



# Study of self-concept body image and pre and post anxiety in university badminton players

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## ABSTRACT

The focus of this presentation is on a construct validation approach to the measurement of multidimensional physical self-concept in physical education settings. For some time there seems to have been general agreement among sport/exercise psychology researchers for the need to develop sport-specific instruments and to evaluate them within a construct validity framework (Nelson, 1989). Vealey (1986) claimed that significant advances in sport/exercise psychology research “await sport-specific conceptualization and measurement instrumentation.” (p. 222). In his review of sport and exercise tests, Ostrow (1990) reported substantial gains over the last 25 years, but emphasized that many tests are still “one shot assessments... lacking further development and refinement. More specifically, Gill, Dziewaltowski, and Deeter (1988) concluded that “within sport psychology the most promising work on individual differences involves the development and use of sport-specific constructs and measures” (p. 139-140) and argued for the construction of multidimensional instruments based on theory, followed by item and reliability analysis, exploratory and confirmatory factor analysis, tests of convergent and divergent validity, validation in relation to external criteria, and application in research and practice. This approach to construct validity is particularly relevant to the measurement of physical self-concept. From a historical perspective, most self-concept instruments have either ignored physical self-concept completely or have treated physical self-concept as a relatively one-dimensional domain incorporating characteristics as diverse as fitness, health, appearance, grooming, sporting competence, body image, sexuality, and physical activity, into a single score. This condemn

led to the development of Richards Physical Self Concept Scale (RPSCS: Richards, 1988), Marsh's Physical Self Description Questionnaire (PSDQ: Marsh, Richards, Johnson, Roche, & Tremayne, 1994; Marsh, 1996), and Fox's Physical Self Perception Profile (PSPP: Fox, 1990; Fox & Corbin, 1989). Although the PSDQ and PSPP have been evaluated extensively in the research. This Of hati, rigorous evaluations of the RPSCS have appeared less frequently. This is undated as this instrument has several important advantages in terms of brevity and applicability across the entire age range from 8 to 60 and beyond (Richards, 1988, Marsh, et al, 1994, Richards, Stiller & Johnson, 2004). Hence, one focus of the present investigation is on systematic evaluation of psychometric properties of the RPSCS, its relation to the PSDQ and PSPP and on the potential uses of the three instruments in physical education

It was said long ago, "beauty is in the eye of the beholder" (Napoleon Bonaparte) Central to this insightful statement is the notion that beauty is more a subjective determination than an objective reality. The concept applies even when the target of judgment is one's own aesthetic qualities, with self evaluations and the judgments made by others not necessarily being consistent When the focus of self-evaluation is the appearance of one's body, this is what is generally referred to as body image.

## INTRODUCTION

In recent time sports scientists have ventured to find out those factors, which directly and indirectly contribute towards the enhancement of performance. It is well documented that psychological variables such as introversion, extroversion, neuroticism, psychoticism, self-concept, positive. Attitudes have significance influence on sports performance. The review of literature reveals that Badminton player's performance has not been studied in relation to the physical self concept, body image dissatisfaction and sensation seeking anxiety state by any researcher so for in spite of the fact, that these personality variables have a greater impact on these sport performance. Keeping in view of this aspect, the present researcher has formulated the problem as the relationship between physical concept, body image dissatisfaction and sensation seeking anxiety state 1 badminton player as related to their performance. Recreation and competition in sports go hand in hand and it is the latter which has become the focus of attention of every nation in the world. More scientific ways and means are being applied everywhere, not only to win "Medals" but also to test the human efficiency both physical and mental. More important than physical fitness is the psychological conditioning of the sportsman so that they can generate in themselves a "will of fight" it is here that a coach or a physical education teacher must understand and also guide the psychological nature of sportsmen.

One of the key problems in education is the reliable measurement of outcomes from educational programs in the academic realm, achievement measures often logically dominate in the evaluation of the effectiveness of subject area testing. However in the field of physical education it is often argued that learning specific physical skills is not the main purpose of

physical exhalation Instead it is often argued that physical education has broader aims in terms of the individual student's physical, and often social and personal, development. A consequence of this mainstream thinking about what physical education is attempting to achieve, is the assumption that physical education programs probably should, or do, develop the physical self concept of the students engaged in them. However, before testing of these assumptions can proceed there need to be valid and reliable instruments, proven effective in educational settings, which are available to the educator for this

## **Body Image**

Historically, the prevailing notion has been that body image disturbance is something that affects primarily females, with the vast majority of males being content or unconcerned with the appearance of their bodies. In a landmark study, Fallon and Rosin (1985) reported that female college students exhibited significantly more dissatisfaction with the appearance of their bodies than did their male counterparts, the latter of which showed no dissatisfaction. Since this study, it has been referenced 335 times (as of September 12, 2003) in the psychological literature, and many subsequent his dissertation follows the style of Social Science & Medicine, investigations have echoed the authors' conclusion that males tend to be satisfied with their bodies while body dissatisfaction among females is widespread.

