

SELF ESTEEM LEVEL IN URBAN VOLLEYBALL PLAYERS OF SINDH, PAKISTAN

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ABSTRACT

Self-esteem has earned much interest which is believed to be an important construct for athlete to be able to perform during competition however it is the most crucial and influencing factor contributing to the success or failure of an athlete. The present research explored the aforementioned factor, which influences the performance of volleyball players. The study explored through survey and interview. To triangulate the data, volleyball players of urban areas of Sindh province were interviewed using Rosenberg self-esteem scale. Players were asked to rank various factors that affected their self-esteem. The study was conducted in Hyderabad, Karachi and Mirpurkhaas. The participants were 200 in number. All participants were players of volleyball game only, ranged from 16 to 20 years. The findings indicated that the self-esteem was witnessed low in volleyball players at public colleges. Results from this study suggest that coaches and sport psychology consultants to understand, prepare, and devise and implement, more effective strategies in order to help volleyball players in heightening self-esteem.

Key words : self-esteem, volleyball, player.

1. Introduction

It is recognized as a fact by researchers that volleyball player's emotional side of behavior has significant influence on competition. The motivating factor behind the selection of the topic, which lies in subjective experience. I compare two phases of my sports career as volleyball player where in phase one, I see myself very confident and responsive in the early years one of the best player of college whereas in second phase, few years later being a senior volleyball player my pe-

formance got affected greatly. In phase-one, the reason I see of being successful volleyball player lays in my positive attitude towards myself which in other words holding high self esteem whereas in phase two, I lost belief in myself which turned me to be passive volleyball player. My negative attitude towards myself developed a fear of failure in case of participation and a fear of being laughed at. Furthermore, if I compare both phases of my sports career, the question arises here what was the reason to exp-

erience feeling of anxiety as volleyball player in phase two and not to experience the aforementioned feeling in phase-one? The tentative answer is the perception I developed for myself, the way I evaluated myself. It is termed as self-esteem in terminology of psychology.

The other motivating factor is observing my sports students experiencing the same feeling as mine. Being a sport teacher, when I see my students I find among them the Fear of failure, uneasiness, evaluating them negatively and I always hear my sports player saying I cannot do it. This drove me to undertake this as research study to know the background of the scene.

2. Psychology of sport

It is considered the study of behavior of athlete in sports. It is believed an effort to know how and why it is considered basic sports behavior. It is believed the study of psychological progressions as it recounts human sports performance. Sports psychologists employ the evidence when studying concepts like accomplishment, motivation, stimulation, acknowledgement and personality development with the skills,

which a man has with the judgments, which an individual expects to do with the skills, an individual owns. Volleyball requires dynamic skills, which could define continuous exchange of actions and pauses demands an ability of fast attention focus and refocus, and emotional stability and flexibility of a player. The unpredictable setting increase psychological pressure, causing stress that one should know how to cope with.

Competitive sport can make the best athlete apprehensive. Factors which work behind it are Anticipations, fear of failure, lack of self-reliance and anxiety in players.

3. Self esteem a psychological construct.

Many studies shed light on the term self-esteem which reflects human's complete emotional assessment of one's own worth. It is considered one's evaluation and perception to the self. Self-esteem incorporates views and feelings like victory, dejection, superiority and embarrassment. Furthermore it is practice of being capable to handle the basic judgments of life and being content.

Observing competitive environment the higher self-esteem,

the more volleyball player is productive whereas lower self esteem brings anxiety to volleyball player. If the demand of competition goes high it brings fear of failure in player. Many players, who are low at self-esteem, withdraw from competition in the result of repeated failure. An individual self-esteem is tied with the self-perception in relation to others. It poses threat towards the ego or one's self esteem, fear of being measured negatively and unpredictability. It happens once the competition challenges the ability of player, which makes environment threatening in result anxiety, is observed in player. Whoever responds in the form of either fight or flight?

