

Analysis of Self- Perception among Female College Students

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Abstract

Evaluation of self perception among athletes can be very effectively utilized in the process of their performance enhancement. The present study was conducted for exploring the same among 185 female college students of Chandigarh (95 sportspersons and 90 non-sportspersons). The subjects were administered Semantic Differential Scale and obtained data was statistically analyzed for all 10 components of the variable self perception as well as for overall self perception. The results indicated that sportspersons were significantly better than non-sportspersons on overall self perception and its three components.

Key Words: Self-Perception, Athletes, Semantic Differential Scale

Introduction

Concept of self has always fascinated sports psychologists and although extensive research has been carried out in relation to different sports settings but still this phenomenon of “self” is attracting more and more research as the same serves as a prime predictor of dynamic behavior of an athlete. His mood, motivational patterns and his state of well being are all influenced by this “self”. In fact, self perception is a process in which an individual decides about his own attitudes and feelings from watching himself behaving in different situations. This is particularly true when internal cues are so weak or confusing that they effectively put the person in the same position as an external observer. Self exploration stems from the experiences consciously and might be viewed as a person’s overall estimation of his self competence and self worth based on reality. Understanding of self can help the athlete in correctly evaluating his own self attributes which can then be exploited to expand his sport performance. According to *Allport (1961)*

self is “a warm central private region of our life and as such, it plays a crucial part in our consciousness, in our personality, and in our organism; it is indeed considered as a core of our being”.

There are varieties of ways to view the self; and self-concept, self-esteem, self-estimation, self-awareness, self-image, self-perception etc. are few of the commonly employed terms. Studies have been carried out to substantiate sportspersons’ higher levels of self-esteem as compared to non-sportspersons (*Higgins, 1980; Mahoney, 1989*); overall higher level of self esteem among athletes (*Riordan et al, 1983; Davies, 1989; Bowker et al, 2003*); positive relationship between sports participation and self concept (*Olszewska, 1982; Lynn, 1991*) but there seems to be lack of research with regard to self perception in relation to sports participation. This study was therefore, undertaken to explore self perception among sports and non-sportspersons.

Material and Methods