## **Measurement of Physical Self-Concept**

The examination and understanding of self-concept requires appropriate methods of measurement of this construct Originally; the examination of self concept was oriented toward a unidimensional perspective that reflected a global view of the self (Coppersmith, 1967, Marsh and Winnie, 1978). This approach to measurement was imprecise because it assessed a general sense of self-worth without considering the role other contributors to self-concept (Fox, 1990).

## **Physical self-concept and physical activity**

The importance of physical self-concept rests in the relationship between the individual's personal set of beliefs and their subsequent behaviour. The measurement of physical self-efficacy has been utilized to establish relationships among one's overall self-perceptions and their subsequent participation in physical activities. To increase overall self-worth through al positive change in physical self-concept does not automatically result from participation in physical activity programs but such programs can be utilized to incrementally improve the physical self-concept perceptions of the individual (Fox, 2000). In this sense, investigations conducted by Sunstroke et al. (1992). Page et al (1993), and Asti (2005) have found that more favourable perceptions of one's physical capacity contribute to an increase in levels of participation in physical activity.

Badminton is socio-cultural phenomenon; both the processes are integral part of general education and involve learning as well as performance. Badminton is considered to be a part

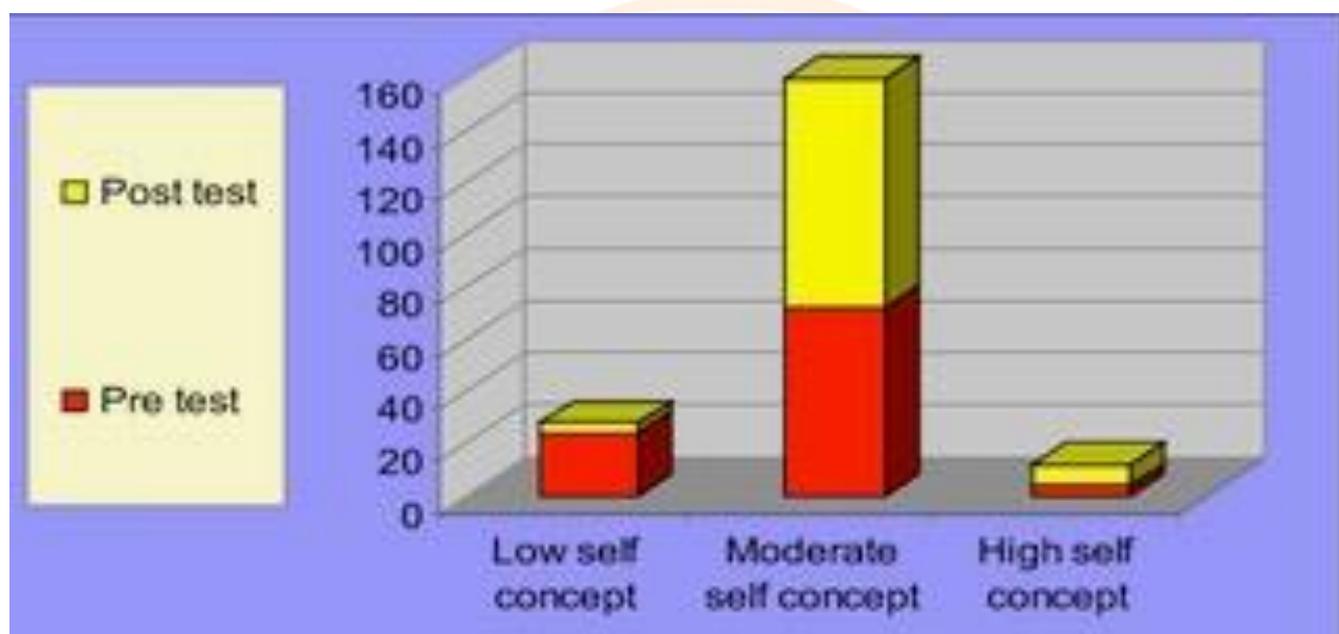
of physical education: they have existed as such through the ages. Badminton is relaxing in nature and done for seeking pleasure only.

