



ISSN: 2230-9926

Available online at <http://www.journalijdr.com>

IJDR

International Journal of Development Research

Vol. 10, Issue, 05, pp. 35778-35782, May, 2020

<https://doi.org/10.37118/ijdr.18808.05.2020>



RESEARCH ARTICLE

OPEN ACCESS

THE RELATIONSHIP BETWEEN PHYSICAL SELF-CONCEPT WITH PERFORMANCE OF YOUNG WRESTLERS

*Tabish Fahim

Department of Physiotherapy, Maharaj Vinayak Global University, Jaipur, 302028

ARTICLE INFO

Article History:

Received 17th February, 2020

Received in revised form

29th March, 2020

Accepted 06th April, 2020

Published online 25th May, 2020

Key Words:

Physical Self Perception Profile (PSPP), Physical self-concept (PSC), wrestlers, Performance.

*Corresponding author: Tabish Fahim,

ABSTRACT

Physical self-concept (PSC) is a person's perceptions of himself/herself formed through experience with and interpretations of his/her environment related to her physical domain. Most of aesthetic athletes possess a high physical self-concept and high performance level. The purpose of the present study was to find the relationship between physical self-concept and performance, in non-aesthetic athletes. Therefore, this study tried to determine the relationship between the Physical Self-Concept with performance of young Wrestlers. Physical Self Perception Profile (PSPP) test was administered on a total of 123 young wrestlers who participated in the "7th All India Chandgiram gold cup wrestling tournaments in March 17-18, 2018". Pearson correlation coefficient was used to measure the significance relationship. The results revealed that PSC have a positive significant relationship with the performance. This study also suggested that both male and female wrestler's performance are affected by their PSC.

Copyright © 2020, Tabish Fahim et al. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Citation: Tabish Fahim et al. "The relationship between physical self-concept with performance of young wrestlers", *International Journal of Development Research*, 10, (05), 35778-35782.

INTRODUCTION

Physical self-concept (PSC) is a person's perceptions of himself/herself formed through experience with and interpretations of his/her environment related to her physical domain (Shavelson et al. 1976). It is defined as self-perceptions about one's physical self and considered a significant antecedent of motivation, behavioural engagement, and mental health outcomes in exercise settings (Craven & Marsh, 2008). In simple terms, exercisers that feel good about their physical self are more apt to pursue exercise goals and achieve desired exercise outcomes (Dishman et al., 2006). PSC is considered essential for realising human potential. All these years, an increase in performance has been the foundation need of what dreamed by all athletes to stand out in their respective sports. Marsh (1998) provided the example that PSC may be influenced by an experimental intervention involving sport, exercise, or a weight loss program, but physical self-concept may also function as a behavioural mediator of the influence of an intervention (e.g., subsequent exercise adherence). A study conducted by Brettschneider W. & Heim, R. (1997) revealed how adolescents viewed their physical selves and the relationship with sport involvement. They also found that females placed more emphasis on the appearance factors.

Sport activities can range from weekend-recreation to competitive activities, and consist of physical education students to elite professional athletes. Marsh et.al. (1995) predicted elite athletes, compared to non-athletes, would have higher Physical Ability self-concept but women athletes would not differ on the Physical Appearance self-concept. Marsh (1998) also reported that physical self-concept of elite athletes was higher than non-athletes. Female athletes reported higher overall physical self-concept than female non-athletes, but the older females showed a lower physical self-concept than the younger females in both groups. An aesthetic sport is one in which there is emphasis on physical appearance and in which success is subjectively judged. (Hanton S. et al. 2004). Athletes in these sports tend to be small-framed, lean, well-muscled and flexible which can prove to be a performance advantage. A non-aesthetic sport is one that does not place any emphasis on physical appearance and in which success is objectively judged. (Hanton S. et al. 2004). A non-aesthetic sport require more of the functional skills such as physical endurance, co-ordination and accuracy. In particular, sports that emphasize muscle build, such as wrestling, WWE, are now also influenced by this ideal. These days, wrestlers are also looking for their muscle build and shape of the body and they are also looking for appealing body. Although judges do not admittedly incorporate "appealing body" as a variable in their

scoring. So it is important to study PSC and competition anxiety within “non-aesthetic sport” athletes.