4. Factors affecting level of self-esteem.

Self-esteem is one's calculation, a judgment of being good, and valued. William James, who is believed the founding father of Western psychology measured it an significant characteristic of mental health. According to James, self-esteem is a product of 'observed capability in regard of its importance. Charles Horton Cooley proposed that self-respect origins from the 'observing glass

self' - it is how one perceives oneself in the eyes of others Psychologists' attention in self-esteem has grabbed attention with 15,000 journal articles about the topic The huge majority of articles claim that self-esteem is absolutely allied with adaptive results

Self-esteem is psychology's most attention gaining concepts. It is frequently used to state one's perception about them. Self-esteem is feelings of love for oneself. High self-esteem is considered by a overall affection for oneself; low self-esteem is varied feelings too. Self-esteem is once established, it stays constant through period For example, Baumeister, Tice, and Hutton's self-presentational model, which based on the hypothesis that individual with low self-esteem, is assumed to be very conscious and self-protective interactive style so as to avoid disgrace. According to Leary's socio meter theory, experiencing feelings of low self-esteem rises once person distinguishes that she/he is disowned by others.

Researchers say that the growth of self-esteem is taken into

consideration of person's evaluation of his or her value" has significant consequences for life outcomes. Moreover, Self-esteem is related with despair, apprehension, motivation and fulfillment with one's life. Those who lack self-worth appear to be more dependent the self-esteem concerns with the morals, opinions and attitudes that an individual embraces about him-self. The second part of self-esteem defines the worth and values that one gives oneself or approval of oneself. According to Shaalvik self-esteem is considered the person's overall emotion of his acts and his or her contentment with his or her attainment.

According to Nathaniel Branden, it is a disposition to experience oneself as competent to cope with the basic challenges of life. Similarly, Mc Devitt and Ormrod. Mention self-esteem to "feelings people have about their capability and worth". Reasoner States self-esteem as "the experience of being capable of meeting life challenges". Self-esteem is distributed into two types "global self-esteem and specific self-esteem. Global self-esteem denotes to general assessment set with

wide-ranging implication for self-experience. Specific self-esteem refers to self-evaluation in narrowly defined domains.

It is taken into view that self-esteem is significant. When they are told that they are unable and unreliable, it either lowers or higher self-esteem. Self-it increases when one succeeds a fight, gathers reward, resolves a problem, or given approval to a collective it is believed that masses beliefs figure out their actions mainly.

Kleiber and Robers points out that "success in sports comes only to those who already are mentally fit resilient and strong". Less confident player doubts inspire of being good enough to be successful. He further explains that when you distrust your capability to succeed or believesomething to go wrong you are producing self-fulfilling prophesy, which is believed the expectation of happening which originates The anticipation of failure which sinks self-esteem and rises fear of failure. Sports psychologists, coaches and athletes of today's age emphasis the worth of mental constancy. Research studies exhi-

bited that people can concentrate, which could heighten higher self-esteem, raise their competence and appear successful in their performance after using psychological abilities

Materials and Procedures

This research aimed to know whether the level of self-esteem in volleyball players was low or high. In order to collect the data, players were asked to fill in the questionnaires provided by researcher. There were 200 male and female volleyball players. All volleyball players age were from 16 to 20 years. Volleyball players completed 200 questionnaires of Rosenberg self esteem scale. The study used Rosenberg's Self-Esteem Scale, which consists of 10 items. Each of which is answered on a 4-point Likert scale ranging from 4) "Strongly agree" to 3) "Agree" to 2) "Disagree" to 1) "Strongly Disagree" for item number 1, 3, 4, 7, 10 representing high self-esteem and 1) "Strongly Agree" to 2) "Agree" to 3) "Disagree" to 4) "Strongly Disagree" for item number 2, 5, 6, 8, 9 representing low self-esteem. It is necessary to mention those items which express low self-esteem

follows reverse coding. It suggests that items with negative wording have to be reversed in scoring i.e. the option of "strongly Disagree" has the highest score of 4 whereas same option has the lowest score of 1 in positive worded items. The measures were completed during intercollegiate competition of 2015-16. Athletes came within reach at public colleges of Hyderabad, Karachi and Mirpurkhaas cities.

