

Comparison on Imagery and Self-Esteem of Various Level Footballers

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Abstract

The present study was conducted for the comparison on imagery and self-esteem of various levels of footballers. Twenty five district level footballers ($N_1=25$) and twenty five state levels footballers ($N_2=25$) of West Bengal were taken as the subjects for the present study. Thus total no of subjects were ($N=50$) fifty only. The age group of the subjects were ranged from 15 to 19 years. Imagery and Self-Esteem were the variables for the present study. Imagery was measured by the Sports Imagery Questionnaire (Cumming, 2002) and Self-Esteem was measured by the Rosenberg Self Esteem Scale (1965). Mean and standard deviation of each variable were calculated. The means of respective variables between two games were compared by using t-test. Statistical significance was tested at 0.05 level of confidence. The results of the present study showed that there was statistically significant difference in the mean value of imagery and self-esteem between the district and state level footballers.

Keywords: Imagery, Self-esteem, Sports Imagery Questionnaire, Rosenberg Self-esteem (RSE) scale.

Introduction

In sports, imagery and self-esteem are well-known factors that may enhance or improve sports skills. Most sporting programs consist of mental practice, which has been found to help the basic development of athletes at lower skill levels. The use of imagery for success is not a clearly understood method because its processes, including effective techniques, are not defined. Athletes need to mentally practice both imagery and self-esteem. Imagery is influenced by many factors including somatic anxiety, motivation, emotions, and confidence. It has been found that a factor like self-esteem is one that athletes and coaches consider as relevant for good performance.

Some studies found that many people and athletes use imagery to increase exercise and physical fitness as the

imagery helps the success of their exercise (Hall, 2001). An athlete's enactment of performance imagery is the normal procedure in training programs. This method is used more heavily by elite athletes with higher self-esteem than non-athletes. Studies suggest that imagery may help athletes to build more self-confidence in relation to performance. Kendall et al (1990) demonstrated that imagery, in combination with relaxation and selftalk, increases the utilization of specific defensive skills. Moreover, athletes who displayed high selfconfidence and low anxiety were able to perform under more relaxing conditions to thereby enhance their performances (Covassin, 2004).

Self-esteem is one of the most frequently cited psychological factors considered by many to be a key factor for a successful performance stated that in

social cognitive theory, an individual's degree of self-esteem influences performance both directly and indirectly. In earlier studies, it was found that successful athletes exhibit higher self-esteem than unsuccessful athletes (*Treasure et al, 1996*). This study noted that athletes who have higher self-esteem during competitions are more likely to be successful. It is also important to note that confident athletes believe in their ability to perform well and win (*Covassin & Pero, 2004*). Performance may be determined by an individual's belief that he or she has the ability to execute skills, which are required by the situation and the responsiveness of the environment. Therefore, the ability of personal self-esteem strongly contributes to success or failure. The present study has been conducted to find out the differences in the use of imagery and self-esteem of various levels of footballers.

Materials & Methods

Twenty five district level male footballers ($N_1=25$) and twenty five state level male footballers ($N_2=25$) of West Bengal were taken as the subjects for the present study. The age group of the subjects ranged from 15 to 19 years. For the present project random group design was adopted. Imagery and Self-Esteem were the variables for the present study. Imagery was measured by the Sports Imagery Questionnaire and Self-Esteem was measured by the *Rosenberg Self Esteem Scale (1965)*. The questionnaire was separated into two parts: a simple demographic part and a questionnaire for imagery and Self-Esteem as detailed below: *Imagery Ability*: The Sports Imagery Questionnaire (*Cumming, 2002*)

is a questionnaire designed to assess an athlete's imagery. The Sports Imagery Questionnaire consisted of 30 items. The responder was required to rate the questions on a scale of 1 to 7, where 1=rare use of imagery and 7=extensive use of imagery. An average frequency score was calculated for each athlete. *Self-Esteem*: The Rosenberg Self-esteem (RSE) scale developed by *Rosenberg (1965)* is a widely used self-esteem measurement developed by Rosenberg. The scale measures self-esteem, which is a positive evaluation of one's attributes and sense of self-worthiness. It consisted of 10 items. Participants indicate their agreement-disagreement level for each item along a four point Likert type scale, ranging from "strongly agree" to "strongly disagree". Higher score in the scale indicate higher self-esteem. The maximum possible score of the scale is 3 and the minimum is 0. Total scores were calculated for each athlete. Mean and standard deviation were the descriptive statistics and 'T' test was used as comparative statistics in the present study. The level of significant difference was set at $p<0.05$ level of confidence.

Results & Discussion

Table 1: Mean and Standard deviation of district and state level footballers on imagery

Name Of The Group	Mean \pm S.D.
District	4.75 \pm 0.70
State	5.55 \pm 0.78

Comparison of the mean and standard deviation of obtained data on Imagery as measured by the Sports Imagery Questionnaire (*Cumming, 2002*) of district and state level footballers is presented in Table-1. The mean and standard deviation

of Imagery of the district and state level footballers were 4.75 ± 0.70 and 5.55 ± 0.78 respectively. Table-2 compares the mean and standard deviation values of self-esteem as measured by the Rosenberg Self-esteem (RSE) scale of district and state level footballers. The mean and standard deviation on self-esteem of the district and state level footballers were 20.69 ± 4.21 and 23.18 ± 4.17 respectively indicating higher self esteem of state footballers.

Table 2: Mean and Standard deviation of district and state level footballers on self-esteem

Name Of The Group	Mean \pm S.D.
District	20.69 \pm 4.21
State	23.18 \pm 4.17

TABLE 3: Significance of the differences between district and state level footballers on imagery

Group	Imagery Mean \pm S.D	Mean Differ ence	Standard Error	T- Value
District	4.75 \pm 0.70	0.8	0.21	3.82*
State	5.55 \pm 0.78			

*Significant at 0.05 level of confidence: $t(48) = *2.009$

TABLE 4: Significance of the differences between district and state level footballers on self-esteem

GROUP	Self- Esteem Mean \pm SD	Mean Difference	Standard Error	t- value
District	20.69 \pm 4.21	2.49	1.185	*
State	23.18 \pm 4.17			2.10

*Significant at 0.05 level of confidence: $t(48) = *2.009$

Statistical comparison of state and district level footballers reveals the existence of statistically significant difference in imagery and self esteem (tables 3 & 4). The results in general indicate higher imagery and self esteem status in case of state level footballers than

the district level footballers. This differences may occurs due to the fact that the state level footballers were more experienced and had higher levels of physical fitness and thus used imagery during sports situations more so than district level footballers. Again the significant difference in self esteem may be observed due to the fact that the state level footballers had higher level of participation experience, higher level of game specific fitness and practices more than the district level footballers.

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