Need of the study: A review of existing literature provides support of aesthetic athletes possessing a high physical self-concept and high performance level. However, the relationship between physical self-concept and performance, in non-aesthetic athletes needs to be determined. Therefore, this study tried to determine the relationship between the Physical Self-Concept with performance of Wrestlers. This study also obtained some useful information being assisted for all officials and coaches regarding to the Physical Self- Concept and its effect on the performance of young wrestlers.

Aims and Research Hypothesis: This aims of this study was to obtain some useful information being assisted for all officials and coaches regarding to the Physical Self- Concept and the performance of the wrestlers. The hypothesis of this study was that there will be a correlation between physical self-concept and performance of young wrestlers.

Benefits of the study: If the results indicate that there is any relationship between the Physical Self-Concept with performance of young Wrestlers, then this study will obtains some useful information being assisted for all officials and coaches regarding to the Physical Self- Concept.

MATERIAL AND METHODOLOGY

A convenient, descriptive-correlation type of study design was carried out to evaluate the relationship of PSC with the performance of young wrestlers. The statistical population of the present study was subjected to the whole young wrestlers participated in the “7th All India Chandgiram gold cup wrestling tournaments in March 17-18, 2018”. More than 800 wrestlers participated in this event. A total of 123 subjects were selected by simple convenient sampling for study after signing the informed consent according to the inclusion and exclusion criterion. Healthy male/female wrestlers of ages 18 to 25 year having BMI under normal range of WHO 18.5-24.9 kg/m² were included in the study. All the participants were at the same level of activity. Wrestlers with recent history of any musculoskeletal or neurological impairment as reported by participants were excluded from the study.

Procedure: The related questionnaires were held in Chandgiram wrestling arena after the related coordination with the province wrestling board and tournaments officials' permission in order to gather the related data. These questionnaires have been also distributed among the participated wrestlers and then gathered completely. The necessary explanations have been completely achieved before distributing the questions because this makes all participants aware of the purposes and targets of the related questionnaires. Each participants were required to sign a consent form, prior to filling out the survey packet, which was completed and immediately returned to the researcher, indicating that they understood the purpose of the study and their rights as a participant. The *PSPP questionnaire* is distributed and gathered only one day before the beginning of the tournaments. In the end of the tournaments, by the coordination of the wrestling officials' agreement, the results of the tournaments and the records are also registered in this case. The independent variable was *Physical Self Perception*

Profile (PSPP) score and the dependent variable was Performance during tournament (win or Loss).

Physical Self Perception Profile (PSPP): Fox (1990). The Physical Self-Perception Profile is a multidimensional 30-item self-report instrument measuring an individual's physical self-concept. It features four domain-specific subscales assessing perceived sport competence (SPORT), body attractiveness (BODY), physical condition (CONDITION), and physical strength (STRENGTH), and one subscale that assesses a global perception of overall physical self-worth (PSW). A four-choice structured alternative item format is used with six items per subscale. The subject is first asked which kind of person best describes them (e.g., “Some people always have a really positive feeling about the physical side of themselves” but “Others sometimes do not feel positive about the physical side of themselves”) and then to decide to what degree they are that kind of person (e.g., “Sort of true of me” or “Really true of me”). The result is a four choice response. The PSPP was administered to participants in this study by the researcher during a scheduled practice. Scoring the PSPP involves adding the scores of each subscale. Each response is assigned a value of 1 to 4 points. Each subscale, SPORT, CONDITION, BODY, STRENGTH, and PSW, contains six items ranging from 6 to 24. The negative items are reversed so that the lowest-scoring descriptor is placed first, and items from each of the subdomains are placed in sequence within the complete profile. Therefore, high scores reflect high self-concept. All the subscales have three positive and three negative items except for the STRENGTH subscale which contains four positive and two negative items. Test-retest findings for this instrument have been reported by Fox (1990) with test-retest reliabilities ranging from .74 to .92 over a 16-day period and .81 to .87 over a 23-day period.

