



The Association Between Physical Self Concept, Sport and Gender In Algerian Adolescents

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Abstrak

This study aims to clarify the impact of sport specialty in physical self concept and gender, and also the difference in the dimension of the physical self concept. A sample of research is made up of 169 sportsmen in different disciplines from Chlef's sport league with an average age of 18.3 ± 2.45 (soccer, volleyball, athleticism). The Physical self-description questionnaire (PSDQ) was used to measure the concept of physical self-according to multidimensional perspectives. The research results have demonstrated that the kind of sport discipline practiced by high level players has an impact on their understanding of their physical selves, and the second results might assert the general approximation which we are about to speak about. Gender issue influences self-esteem in relation to individuals, yet in the field of sport, we realize that males and females are equal at the level of all other dimensions of the questioner.

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INTRODUCTION

The self-concept is becoming one of the most important crucial variables for psychological domain, being a concept that allows us not only to judge the personality and behavior of the person but also to predict his conduct. It has been considered by Carl Rogers as pillar in understanding the human personality (Rogers, 1959). This is what led many studies to deal with the concept of the self analytically even it is done under different terminology such as self-esteem, self-perception and self-fulfillment and many other terms that revolves around the same context. It would be quite difficult to find another concept that has been given so much importance (Guérin, Famose, 2005).

Through this concept we might possibly explain the behavior of individuals and predict their future actions. It might also reflect the different representations which these individuals might have about themselves. This concept has become so important as to be labeled water of life (Fortes, 2003). It has been deployed in fighting against violence, psychological illnesses, addiction, educational failure and sports (Ninot, 2003).

In fact, it does not only reflect the behavior of the individual and its characteristics, but also their emotions through self-evaluation of its different sides and aspects, which has been acquired as a consequence of his interaction with the environment (Lau et al., 2008).

According to Rosenberg (1979), it is that evaluative side of the self or the feeling of self-satisfaction or rejection of what we wish to become. Given the importance gained by this concept, it might have been crucial to have researches in the field of psychology include this concept in the study of the psychological life of the sportsman due to its connection with impulsiveness, achievement, control and anxiety and many other psychological characteristic features (Ferreira, Fox, 2004; Klomsten al., 2004). Therefore, this concept has been studied together with many other sport terminologies. The results of these studies have demonstrated that the concept of positive self as related to the individual leads to a high physical performance, hence a good sport results (Levy, Ebbeck, 2005)

Research studies have also pointed to the existing connection between the concept of the self and the participation in physical and sport activities (Marsh, Jackson, 1986). The individuals who are distinguished by the concept of positive self are more inclined to practice physical and sport activities. Besides, this concept is re-

lated to physical ability through its proper means of measurement. The study of Marsh et al. (1986) has demonstrated that the participation of the individual in a given training programme increases his level of self-esteem. In addition to this, comparative study between sportsmen and non-sportsmen has asserted that the estimation of the physical self, together with the dimension of physical competence, is higher in sportsmen (Marsh et al., 1995). The concept of physical self has gone through the same stages which have been undergone by the concept of general self.

The concept of physical self and its relationship with gender variable: Many studies referred to the relationship that exists between the concept of the physical self and gender variable (Alsaker, Olweus, 1993; Babic et al. 2014; Block, Robins, 1993; Bolognini et al., 1996; Kling et al., 1999; Maïano et al., 2006; Marsh, 1998; Marsh et al., 2015). Research results have confirmed the existence of divergences in the concept of physical self between males and females: it's in the advantage of males at different levels (Marsh et al., 2015). Studies, which has been performed by Maïano et al. (2006) on a group of young French people using the physical self perception profile have shown that the results of males were far more variable than that of females at multiple dimensions, especially the dimension of sport competence.

As Marsh (1998) remarked, overall aim of the comparative studies in relation to the concept of the self between the two sexes is concentrated on the degree and not the formula of the concept itself. And this is what we have remarked in the tools used in measuring the concept of the self and physical self in particular, where we do not find tools of measurement special for males and females. The difference that exists between the results related to the concept of the self requires the finding of a paradigm that might explain the structure of the concept of the self for both males and females (Famose, Guérin, 2002). The results of these differences between males and females are related to many issues, the most important ones are: the nature of physical activity practiced in different countries including the European ones. The overall activities practiced are of male character, i.e. activities characterized by power and intensity, and this is what does not match the female nature (Maïano et al., 2004).

