

Indian Journal of Modern Research and Reviews

This Journal is a member of the '*Committee on Publication Ethics*'

Online ISSN:2584-184X



Research Article

A Comparative Study of Self-Concept on Male & Female Volleyball Players of Gujarat University

Kinjalben V. Vala

Research Scholar, Swarnim Gujarat Sports University, Desar, Vadodara, Gujarat, India

Corresponding Author: *Kalpana Adesh Verma

DOI: <https://doi.org/10.5281/zenodo.21321202>

Abstract

Self-concept questionnaire constructed and standardized by Rajkumar Saraswat was administered on 200 male subjects (100 sportsmen and 100 students) of Gujarat University. The age of subjects ranged between 17 to 23 years. The objectives of the study were to assess and compare the Self-concept among collegiate Volleyball male & Female Players. Statistical analysis has been done by t-test and the significance of the result was seen on 0.05 levels. The t-test showed that there was significant difference found in between selected Volleyball male & Female Players.

Manuscript Information

- **ISSN No:** 2584-184X
- **Received:** 01-01-2026
- **Accepted:** 30-06-2026
- **Published:** 01-07-2026
- **MRR:4(SP1); 2026: 250-252**
- **©2026, All Rights Reserved**
- **Plagiarism Checked:** Yes
- **Peer Review Process:** Yes

How to Cite this Article

Vala KV. A comparative study of self-concept on male and female volleyball players of Gujarat University. Indian J Mod Res Rev. 2026;4(SP1): 250-252.

Access this Article Online



www.mrrjournal.in

KEYWORDS: Self-concept, Volleyball

INTRODUCTION

- One of the most popular issues in sports psychology concern the relationship between male & female Volleyball Players and Self-concept.
- Certain Self Concept is the most important to achieve success in sports.
- Self-concept is learned by an individual inference from his unique experiences. The individual perception of other towards him strongly influences his self-image.
- Self-concept is highly complex component of behavior, composed of both cognitive and effective dimension.
- Self-concept has at least four orientations: The real self, the perceived self, the ideal self and the self as perceived by others.
- Self-concept may prove the most powerful motivation for specific behavior. It may prove the most by others.
- The study would help to prepare and modify psychological training
- programmers according to self-concept of the students and the sportsmen.
- The knowledge of self-concept would help the teacher, physical educators and the coaches to motivate and handle the sportsmen and the students in better way.
- Also it may help to promotion of sports coaching and educational efforts.

STATEMENT OF THE PROBLEM

A Comparative Study of Self-concept on selected Volleyball male & female players of Gujarat University.

OBJECTIVE

The objectives of the study were to compare

self-concept between Volleyball male & female players of Gujarat University.

SAMPLE

A total number of two hundred (n=200) subjects belonging to age ranging 17-23 years were selected. 100 male and 100 female Volleyball Players of Gujarat University were selected as a subject for the said study.

METHODOLOGY

- The data was collected from 100 male & 100 female Volleyball players of Gujarat University.
- The questionnaire constructed and developed by Rajkumar was employed to collect the data from the subjects.
- All the necessary instructions were given to the subjects before the subjects was requested to respond the statement in the questionnaire.
- The calculation of the questionnaire was based on five alternatives to give their responses ranging most acceptable to least acceptable description of this self-concept.
- With the help of scoring key the researcher collects the raw scores, according to the instructions given in the manual.

DATA ANALYSIS AND DISCUSSION

The collected data were analyzed statistically computing Mean, S.D. and ratio to find out significant difference if any between two experienced groups on the psychological parameter considered for the study. The results have been depicted in the following table.

Table1: Significance Differences of Mean Score at Self Concept Between Volleyball Male & Female Players of Gujarat University

VERIABLE	GROUP COMPARED	MEAN	DM	SIGNIFICANT "t" (O.05)	"t" ratio
SELF CONCEPT	MALE PLAYERS	115.80	6.87	2.31*	1.33
	FEMALE PLAYERS	108.93			

Significant at 0.05 level.

The t-test showed that there was significant difference found between Volleyball male & female players of Gujarat University. As the calculated "t" (1.33) value is much lower than the tabulated "t" value (2.31) at 0.05 levels.

Discussion of findings and conclusions:

Within the limitation of the study the following conclusions may be drawn.

- The t-test showed that there were significant difference in the "t" value exists between the Volleyball male & female players of Gujarat University.
- The calculated "t" (1.33) value is much lower than the tabulated "t" value (2.31) at 0.05 levels.

- On the basis of result, it may be concluded that the male volleyball players were better in self-concept in comparison to the female volleyball players.
- The findings also suggest that the level of Self-concept among these Volleyball male & female players seemed to be necessary for being assertive to excel at the highest level of their life goals.

REFERENCES

1. Marsh WH. *The structure of education and language studies*. New South Wales, Australia: School of Education and Language Studies; 1990.
2. Glyn RC. *Learning experiences in sports psychology*. Champaign, IL: Human Kinetics Publishers; 1981. p. 75.

3. Singh A. *Modern textbook of physical education, health and sports*. Ludhiana: Kalyani Publishers; 2001. p. 71.
4. Tucker LA. Effect of weight training self-concept. *Research Quarterly for Exercise and Sport*. 1986;54(4):389-397.
5. Young LM. Comparison of self-concept of women high school and college basketball players. *Research Quarterly for Exercise and Sport*. 1981 Mar:286.
6. Zukerman M, Kragt M. Department of Psychology. New York, USA: University of Delaware; 1997. p. 48

Creative Commons License

This article is an open-access article distributed under the terms and conditions of the Creative Commons Attribution–Non-commercial–No Derivatives 4.0 International (CC BY-NC-ND 4.0) License. This license permits users to copy and redistribute the material in any medium or format for non-commercial purposes only, provided that appropriate credit is given to the original author(s) and the source. No modifications, adaptations, or derivative works are permitted.

Disclaimer: The views, opinions, statements, and conclusions expressed in the papers, abstracts, presentations, and other scholarly contributions included in this conference are solely those of the respective authors. The organisers and publisher shall not be held responsible for any loss, harm, damage, or consequences — direct or indirect — arising from the use, application, or interpretation of any information, data, or findings published or presented in this conference. All responsibility for the originality, authenticity, ethical compliance, and correctness of the content lies entirely with the respective authors.