RESULTS

This chapter deals with the presentation of the result once the collected information was tabulated and was analysed using appropriate analysis tools.

Descriptive data: 123 wrestlers (18 females, and 105 males) were recruited for the study. Mean and standard deviation of age, height, weight, BMI, and PSPP Score was 22.30±2.03, 177.42±5.90, 72.73±4.15, 23.13±1.30, and .80±.080 respectively (Table 1).

Table 1. Descriptive Statistics for the Variables in this Study

	M	SD
Age	22.30	2.03
Height	177.42	5.90
Weight	72.73	4.15
Index	23.13	1.30
PSPP Score	.80	.08

Table 2. Descriptive Statistics for PSPP Score and Performance by the Male and Female Wrestlers

	PSPP Score		Performance	
	Mean	SD	Mean	SD
Female (18)	0.81	0.072	0.67	0.48
Male (105)	0.8	0.082	0.64	0.48
Total (123)	0.8	0.08	0.64	0.48

The overall mean and SD of PSPP Score and performance statistics shows that both male and female wrestlers have almost the same score.

Table 3. Correlations for Performance with PSPP score of Wrestlers (N= 123)

	Performance
Performance	1
PSPP Score	.52**

Note. **. Correlation is significant at the 0.01 level (2-tailed).

Table 4. Model Summary^b

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Durbin-Watson
1	.517 ^a	.267	.261	.414	2.130

a. Predictors: (Constant), SELF

b. Dependent Variable: PERFORMANCE

Table 5. ANOVA^b

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	7.543	1	7.543	44.059	.000 ^a
	Residual	20.717	121	.171		
	Total	28.260	122			

a. Predictors: (Constant), SELF

b. b. Dependent Variable: PERFORMANCE

Table 6. Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	-1.838	.375		-4.894	.000
	SELF	3.096	.466	.517	6.638	.000

