

## **Comparative Study On Self Awareness among Female High and Low Achievers Basketball Players**

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### **Abstract**

A total of 30 female (N=30) 15 high achiever + 15 low achiever in basketball served as subjects for this study. They were divided into 2 groups, comprising of 15 subjects each. All the subjects were between ages of 18 to 25 of Punjabi University Patiala, Punjab. Psychological variable was selected for self-awareness. The study had been analyzed with help of mean, SD and comparison between groups was done with the help of 't' test for equality of means. The result of study clearly indicates that non-significant difference shown in self awareness among high achiever and low achiever in basketball players. The study revealed that on the basis of the finding High achiever basketball players were shown more self awareness than low achiever basketball players.

**Keywords:** Self awareness, High achiever, Low achiever, Basketball players.

### **Introduction**

Self-awareness is the competence for self analysis and capability to recognize oneself as an individual differ from the environment and others. Self awareness is foremost for games and sports. Self awareness is a consciousness of mind, activeness of mind, alertness related to brain and body. Self awareness is how a person understand their own character, emotions, desires and wishes. There are two types of self-awareness first one is internal self-awareness and second one is external self-awareness. *Internal self-awareness* is to identify your values, weaknesses and personality strengths. *External self-awareness* is knowing how other prescribe you. This two are independent of each other. Individual can be more or less on both standard.

## **Objectives of the Study**

The main purpose of this study was to compare the self awareness among high and low achievers of female Basketball players.

## **Hypotheses**

It was hypothesized that there would be significant difference in self awareness among high achiever and low achiever in basketball.

## **Delimitations of the Study**

The study was delimited to only 18-25 years of age group. The study was restricted to 30 female sports person .

## **Design of the Study**

The subjects square measure at random assigned to either the experimental or the management cluster. each teams square measure pre-tested for the variable quantity. The experimental cluster receives the treatment and each teams square measure post-tested to look at the consequences of manipulating the variable quantity on the variable quantity.

## **Variables and Tools**

The subjects were selected from different different institution; Such as ACPE Mastuana Sahib, Punjabi university Patiala campus and Professor Gursewak Singh Government College of Physical Education, Patiala. The subject were mentioned of tools in a group of 10-15 at a time in peace full corner of the institution under laboratory like condition; First of all the tapping of Self Awareness; Emotional Intelligence Standard scale (2002) developed by Anukool Hyde, Sanjyot Pethe and Upinder Dhar (2002) was used. The scoring with done according to the ruled down by the authors.

## **Collection of Data**

To conduct the study 30 subjects in which 15 high achiever female basketball Players& 15 low achiever Female basketball Player were selected from ACPE Mastuana Sahib, Punjabi university Patiala campus and Professor Gursewak Singh Government College of Physical Education, Patiala. The data was collected with varying levels of their participation and performance.

**Findings**

To verify the hypothesis. It was decided to give systematically treatment to reach on conclusion. Therefore hypothesis tested on the relevant statistical formula. The 't' test has been administered on group and results presented in given below:

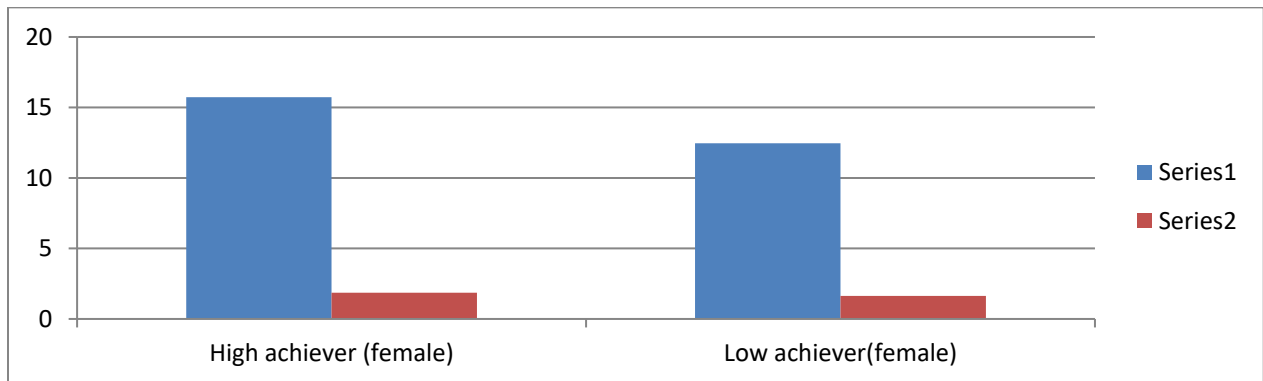
**TABLE NO. 4.1**

**SHOWING MEAN, SD OF SELF AWARENESS BETWEEN HIGH AND LOW FEMALE ACHIEVERS OF BASKETBALL PLAYERS**

Group	N	Mean	SD	MD	't'
High achiever (Female)	15	15.73	1.86	3.27	2.19*
Low achiever (Female)	15	12.46	1.64		

t'(0.05) = 2.05 ; t'(0.01) =2.76

**FIGURE NO. 4.1**



**Conclusion**

Female basketball high achievers have more Self Awareness as compare to Female basketball low achievers .

**Discussion**

Result found that Female basketball high achievers have more self awareness (Mean=15.73,SD=1.86)as compare to Female basketball low achievers (Mean=12.46,SD=1.64).The calculated value of 't' is 2.19 which is greater than the tabulated value, so that both the group are differ at 0.05 level . The finding of the present study indicated significant difference was observed in self awareness in high and low achiever in basketball players. Whereas, the hypothesis has been accepted

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