volleyball players exhibiting higher levels. The intense and varied weight training routines undertaken by volleyball players contributed to their superior physical conditioning. In contrast, badminton players, though emphasizing cardio-respiratory training, were found to be less conditioned.

Surprisingly, the study revealed that volleyball players possessed greater Physical Strength than badminton players. This result was attributed to the specific requirements of each sport, with volleyball players needing precise and powerful movements.

Furthermore, the analysis demonstrated that volleyball players had a higher sense of Physical Self-Worth than badminton players. This finding underscored the importance of physical appearance and beautification in volleyball, contributing to their overall sense of self-worth.



The study's outcomes align with existing literature, emphasizing the psychological variables influencing sports performance. Future research avenues could explore differences among competitive and non-competitive volleyball players and badminton players providing insights into various psychological profiles within these athlete populations.

## CONCLUSION

Based on the obtained results, it can be concluded that there is a statistically significant difference in the physical self-concept between volleyball players and badminton players. Specifically, three out of the total five domains of physical self-concept, namely sports competence, body attractiveness, and physical conditioning, exhibited significant differences. On the other hand, the remaining two domains, physical strength, and physical self-worth, did not show significant differences between the two groups.

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