a. Dependent Variable: PERFORMANCE

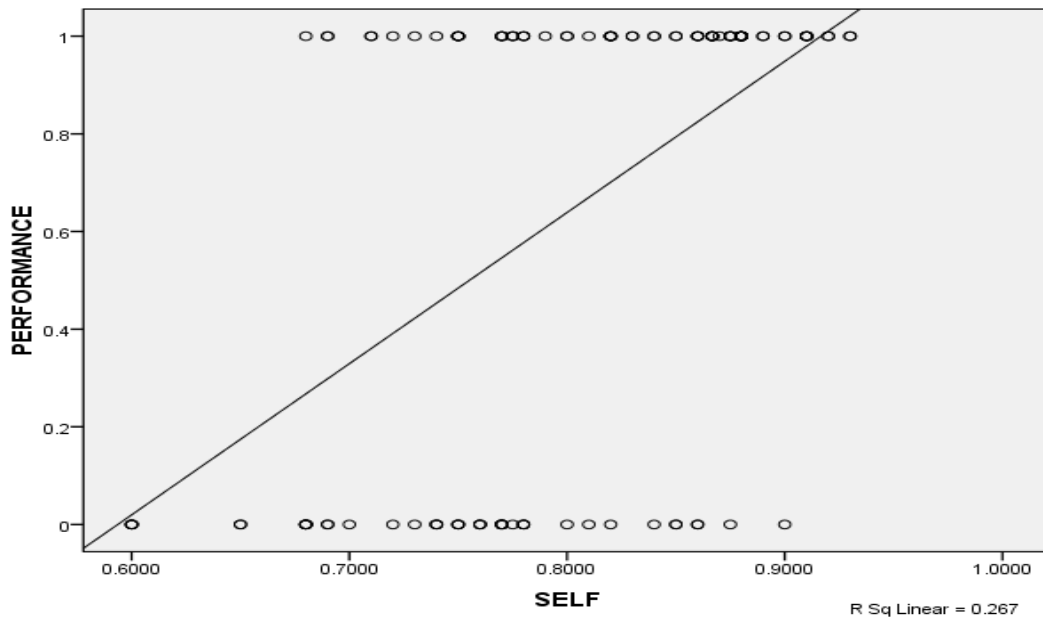


Figure 1. Simple linear Regression analysis for Performance with PSPP score of Wrestlers

Correlations for Performance with PSPP score of Wrestlers: 123 young wrestlers were surveyed about their Level of PSPP score ($M= 0.80, SD= 0.080$) and their performance during the tournament ($M= 0.64, SD= 0.48$). The relationship was positive, moderate in strength and statistically significant ($r(123) = .52, p < .001$). A complete list of correlations is presented in Table 3.

Regression analysis for Performance with PSPP score of Wrestlers: A simple linear regression was calculated to predict wrestler’s performance based on their Self-concept (PSPP Score). A significant regression equation was found ($F(1,121) = 44.059, p < .001$), with an R^2 of .267.

Participants’ predicted performance is equal to $-1.838+3.096$ (Self-concept) when Self-concept is measured with PSPP score. Participants’ average performance increased 3.096 times for each PSPP score.

DISCUSSION

The hypothesis of this study proposed that there will be a positive correlation between physical self-concept and performance of young wrestlers. There are lots of researches in support of the relations between academic self-concept and academic achievement in traditional academic settings. There are some researches too which support the relationship

between self-concept and performance in aesthetic sports. In this study, we began by evaluating support for the generalizability of these results in non-aesthetic game like wrestling, to find the relationship between wrestler's self-concept and their performance. Results showed significant positive correlation between physical self-concept and performance of young wrestlers. A positive levels of prior self-concept led to higher subsequent levels of wrestler's performance. In other words, because wrestlers understand their body, psychological factors such as self-esteem and sense of achievement are high. It is similar to the study of Chomitz, V.R et.al. (2009). Through winning matches, the wrestlers consider themselves competent in sports, and this feeling of achievement further appears to benefit their self-concept. PSC includes the persons' attitude toward their body dimensions. Lack of proper perception of the physical self-concept has been linked to physical, mental, and social disorders. According to the Tabiee, S. et.al, (2018) it was found that athletic performance improves physical self-esteem and self-esteem of students. Therefore, health system policy makers can promote the necessary facilities for expanding the culture of wrestling activities and also create an environment with sufficient facilities in the different wrestling arena.

We have seen that high-performing wrestlers have a good relationship with coaches and their parents. Gould, D. and Carson, S (2010) found that it is more evident in younger players. Relationships with others are built on trust. In other words, because the goal of both wrestlers and coaches is to achieve good results, high-achieving wrestlers have a lot of experience in winning, which gives them confidence in their coaches. Similarly, another study conducted by Van, M.D and Van, H.M, (2010) demonstrated that student-athletes perform better when they communicate constantly with and seek direction from their managers. Thus, we can conclude that a good relationship with coaches could allow wrestlers, benefiting wrestling life adjustment. Therefore, we recommend encouraging appreciation of physical activity rather than sporting competence among wrestlers without award-winning experience. This finding has important implications for wrestlers, coaches and physical fitness leaders. In particular, the results support the claims by self-concept researchers that a positive self-concept is an important goal in its own right as well as being important in facilitating other desirable outcomes – wrestler's performance skills. PSPP generally shows high score in aesthetic sports, but it was found that wrestling which is a non-aesthetic sports also shows the high score on PSPP. Previous researchers proposed that female wrestlers would be more dissatisfied with their body image than male wrestlers, in turn, affecting their performance. But it was surprising that male wrestlers score almost same on physical self-concept than do female wrestlers. This finding is quite interesting in the sense that physical self-concept is regarded as a feminine feature. The relationship between physical appearance and self-esteem has been shown to be extremely robust across both gender and age (Hart et.al. 1989).