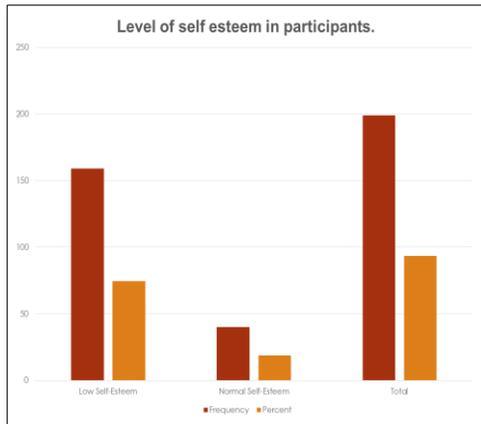
Result and Discussion

Findings are based on the questionnaire used for this study. Questionnaire items measuring self-esteem have been described with the help of descriptive statistics. The data was analyzed through research question of the current research study. The data gathered for self-esteem scale. 159 participants among 200 possessing low self-esteem whereas the 40 percentage of participants holding normal self-esteem. The higher percentage of volleyball players exhibits the low self-esteem of players; it is evident that player with low self-esteem has no ability to cope with negative feedback and evaluation. They

see people, setting and everything around themselves with negative filter.

Level of Self-Esteem in participant

Level of self esteem	Frequency	Percent	Valid percent	Cumulative Percent
Low level	159	74.6	80	80
normal level	40	18.8	20.1	100.0
Total	199	93.4	100.0	100.0



The results of current study specified that subjects of study appeared with low self-esteem. The number of studies was carried out on the influence of self-esteem on players' performance.

In 1993 Thomas Li-ping pong and David B reynold aimed to examine the interaction effect between self - esteem perceived goal difficulty on subject's performance. It resulted that the high or low self-esteem was consi-

derably affected by setting high and low goals led subject to high or low performance.

In 2002, the study was conducted by Nathlie Koivula, Peter Hassaman and John Fallby to find out the relationship among self-esteem and sports related competition, self confidence and self-esteem strategies. The results revealed the players with high self-esteem had more positive pattern of perfectionism whereas players with low self-esteem had negative pattern of perfectionism.

These are few obvious reasons for being low at self-esteem. Few of the discussion responses reveal that most of the participants of the study recorded the similar responses that it is commonly observed that players are ridiculed and humiliated at the field and in the presence other competitors which put them into great embracement and they perceive such behavior sign of disapproval which sometimes lead to criticism or punishment. It is interpreted by an athlete as a comment on their worthiness as a person.

It is also witnessed that the concerns of coaches are attached to results. Coaches consider victory a foremost objective rather benefiting his performance by predisposing traits.

It is generally witnessed that when an individual succeeds he is showered praises upon when fails, harsh criticism and rejection he faces. Athletes with low self-esteem fail to alter emotions. They bear poor opinion about themselves, their dealing towards themselves is poor too, and this attitude invites unequal treatment by others in result, they remain unknown from the capacity within themselves. Finally, self-esteem can be damaged by repeated, explicit and public failures and rejections.

Another observation found is making mistakes as mistakes are considered the part of game but coaches remain unnatural, inflexible and impatient at the time of player's error which results the change of player during matches which lowers the player's self-esteem and they exactly never take their mistakes opportunity of new learning.

The interview responses disclose that the subjects of study think that their nervousness is

because they feel their self-esteem challenged and it causes their self-esteem low because they feel that he may not be as competent as their team mates and opponents'. It additionally indicates that participants' failure to accomplish directly affects his self-esteem.

In addition athletes compare themselves with others and discover their contribution to the team, which remain, unnoticed by coaches and teammates it mini-mize the interest of player in the teamwork. The different opinions of participants clearly indicate that mostly participants are not permitted to continue their practice due to academic engagements. They fail to exhibit satisfactory performance therefore they are completely neglected by coaches while forming team. It also reveals that the player links his self-esteem to the evaluation of people around him therefore he feels scared of being ridiculed.

When asked to the one of the participants. She explained it quite comprehensively that mostly parents set expectations and they want their children to come up to that set expectations but failing to coming up to their expectation disappoint Therefore

they restrict their children from taking part in extracurricular activities specifically sports activities. 70 percent participants of study were of same opinion that they are restricted and demoralized by parents for taking part in sports activities because parents never consider sports activities fruitful and career sorting such behavior ultimately lowers the self-esteem of participant.

Participants further added that the reason of restricting them from participating in sports activities are outdoor activities which darkens the color complexion of female players, far most travelling to other cities for attending tournaments or championships and being a female participant following specific dress code during match in result it deteriorates self-esteem of player.

It appeared the most important factor the influence on the level of self-esteem of players is their parents and coaches. The experiences and feedback from parents, peers, and coaches can have great influence on one's Self-esteem in result it affects one's motivation, learning and performance.

