

Self-Esteem: A Study on Elite Para-Throwers of India

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ABSTRACT

The degree of valuation and competency that we give to ourselves determines our self-esteem. We may boost our self-esteem by having a good perception of our bodies as well as the physical talents and abilities we develop through sports. We gain a sense of positive self-worth as a consequence of the praise we receive through family and friends, as well as the social bonds we form as a result of our participation in sports and physical activity. Self-esteem plays a key role in athletic performance and sporting success. In the past, studies have focused on the self-esteem concept of sports psychology in sports in elite athletes; however, there is little research on self-esteem in para-sports. This study aimed to examine the self-esteem of elite Indian para-throwers who participated at the international level. Based on this, the aim of this study was to investigate the mental self-esteem levels of elite Indian. The study group of the research consisted of 11 para-throwers (6 = standing thrower and 5 = seated thrower) who participated at the international level (Paralympic, World Championship, World Grand Prix) aged 18–40 years. Purposeful sampling approaches and easily accessible sampling methods were used in the selection of the study group. The scale form was used to collect research data. The study consisted of two parts. In the first part, of this form, there was a personal information form developed by the investigator to collect demographic information of athletes, and in the second part, there was the “Rosenberg Self-Esteem Scale” developed by Rosenberg (1965). After analysis of the data, it was found that there were no significant differences in self-esteem level at level 0.05 in both groups of para-throwers and most of the para-athletes found average on self-esteem concept.

Keywords: Athletic performance, Para-thrower, Self-esteem, Sports
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INTRODUCTION

Self-esteem is a person's subjective assessment of their own value. Self-esteem refers to one's self-perceptions as well as mood responses including triumph, sorrow, pride, and humiliation.^[1] Self-esteem is the favorable or unfavorable assessments about the self, as far as how we feel about it.^[2] Self-esteem is generally acknowledged of as a long-term personality attribute (trait self-esteem) by psychologists, though there are natural, short-term changes (state self-esteem). Self-worth, self-regard, self-respect, and self-integrity are parallels or near-synonyms of self-esteem, according to Orth and Robbins.^[3,4] Rosenberg^[5] defined self-esteem as a complex cognitive and affective synthesis. He also distinguished between high self-esteem (positive) and low self-esteem (negative). Higher self-esteem is more often associated with success in all areas of life, and low self-esteem is considered to imply depression and anxiety.^[5-7]

In sports, self-esteem has an impact on your decision-making, relationships, emotional health, and general well-being. It also affects your motivation, since athletes with a good health and positive self-image sense their potential and are motivated to take on new sporting challenges and activities.^[8] Various studies point to the importance of self-esteem in the settings of sports activities based on the integrative notion of self-esteem mentioned in sports-related literature. D'Anna *et al.*^[9] conducted a research to assess self-esteem in a variety of athletes, impact of gender in determining self-esteem.^[10] Sport participation has been linked to an increase in self-esteem, according to the previous researches, Wagnsson *et al.*^[11] Pedersen and Seidman,^[12] Slutzky and Simpkins,^[13] and Daniels and Leaper^[14] all employed a longitudinal design to look into the relationship between sport activity and self-esteem.

Following a literature review on self-esteem in athlete participating in individual and team sports, the study's broad objectives were defined: First, to investigate if there was a

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difference in aggression levels between standing and seated para-throwers, and second, to determine the current status of self-esteem among elite para-throwers, and at last, to provide athletes and coaches with meaningful recommendations after the study's conclusion.

METHODOLOGY

Subjects Selection of Study

This study included 11 para-athletes who competed for India in the Paralympics, Para-World Championships, and Para-Asian Championships. Five standing throwers and six seated throwers were used in this study. The participants were between the ages of 20 and 40. The athletes' data were collected at the Open India Para-Athlete Championship 2021.

Criteria for Assessment

The results were measured using the scores obtained from “Rosenberg Self-Esteem Scale” developed by Rosenberg as the qualifying measure.

Rosenberg Self-esteem Scale

This scale was made by Rosenberg. This is a 10-item Likert scale with answers on a 4-point scale ranging from strongly agree to strongly disagree. Circle SA if you strongly agree; A if you agree with the statement; D if you disagree; and SD if you strongly disagree. Average is considered a score of 15–25.

Statistical Tools

The independent *t*-test was performed to evaluate the self-esteem score using SPSS version 25. The significance level was established at 0.05 to test the hypothesis.

RESULTS

After implementation, Independent T-test on self-esteem level scores of standing para-throwers and seated para-throwers, Tables 1 and 2 show descriptive statistics and equality of means for standing para-throwers and seated para-throwers, respectively. Figure 1 illustrates the individual scores of para-athletes about their present level of self-esteem and Figure 2 illustrates the para-athletes about their present level of self-esteem in percentile. Standing para-throwers group had mean and standard deviation of 23.40 ± 2.19 , and the seated para-throwers group had mean and standard deviation of 21.83 ± 4.99 , respectively [Table 1].

Table 2 shows that the value of *t*-statistic for self-esteem is 0.646. This *t*-value is insignificant as its *P* = 0.533 which is more than 0.05. Thus, the null hypothesis of identical population means for the two groups fails to be rejected, and it may be inferred that the self-esteem levels of both standing and seated throwers are same.

As a result, when the self-esteem level of standing para-throwers group was compared to the seated para-throwers group, no significant differences were identified in either group (para-throwers and seated para-throwers).

DISCUSSION

The purpose of this study was to see whether there is a difference in self-esteem levels between standing and seated para-throwers. As a result, when the self-esteem level of standing para-throwers group was compared to the seated para-throwers group, no significant differences were identified in either group (para-throwers and seated para-throwers). Moreover, on the other hand, pie chart showing that self-esteem level of majority of para-thrower with 64% is average, followed with high self-esteem level in para-throwers with 27% and 9% which is at low level of self-esteem. The study's findings suggest that coaches and trainers can work with para-athletes to increase their self-esteem to prepare for and compete in world-class international events.