These findings raise important questions with regard to how the value of attractiveness comes to dominate as a determinant of male wrestler's and female wrestler's sense of global esteem. The emphasis placed by popular culture on appearance and its relationship to acceptance, may well serve as an explanation. Movies, television, magazines, and advertisements tout the importance of attractiveness in the form of physical features and clothing, and glamorize the popular role models one should emulate. Hargreaves and

Tiggemann (2002) reported that watching appearance-related television commercials led to increased body dissatisfaction in female and male adolescents, as well as to decreased confidence in girls. Setbacks can affect the self-esteem and self-belief of sportsmen and women. In some, it can be a catalyst encouraging them to do better and better. While in others, it can start to affect their performance. Psychological strength is an important factor for wrestlers, but psychological weakness can also determine how a wrestler performs on the day. Being under-prepared can affect their ability and cause stress or competition anxiety. Many top athletes and coaches believe that psychological factors have a crucial role in sport, as important as physical attributes and sporting skills. Mental strength is not enough to compensate for lack of skill, but if physical skills are matched, the athlete with the strongest control over their own mind will usually be the winner. Some people are more naturally strong minded than others, but some can be given mental toughness with training. Ferla et al., (2009) suggested that a positive self-concept has self-enhancing effects including increases in future motivation.

Limitations and Future Research Recommendations: An important concern relates to the participants' honesty. Most wrestlers desire to have an ideal body for their sport, but most refrain from admitting that they lack that ideal body. Although complete anonymity was assured to the subjects, one should question the response reliability. Also, all the wrestlers were surveyed either before or after practice, therefore the environment, or presence of teammates or coaches might influence their responses in a socially desirable manor. For future research, different instrumentation may be necessary. There are several alternative methods of measuring the current study's variables. The Physical Self-Perception Profile is one way of many ways that physical self-concept can be measured. Although the scale's reliability and validity are well established, there was one issue of concern throughout the study. The questionnaire is a four-choice structured alternative item format. This was a cause of confusion to a majority of the subjects and required the researcher to administer additional verbal instruction. While this scale was chosen for its length (only 30 items), a questionnaire with a Likert-scale response format might produce less confusion for the participants. We had a very less number of female wrestlers in our study. In future we can increase the sample size of females to generalize the results.

Conclusions

The present study provided that a wrestler's performance increases with the increase of Physical Self-Concept. Despite the absence of a comparison group, the findings of this study contributed to our understanding of patterns of PSC in male and female wrestlers. This study suggested that both male and female wrestler's performance are affected by their PSC. This study provided a foundation from which to gain an improved understanding of the relationship of Competition Anxiety with the performance. Such information will assist wrestlers themselves, as well as coaches and sport psychology consultants. They will get benefit from such inquiry in that efforts to prepare performers for competition, and counselling wrestlers whose performances have been disappointing can be enhanced. In conclusion, it will be important for wrestlers, trainers, coaches and sports psychologists to know and apply the methods directed to increasing the self-concept levels considering the effect of self-concept not only on motivation

and success perception of wrestlers, but also on personality development and performance.