Still, the conception developed by the individual as a result of his interaction with the environment to which he belongs about the kind of body and the industrial culture has imposed

a new paradigm in regards to the image of body that females should seek. And as a result of social comparison, the evaluation of the physical self will be negative. This is what Marsh et al. (1995) referred to when he said that the reason for negative self-esteem for females is caused by the differences that exist between the concept held by females and the culture that imposes a new mode.

For this reason our present research about gender profile and its relation with the concept of physical self as related to high level players puts as the center of its concern the following problematic:

Does gender variable influence the concept of physical self?

Do the practiced physical activities have influence on the concept of physical self?

METHOD

A sample of research is made up of 169 sportsmen (136 males, 33 females) in different disciplines from Chlef’s sport league with an average age of 18.3 years ± 2.45 (soccer, volleyball, athleticism). According to the problematic of the present research, and as we try to proof the paradigmatic aspect of this pattern and its connection to some variable that characterized sportsmen and women, the convenient method to our research study is the method of comparative, it is also known as the description and interpretative method paradigm that does not only stop at the level of the relationship and the difference that exist between variable, but to interprets this connection and differences, it also measures the degree of these connection and the disparities that exist between the variable of the our research topic.

The 70-item Physical self-description

questionnaire (PSDQ) - designed by Herbert W. Marsh and others in 1994 - was used to measure the concept of physical self-according to multi-dimensional perspectives: health, coordination, physical activity, body fat, sports competence, appearance, strength, flexibility, endurance, and two global measures of self-concept (Global Physical Self-Concept and Global Self-Esteem). Each specific subscale is represented by 6 or 8 items. The PSDQ has been translated and modified to fit the Algerian environment in a previous study done by the researcher (Mouissi et al., 2010).

Data analysis: Before statistical analyses were performed, Kolmogorov-Smirnov test was used to test normality of data distribution. All results are expressed as means ± standard deviation. Major study variables were tested using student’s t-test and one-way ANOVA. Value of less than 0.05 was considered statistically significant. Statistical analyses were performed using SPSS software version 20.0.

RESULTS AND DISCUSSION

The results of this investigation are summarized in Table 1 and 2. The research results have demonstrated that the kind of sport discipline practiced by high level players has an impact on their understanding of their physical selves. Since the internal logic of each sport influences the extent of their physical self-perception. Therefore, the underlying dimensions of this concept change and alter with it the concept of general self because it is of hierarchical nature (Table 1).

Table 1. To verify the first hypothesis according to which there are disparities in the concept of physical self between sportsmen and the different practiced disciplines: results of the one-way ANOVA

Discipline	Mean	Standard deviation	Value
Health	31.82	6.97	7.94**
Coordination	26.03	4.66	5.99**
Physical activity	24.82	5.48	1.65
Obesity	28.39	7.17	15.75**
Sport Competence.	25.94	5.87	3.91**
Appearance	23.04	6.09	3.65**
Strenght.	23.44	5.33	1.32
Flexibility	24.57	5.25	6.44**
Endurance.	26.04	5.94	6.90**
Physical self-satisfaction	27.63	6.31	8.42**
Self esteem	32.12	5.70	6.23**

Significance 0.01**, 0.05*

Gender issue influences self-esteem in relation to individuals, yet in the field of sport, we realize that males and females are equal at the level of all other dimensions of the questioner.

Table 2. To verify the second hypothesis according to which gender influences the concept of physical self in sportsmen: results of t-test.