Various studies have confirmed that self-esteem has a direct relationship with our overall well-being, and we would do well to keep this fact in mind – both for ourselves and for those around us, particularly the developing children we interact with Bowker,^[15] Taylor and Turek,^[16] Maslow^[17] Literature supports a positive association between sport participation and an increase in self-esteem. D'Anna *et al.*^[9] study's overall conclusion stated that no gender differences were found, and that people with high self-esteem were able to do significantly notably better in high-performance sports. The competition has the potential to positively affect an elevated sense of self-worth. Another study^[10] looked at the impact of gender in determining self-esteem in

Table 1: Descriptive statistics on self-esteem level between standing para-throwers and seated para-thrower

Group statistics				
Category	n	Mean	S.D.	Std. error mean
Self-esteem				
Standing	5	23.40	2.19	0.97980
Seated	6	21.83	4.99	2.03988

Table 2: *t*-test of equality of mean for self-esteem level between standing para-throwers and seated para-thrower

Groups	F	Sig.	t	df	Sig. (two tailed)
Self-esteem					
Equal variances assumed	1.795	0.213	0.646	9	0.533
Equal variances not assumed			0.692	7.101	0.511

*Level of significant=0.05

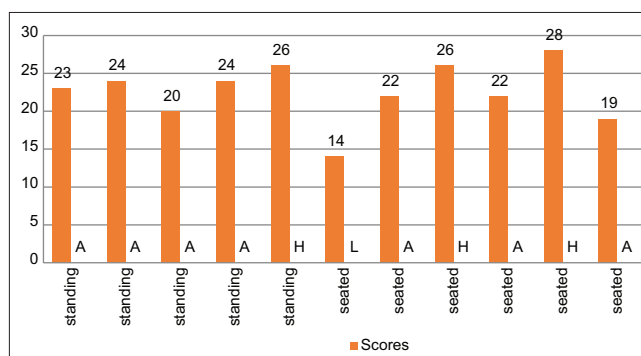


Figure 1: Bar graph showing the individual scores of para-athletes about their present level of self-esteem. *Note: L: Low, A: Average, and H: High

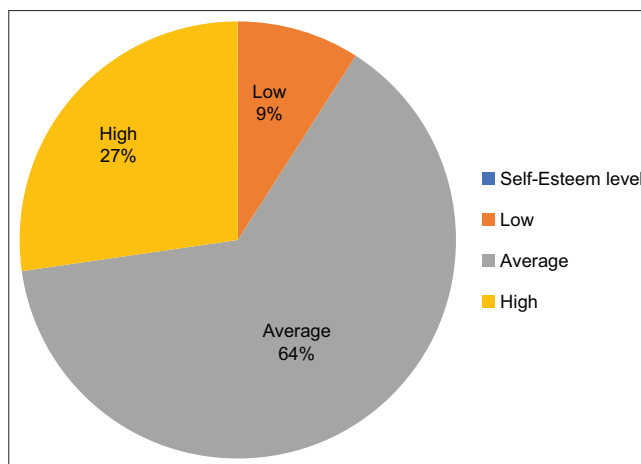


Figure 2: Pie chart showing the para-athletes about their present level of self-esteem in percentile

people who participated in a variety of sports. Females reported strong self-esteem when competing in many non-competitive sports, according to the study, which found no gender differences in self-worth. The previous studies conducted on college students have also linked sport participation with higher self-esteem.

Diener and Diener^[18,19] suggested that self-esteem is closely

aligned to happiness. The higher the self-esteem, the higher the level of happiness or subjective well-being. The previous studies have linked sport participation to an individual's overall sense of well-being or happiness,^[15,20,21] participating in athletics had a significant positive impact on self-esteem, Wagnsson *et al.* discovered that greater sentiments of self-esteem were linked to perceived sport competence.^[11] Similarly, Pedersen and Seidman's findings showed that global self-esteem rose over time.^[12] In addition, Slutzky and Simpkins^[13] stated that people who competed in team sports instead of individual sports had a better sense of self-awareness about their sport. Self-esteem was higher in those who had a positive sport self-concept.^[18] In contrast, Daniels and Leaper^[14] found that peer acceptability plays a moderating role in the global self-esteem sport participation link in both boys and girls.^[22] These researchers determined that depressive symptoms were positively associated with perceived stress and negatively with mental health.^[16,23] The authors indicated that school sport participation can enhance self-esteem, mastery, emotional well-being, self-concept, and quality of life; all leading to better mental health.^[24-26]

One of the study's possible flaws that may have influenced the results was its small sample size; this study was focused on one sport (throwing) and level of participation (international), which may have restricted its generalizability. Another study limitation was that the findings could have been influenced by the subjects' living, habits, dietary behavior, and socioeconomic background.

Other psychological traits will need to be investigated in the future to see if they meet the needs of new populations (examples such as para-swimmers or para-badminton). Cross-sectional studies in para-sports have not been investigated; future research should concentrate on this.

CONCLUSION

As a result, the finding revealed that there is no difference in self-esteem levels between standing and seated para-throwers. Researchers have been encouraged to do a larger-scale inquiry on similar themes as a result of this pilot study. Furthermore, the reality of course that it is simple and straightforward may inspire a large number of para-athletes to engage in and benefits from this type of research. Furthermore, the findings of the study imply that coaches and trainers can work with para-athletes to improve their self-esteem to prepare for and compete in world-class competitions such as the Paralympics and Para-World Championships.

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