

## PHYSICAL SELF-CONCEPT OF STUDENT SPORT PLAYERS OF MANIPUR

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**Abstract:** *The purpose of the study is to see the self physical concept of sport students of Manipur. The researcher used Manual for Self Concept Questionnaire (SCQ-s) consists of 8 questions drawn out only the Physical dimension from the self concept. Total 200 student sport player who participated in Inter college tournament in different events organised under Manipur University are randomly collected. The respondent provided with five alternatives to give the responses ranging from most acceptable to least acceptable description of self concept. The alternatives or responses are arranged in such a way that the scoring system for the items will remain 5, 4,3,2,1 if the respondent put tick mark. Adding all the scores of eight questions given in that column, this will give the score for the particular Physical dimension of self concept. Further from interpretation of general norms of Physical dimension of self concept areas of students sport players are analysed in two samples Chi-square test. The variables are analysed in two approach i.e. critical value approach and p-value approach. Hypothesis Testing is done through Chi-Square tests at 0.05 level of significant to see the null hypothesis are accepted or rejected.*

*Self concept physical dimension is an individuals' view of their body, health, physical appearance and strength. The Physical self concept for males is 3% High, 69% above average and 28% average self-concept; for female Family 7% High, 72% above average and 22% average self-concept; and for total gender 4% High, 70% above average and 27% average self-concept. The calculated Chi-square value is smaller than the critical Chi-square tabulation value. The p-value  $0.471467458 > .05$ , accept the null hypothesis. There is strong no evidence of a difference in the proportion of physical self concept associated with gender difference of sport person students of Manipur. There is no difference between the student sport player male and female self concept regarding the Physical dimension. Their concept of Physical self concept is higher in above average and average, some of them are in High physical self concept regarding this study. No one response below Average and low Physical self concept.*

**Keywords:** *Self Concept Questionnaire (SCQ-s), Physical dimension, Inter college tournament, Chi-square test, student sport players, Manipur University, critical value approach and p-value approach.*

## Introduction:

Physical self concept is an individuals' view of their body, health, physical appearance and strength. It is one of the life skills under self awareness which is one of the ten core life skills which help in enhancing the personality of an individual. Personality is the characteristics and patterns of feelings, thoughts, and behaviours which make a person exceptional, one kind and exclusive to his or herself. Personality originates within an individual and remains consistent throughout life. People are different from one another is evident. Every person born is unique to his or herself. Including identical twins, they differ in fingerprints and personalities. A healthy self-image is the core determining factor of a strong personality. Your personality is your identity; it is the sum total of your inherent and acquired characteristics. It is not necessarily something you are born with, but something you definitely need to take responsibility for it is primarily you alone, who can shape your personality and create your reality. An individual's personality is the complex of mental characteristics that makes them unique from other people. It includes all patterns of thought and emotions that cause us to do and say things in particular ways. Personality development is, developing a personality so as to create a strong positive impression about self with the targeted group. It is very important to maintain one's personality to prove in a long run. Personality and life skills are interconnected, as personality traits can influence the development and application of life skills.

Developing self-awareness through life skills like reflection and journaling can help individuals better understands their personality traits. Developing emotional intelligence through life skills like empathy and self-regulation can help individuals manage their emotions and personality traits. Developing resilience through life skills like coping with adversity and adaptability can help individuals better navigate challenges and develop a more optimistic personality. Developing social skills through life skills like communication and teamwork can help individuals build stronger relationships and develop a more outgoing personality. Skills are acquired through practice and patience. A skilled person uses less time, energy and resources to do a job and produces quality results. Enhancing Life Skills enables us to adapt to situations and people and helps us to lead a healthy and positive life. "Life skills are abilities for adopting positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life" – WHO. There are ten core Life skills which help in enhancing the personality of an individual. Physical self concept is recognition of self, our character, strengths and weaknesses, desires, likes and dislikes, and skills. Being aware of the good points about oneself helps young people build a sense of self-esteem and self-confidence. Being aware of their weaknesses will make young people willing to learn more. Self-awareness is necessary for developing a positive attitude towards life.