In the context of our society most of the players are never

appreciated by parents to adopt sports, as a profession as sports is never taken source of bread and butter furthermore it never earns interest and motivation of most of the parents. In result it affects the degree of concern, acceptance and interest shown by parents.

Suh behaviors are damaging and enduring effects on the self-esteem of players though being male player he is granted a slight advantage over being female. The negative coaching contributes the same degree of disregard, demoralization and interest, as do parents.

Determining perception about their abilities and about themselves effect on the behavior. Their interpretation of environment, influenced by evaluation. Low self-esteem is the reaction to failure and evaluation from others. Those players who do not have belief in their capabilities and efficiency are unable to resist pressure.

They seem with little confidence in their skills and abilities. They never uphold high expectations. Moreover they attribute their successes and failures to external causes and refuse to take responsibility of their failure ev-

en they have difficulty of coping with it. Thomas ET. Al. describes that players of team sports are open to demanding and stressful setting. These aspects impact the mutual functioning and mental characteristic of the player. The other aspect of low self-esteem and high anxiety is social assessment of subject.

It is believed that the importance of psychological factors can never be neglected in the success of any sports performance unfortunately less amount of time is spent on mental practice by coaches. Those players who obtain reaction through continuous contact with their bodily and social setting about what they are capable of doing and how others view them shaping a player's self-esteem. Whether they earn Social acceptance, the Social reinforcement an athlete receives from other people. Positive reinforcement is an approval of fruitful doing. It usually helps the development of a positive self-esteem, whereas constant criticism or lacks of interest in players have a negative effect on the development of their self-esteem.

Self-esteem of athlete is challenged while being interacted with the complex operation bet-

ween the individual and stressful situation either shows approval or disapproval. Player with low self-esteem remains doubtful about their capabilities, significance and success relatively sense of proficiency or societal consent.

In addition, certain circumstances such as challenging and frightening agonies affects the level of self-esteem, which results withdrawal from competition rather than withstanding, which deteriorates his performance.

In general, a stressful situation that involves self-esteem results in failure, risks decreasing or destabilizing with the repetition of situations roots the reduction of the mental health. Players who have low self-esteem are uncomfortable and have trouble accepting praise and criticism they usually refract it or put themselves down.

It is commonly observed that players bearing low self-esteem humiliate their mates who reveal their own insecurities. Moreover, they try to control them rather than empowering them, which shows that they feel threatened. It stems from the fear of losing because they don't feel they are good enough.

Most of the times the athlete' appear to be indecisive. They never become initiative and take responsibility for making the wrong decision; they perceive their opinion worthless. Being indecisive they blame other people and pretend to become a victim of circumstance. They prefer not to take responsibility. Hence making fair and stable decisions is not observed asset. Lack of courage and fear of disapproval lead them to delay taking decisions and they consider the external factors cause the undesired result rather than spending their energy to achieve the outcome they expect. They magnify their mistakes with guilt and shame which in stables self-esteem. Their low self-esteem leads to stress and a sinking mood and they remain sensitive to criticism, which drives them to Social withdrawal. Firestone explained, "Worthless individual exhibits poor performance or avoid trying. According to Schiraldi, they encounter more humiliation than others.

Players with low self-esteem feel less of themselves, because they are ignored by coaches, team mates and public. Poor

self-evaluation can have an effect on the performance of player as they never hold high self-esteem for oneself. They meet feelings of adequacy or inadequacy more over; they never value their competence and worth.

Kassin (1998), identified that a person with a low level of self-esteem unveil behaviors to expect failure, anxiety and less struggle. Self-blame, self-criticism and faultfinding, constant negativity, overbearing behavior, inability to maintain integrity during competition and other settings Constant comparison with others, feeling inferiority or superiority, prevalent deep-seated feelings of fear, terror, or panic and Reaction to specific setting, coach, team mates and public with extreme emotion or no emotion are the common gestures in low self-esteem athlete.

CONCLUSION

The responses of 200 participants recorded which stated that 40 participants seemed to have normal self-esteem but 159 participants of study appeared with low self-esteem. Discovering a significant decrease in self-esteem results performance gets

deteriorated which certainly has greater negative effect on team's psychology. The factors which in turn led low self-esteem were negative attitude towards oneself, the evaluation or judgment made by people, fear of failure, rejection, criticism, nervousness, high expectations of coach, team mates and viewer, negative evaluation, psychological instability, disapproval from family and society.

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