Acknowledgements

It is my esteemed pleasure and privilege to share my deep sincere thanks and gratitude to all those who helped me during this project. First and foremost I would like to express my sincere thanks to my Supervisor/ Guide, Dr. Ajeet Kumar Saharan, Professor & Head of Department of Physiotherapy, Maharaj Vinayak Global University, Jaipur, India, for his ever boosting criticism. I thank him for lending me his valuable suggestions, time, help and his outstanding contribution that has enlightened my path on this subject and helped me to find solution of every problem. I thanks to Mr Kripa Shankar, senior coach of Chandgiram arena, who has helped me by providing platform where i collected samples for the study. My acknowledgement cannot be completed without expressing thanks to my subjects for their co-operation. I am deeply indebted to my senior Dr.Zuheb Hassan for his generous help. Lastly but not less importantly I am short of word to thank my family for their blessings, outpouring love, unflinching support. Finally thanks God for giving me confidence in myself.

REFERENCES

- Brettschneider, W. & Heim, R. 1997. Identity, Sport, and Youth Development. In *The Physical Self: From Motivation to Well-Being*. K. Fox, 205-227, Human Kinetics Publishing.
- Chomitz, V.R.; Slining, M.M.; McGowan, R.J.; Mitchell, S.E.; Dawson, G.F.; Hacker, K.A. 2009. Is there a relationship between physical fitness and academic achievement? Positive results from public school children in the Northeastern United States. *J. Sch. Health*, 79, 30.
- Craven, R. G., & Marsh, H. W. 2008. The centrality of the self-concept construct for psychological wellbeing and unlocking human potential: Implications for child and educational psychologists. *Educational and Child Psychology*, 20, 104–118.
- Dishman, R. K., Hales, D. P., Pfeiffer, K. A., Felton, G., Saunders, R., Ward, D. S., Pate, R. R. 2006. Physical self-concept and self-esteem mediate cross-sectional relations of physical activity and sport participation with depression symptoms among adolescent girls. *Health Psychology*, 25, 396–407.
- Ferla, J., Valcke, M., & Cai, Y. 2009. Academic self-efficacy and academic self-concept: Reconsidering structural relationships. *Learning and Individual Differences*, 19, 499-505.
- Fox, K. 1990. *The physical self-perception profile manual*. DeKalb: Northern Illinois University, Office for Health Promotion.
- Gould, D.; Carson, S. 2010. The relationship between perceived coaching behaviors and developmental benefits of high school sports participation. *Hell. J. Psychol.* 7, 298–314.
- Hanton S, Thomas O, Maynard I, 2004. Competitive anxiety response in the week leading up to competition, *Psychology of sport and Exercise*. 5: 169-187.
- Hardy, L., & Parfitt, G. 1991. A catastrophe model of anxiety and performance. *British Journal of Psychology*, 82, 163-178.
- Hargreaves, D. A., & Tiggemann, M. 2002. The effect of television commercials on mood and body dissatisfaction: The role of appearance-schema activation. *Journal of Social and Clinical Psychology*, 21, 328–349.
- Hart, E.A., Leary, M.R., & Rejeski, W.J. 1989. The measurement of social physique anxiety. *Journal of Sport and Exercise Psychology*, 14, 339-351.
- Marsh, H. 1998. Age and gender effects in physical self-concepts adolescent elite athletes and non-athletes: a multicohort multioccasion design. *Journal of Sport and Exercise Psychology*, 20, 237-259.
- Marsh, H., Perry, C., Horsely, C., & Roche, L. 1995. Multidimensional self-concepts of elite athletes: How do they differ from the general population? *Journal of Sport and Exercise Psychology*, 17, 70-83.
- Shavelson, R., Hubner, J., & Stanton, G. 1976. Validation of construct interpretations. *Review of Educational Research*, 46, 407-441.
- Tabiee, S., Vagharseyyedin, S. A., Salmani–Mud, M., & Hosseini, M. 2018. Relationship of physical self-concept and athletic performance in male medical students in Birjand University of Medical Sciences. *Journal of Birjand University of Medical Sciences*, 25(01).
- Van, M.D.; Van, H.M. 2010. The quality of school life: Teacher-student trust relationships and the organizational school context. *Soc. Indic. Res*, 100, 85–100.