## Method of study:

The purpose of the study is to see the self physical concept of sport students of Manipur. The researcher used Manual for Self Concept Questionnaire (SCQ-s) consists of 8 questions drawn out only the Physical dimension from the self concept. Total 200 student sport player who participated in Inter college tournament in different events organised under Manipur University are randomly collected. The delimitation both male and female aging 17-18 years students are taken for the study.

The questionnaire containing only the areas of Physical dimension used in this study was given and requested to answer the question in the booklet according to the instructions

furnished at the beginning of the questionnaire. The students were assured of the confidentiality of their responses and encouraged to express their ideas and opinions freely and frankly. Precautions were also taken to obtain good results. On average, it took 5 minutes for the respondents to fill in the questionnaire that was collected by the investigator personally. The responses were scored according to the method, of the respective scales and the results were tabulated for further analysis.

**Analysis of data:**

For the purpose of the data selected descriptive statistics like frequency, percentage and graphical representation are used. **Self Concept Questionnaire (SCQ-s)** is the respondent provided with five alternatives to give the responses ranging from most acceptable to least acceptable description of self concept. The alternatives or responses are arranged in such a way that the scoring system for all the items will remain 5, 4,3,2,1 if the respondent put tick mark. The summated score of all the eight items provide the total Physical self-concept score of an individual. A high score on this questionnaire indicates a higher Physical self- concept, while a low score shows low score. Adding all the scores of eight questions given in that column, this will give the score for the particular Physical dimension of self concept.

The minimum and maximum range of score for Physical self concept is 8-40. Therefore, the tick responses are scored to measure Physical dimension of self concept. The Physical dimension of self concept score for both male and Female students of Manipur are interpreted by using The **Self Concept Questionnaire (SCQ-s)** Physical dimension of self concept areas of the Inventory norms below table no. 1,

**Table no. 1**

**Interpretation and classification of raw scores for Physical dimension:**

<b>Physical dimension score</b>	<b>Interpretation (Category)</b>
<b>33 to 40</b>	<b>High Self-concept</b>
25 to 32	Above Average Self-concept
<b>17 to 24</b>	<b>Average Self-concept</b>
9 to 16	Below Average Self-concept
<b>Up to 8</b>	<b>Low Self-concept</b>

Further from interpretation of general norms of Physical dimension of self concept areas of students sport players are analysed in one sample & two samples Chi-square test (ordinal and nominal data) are employed. The variables are analysed in two approach i.e. critical value approach and p-value approach. Hypothesis Testing is done through Chi-Square tests at 0.05 level of significant to see the null hypothesis are accepted or rejected.

Finding:

Table no. 2

Observed frequency, percentage & graphical representation of Physical self-concept in association with Gender difference of sports person Students of Manipur

Physical self-concept Dimension	Above Average self-concept	Average self-concept	High self-concept	Grand Total
Male	106	43	5	154
Female	33	10	3	46
<b>Total</b>	<b>139</b>	<b>53</b>	<b>8</b>	<b>200</b>