Discipline	Gender	N	Mean	Standard deviation	Value
Health coordination	Female	33	31.91	8.63	-0.21
	Male	136	31.78	6.05	
Physical activity Obesity	Female	33	26.00	4.82	0.029
	Male	136	26.04	4.59	
Sport Competence. Appearance	Female	33	25.06	5.65	0.16
	Male	136	24.71	5.41	
Strenght. flexibility	Female	33	3176	5.93	3.75**
	Male	136	26.75	7.16	
Endurance. Physical self-satisfaction	Female	33	27.09	6.75	1.69
	Male	136	25.38	5.33	
Self esteem health	Female	33	22.55	7.18	-1.01
	Male	136	23.28	5.50	
Coordination Physical activity	Female	33	23.48	6.37	0.55
	Male	136	23.41	4.78	
Obesity Sport Competence.	Female	33	24.82	5.91	0.76
	Male	136	24.46	4.92	
Appearance Strenght.	Female	33	23.61	6.97	-3.79**
	Male	136	27.22	4.99	
Flexibility Endurance.	Female	33	29.82	7.19	3.47**
	Male	136	26.57	5.57	
Physical self-satisfaction	Female	33	33.48	6.60	2.09*
	Male	136	31.46	5.11	

Significance 0.01**, 0.05*

Throughout the results of the first hypothesis that points to the influence of the type of specialization and the nature of sport discipline on self-esteem and its different dimensions, we find that it has been realized. Results pointed out the existence of differences between results that correspond to the kind of practiced sport discipline in exception to two dimensions: the dimension of power and that of physical activity. Studies focused on this dimension pointed to the differences between groups (males, females), (practitioners, non-practitioners) (Crooker et al., 2000; Daley, Buchanan, 1999; Lindwall, Lindgren, 2005; Schneider et al., 2008), yet it didn't study the differences between these groups of sport practitioners themselves. Going back to the definition referred to previously, we find that the concept of the self in general terms develops through the opinions and judgments of other, and especially these who are considered as important persons by the individual. In other words, it is that concept that develops as a result of other's judgments.

As we know that in the physical activities there are special characteristic features to each type of sport, or there is an internal logic that governs this type as mentioned by Pierre PARLEBAS.

This is what makes these sportsmen estimate themselves physically in different way. The kind of sport practiced compels the sportsman to distinguish himself in a given physical aspect. It is considered as the most important element for that kind of sport. Judo player, for instance, who practices this sport in heavy weight category, is characterized with high level obesity in comparison with the rest of sportsmen, yet his self-esteem will be positive. This is because the characteristics of this kind of sport discipline pushes towards this kind of self-acceptance. The individual understanding of physical self is related primarily with the dimension which is most important, being acquired through the opinions of the others that surround him, such as the coach, the public audience and what is already imposed by the physical activity itself.

Concerning the second hypothesis, the results might assert the general approximation which we are about to speak about. Gender issue influences self-esteem in relation to individuals, yet in the field of sport, we realize that males and females are equal at the level of all other dimensions of the questioner. And this is due to the fact that females are about to practice physical activities that are not different from that practices by males, except that we have noticed that the differences were pointing to close dimensions: the dimension of obesity and that of continuity. This is caused by the importance given by females to the dimension of obesity. Given the social culture prevalent now makes girls develop a negative opinion about obesity. Concerning the second dimension which is continuity, it is related to the non-concern given by females to this kind of physical abilities because of its tiring and intense nature. The difference that exists between males and females is caused by the nature of the psychological structure that characterizes each sex. Females give more importance to their physical appearance because the development of their physical selves is controlled by the social perception of women. Society gives more importance to the image women more than that of men, and this is what pushes them to develop conceptions and understandings about themselves that differ from the one that can be found in men (Bariaud et al., 1999). A limitation of this study was the cross-sectional nature of the data.

CONCLUSION

The results of this study have referred also to the fact that the concept of the physical self is related to its underlying physical dimensions as related the practiced physical activity, and this is what provides us with new data about judgment in self-construction and the psychological dimension of sportsmen according to the nature of physical activity. The psychological preparation of sportsmen is influenced, at the level of the conception of the self, by the nature of the practiced physical activity itself. It is impossible to generalize the different psychological theories in the psychological preparation of high level players in different sport disciplines.

Conflict of interest

The authors declare that no conflicts of interest exist.

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