### **PUPOSE OF THE STUDY:**

The purpose of this study is to explore the relationship among physical self-concept, somatotype and sensation-seeking anxiety state in Badminton players as related to their performance. Physical self-concept will be assessed along five categories:

- (1) Perceived sport competence,
- (2) Body attractiveness,
- (3) Physical conditioning,
- (4) Physical strength and
- (5) Global perception of overall physical self-worth.

Somatotypes of Badminton player will be expressed in a three number rating representing endomorphy, mesomorphy and Ectomorphy, using anthropometric measurements. The current study will be made to use the theory of physical self-concept to examine the possibility that the type would affect the proposed links of sport in which athletes participate. Therefore, the invariance of the model will be examined in Badminton payers.





Variable	Test	Mean	SD	t-value
Anxiety	Pre test	98.43	11.5	2.38*
	Post test	72.16	6.82	

### SIGNIFICANCE OF THE STUDY:

Sports performance is considered by product of total personality of an athlete. Sports scientist has been trying to prove their supremacy to stress upon the significance of their respective domain, on one another. Sports: psychologists have contended that within the limitation the performance of an athlete ultimately depends upon his psychological functioning. The present study may be considered significant in the following manner:

- 1) Coaches and sports psychologists would benefit from such inquiry in that effort to prepare performance for competition.
- 2) Counselling of athletes (badminton player) would be much more easier Especially during their disappointing phases.

3) The outcome of present investigation would also benefit the coaches. Trainers and athletes themselves to formulate an ideal training programme for attainment of peak performance taking into account the relationships of proposed psycho physiological variables.

An inherent aspect of competitive athletics is the need for players to meet the demands of competition and to perform well under pressure (Craft et al., 2003). "The perception of a substantial imbalance between environmental demand and response capabilities under conditions which a failure to meet demands is perceived as having important consequences will respond to increase levels of cognitive and somatic state anxiety" (Martens et al., 1990, p.10). Spielberger (1966) defined that state anxiety were "characterized by subjective, consciously perceived feelings of apprehension and tension, accompanied by or associated with activation or arousal of the autonomic nervous system"

University badminton players were operationally defined as those male and female badminton players who had competed in the badminton competition organized by the All India Intersports organization. They are players from the various universities of India. This study was designed to investigate the relationship between multidimensional pre-competitive state anxiety and situational factors of university badminton players. There were total 49 male players and 41 female players participated in this research. The result showed that there was no significant gender difference in pre-competitive somatic anxiety. However, significant gender difference was found in pre-competitive cognitive anxiety with which male players scored higher than players.

Further, the Pearson product-moment correlation coefficient was used to test the relationship between multidimensional pre-competitive anxiety and situational factors. The result indicated that there were no significant relationship between pre-competitive somatic anxiety and situational factors in male players.

However, significant negative relationship was found between pre competitive cognitive anxiety and previous performance in male players. On the other hand, for female players, there were significant relationship between pre competitive anxiety and some situational factors in both somatic and cognitive subscales. Positive relationship was found between both precompetitive anxieties and perceived opponent ability. Also, negative relationship was showed between both precompetitive anxiety and several situational factors, including performance expectation of team, performance expectation of individual, previous performance, perceived physical readiness and perceived mental readiness.

## Conclusion

From the results, the following conclusions were made:

1. Male players have similar pre-competitive somatic anxiety as female players.

2. Male players have higher pre-competitive cognitive anxiety than female players.
3. The pre-competitive somatic anxiety has no relationship with the situational factors in male players.
4. Male players who have better previous performance will have a lower pre competitive cognitive anxiety level, and vice versa.
5. Female players who have higher performance expectation of team and individual, higher perceived physical and mental readiness, and better previous performance will have a lower pre-competitive somatic anxiety level, and vice versa.
6. Female players who have higher performance expectation of team and individual, higher perceived physical and mental readiness, and better previous Performance will have a lower precompetitive cognitive anxiety level.

### **Recommendation Re Further Studies**

The following recommendations for further studies were made-

1. More investigation should be done in the field of badminton.
2. More situational variables, such as coach's influence and environment conditions, should be added to examine their effect on pre-competitive anxiety Of players.
3. Other populations such as youth squad badminton players or elite badminton players can be investigated using the same research method.
4. Other types of university players such as tennis, table tennis, soccer. Volleyball, basketball, and squash can be investigated using the same method.
5. Temporal patterning study to examine the change of pre-competitive anxiety before period of badminton competition will be worthwhile to conduct.

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