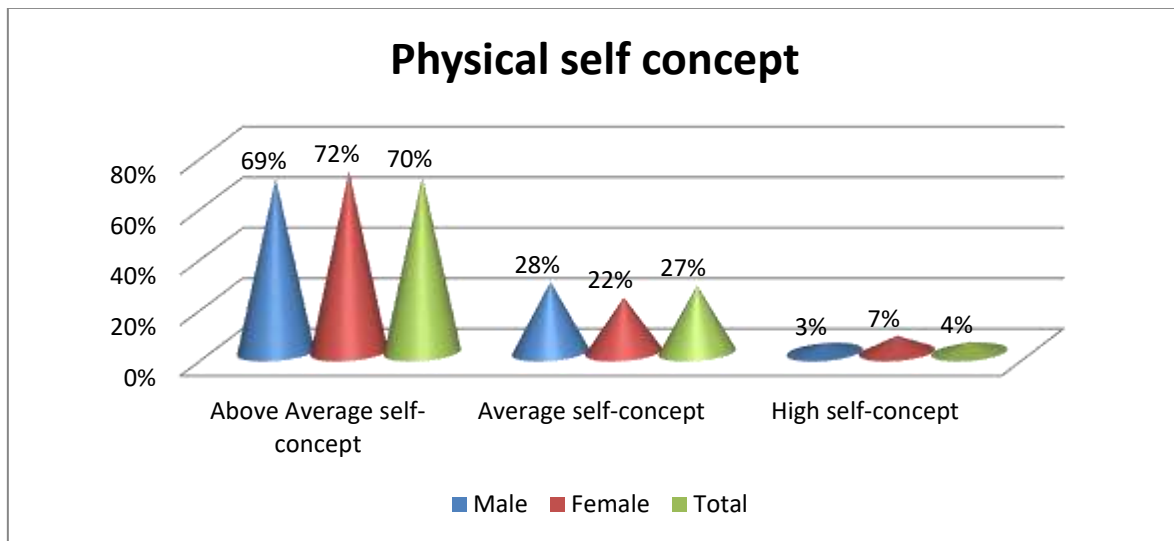


Table - indicates that the Physical self concept for males is 3% High, 69% above average and 28% average self-concept; for female Family 7% High, 72% above average and 22% average self-concept; and for total gender 4% High, 70% above average and 27% average self-concept.

Table no.3

The proportion of Physical self-concept in association with Gender difference of sports person Students of Manipur

OBSERVED FREQUENCT				
Physical self-concept Dimension	Above Average self-concept	Average self-concept	High self-concept	Grand Total
Male	106	43	5	154
Female	33	10	3	46
<b>Total</b>	<b>139</b>	<b>53</b>	<b>8</b>	<b>200</b>

EXPECTED FREQUENCT				
Physical self-concept Dimension	Above Average self-concept	Average self-concept	High self-concept	Grand Total
Male	107.03	40.81	6.16	154
Female	31.97	12.19	1.84	46
Total	139	53	8	200

(O-E)2/E			
Physical self-concept Dimension	Above Average self-concept	Average self-concept	High self-concept
Male	0.009912174	0.117523	0.218442
Female	0.033184235	0.393445	0.731304

degree of freedom	Level of significant	X <sup>2</sup> critical value
2	0.05	5.991464547

Degree of freedom (2-1) (3-1) = 2, level of significance = 0.05, X<sup>2</sup> critical value = 5.991464 Since the calculated Chi-square value of X<sup>2</sup> = 1.503810429 is smaller than the critical Chi-square tabulation value of (CV = 5.991464547), this is strong evidence to accept the null hypothesis of Proportion of self physical concept in associate with gender at 0.05 level of significance.

**X<sup>2</sup> value and P-value of the Physical self-concept in association with Gender difference of sports person students of Manipur**

Physical self-concept Dimension	value	P-value
	1.503810429	0.471467458

Degree of freedom (2-1) (3-1) = 2, level of significance = 0.05, X<sup>2</sup> critical value = 5.99146454

The p-value 0.471467458 > .05, accept the null hypothesis. There is strong no evidence of a difference in the proportion of physical self concept associated with gender difference of sport person students of Manipur.

**Conclusion:**

Self concept physical dimension is an individuals' view of their body, health, physical appearance and strength. The Physical self concept for males is 3% High, 69% above average and 28% average self-concept; for female Family 7% High, 72% above average and 22% average self-concept; and for total gender 4% High, 70% above average and 27% average self-concept. The calculated Chi-square value of X<sup>2</sup> = 1.503810429 is smaller than the critical Chi-square tabulation value of (CV = 5.991464547), this is strong evidence to accept the null hypothesis of Proportion of self physical concept in associate with gender at 0.05 level of significance. The p-value 0.471467458 > .05, accept the null hypothesis. There is strong no evidence of a difference in the proportion of physical self concept associated with gender difference of sport person students of Manipur. There is no difference between the student sport player male and female self concept regarding the Physical dimension. Their concept of Physical self concept is higher in above average and average, some of them are in High physical self concept regarding this study. No one responses below Average and low Physical self concept.

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