



Gender differences in self-esteem among adolescent cricketers: Exploring the cricketing context

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Abstract

This study aimed to examine gender differences in self-esteem among adolescent cricketers and explore the cricketing context's potential influence on self-esteem development. A sample of 60 national and state-level cricketers (30 males and 30 females) aged 13 to 19 from Delhi and Haryana was included. The participants completed the Rosenberg Self-Esteem Questionnaire through offline interviews. The results revealed no significant gender differences in self-esteem levels (male: $M = 19.33$, $SD = 3.31$; female: $M = 18.50$, $SD = 3.51$). These findings suggest that cricket may provide an equal platform for male and female adolescent cricketers to develop and maintain self-esteem. However, the study's limitations and the need for further research to explore other influential factors and validate the results are acknowledged. This study contributes to the understanding of gender differences in self-esteem within the context of adolescent cricket and emphasizes the importance of equitable support and opportunities for both male and female players.

Keywords: Gender differences, self-esteem, adolescent cricketers, cricketing context

Introduction

Adolescence is a critical phase marked by substantial physical, cognitive, and social transformations that influence an individual's self-concept and general welfare (Erikson, 1968; Harter, 1990). Self-esteem is a crucial aspect of adolescent development, as it involves the assessment of one's own worth and value (Rosenberg, 1965). It exerts an influence on individuals' attitudes, behaviours, and social interactions, affecting multiple facets of their existence. Positive self-esteem is linked to higher confidence, better academic achievement, improved mental health, and stronger social connections (Baumeister *et al.*, 2003; Orth *et al.*, 2008). Low self-esteem is associated with self-doubt, social withdrawal, academic difficulties, and mental health problems (Harter, 1999; Trzesniewski *et al.*, 2006). Comprehending the determinants that impact self-esteem during adolescence is crucial for fostering sound growth.

Adolescents' positive self-esteem can be promoted through sports participation (Vazou *et al.*, 2006). Gender can influence the distinct challenges and experiences encountered by adolescent athletes. The sport of cricket, enjoyed by a vast number of individuals worldwide, presents a compelling setting to investigate gender-based variations in self-esteem among teenage players. The emergence of women's cricket has prompted an investigation into gender dynamics in a sport that has historically been dominated by men (Krishnan *et al.*, 2019). Examining gender-based self-esteem disparities in cricket players can provide insight into their unique perspectives and facilitate the creation of tailored interventions to improve their self-esteem and overall welfare.

This study seeks to investigate gender disparities in self-esteem within the population of adolescent cricket players. This study aims to analyse gender differences in self-esteem levels among cricket players to better understand their distinct challenges and experiences.

This study adds to the current literature on self-esteem in adolescence and sports by analysing gender disparities in self-esteem among adolescent cricket players. The results offer significant perspectives for coaches, parents, and sports institutions, promoting the comprehensive growth and welfare of adolescent cricket players. This study seeks to contribute significantly to the field by examining the psychological factors of sports involvement and promoting favourable youth development within the cricket community.

Method

Hypothesis

H₀: There are no significant gender differences in self-esteem among adolescent cricketers.

H_a: There are significant gender differences in self-esteem among adolescent cricketers.

Participants

The study employed a purposive sampling technique to select a sample of 60 adolescent cricketers, consisting of 30 males and 30 females. The participants were selected from national and state level cricketers between the ages of 13 and 19. The sampling was conducted in the regions of Delhi and Haryana, which are known for their active cricketing communities and have a diverse representation of adolescent cricketers.

Tools

The Rosenberg Self-esteem Scale (RSES) is a 10-item questionnaire developed by Morris Rosenberg in the 1960s. It measures an individual's global self-esteem by assessing their positive and negative feelings about themselves. The scale is widely used to evaluate self-worth and has good reliability and validity. Higher scores indicate higher self-esteem, while lower scores suggest lower self-esteem.

Procedure

Participants were recruited through national and state-level cricket associations, clubs, and coaches in Delhi and Haryana. Offline interviews were conducted in a private setting, and participants were provided with an explanation of the Rosenberg Self-Esteem Questionnaire's purpose. During the interviews, participants' responses to the questionnaire were recorded. Assistance and clarifications were offered when needed. Data were collected securely using standardized forms or digital systems. Participants were debriefed after the interviews, and their concerns were addressed. The collected data were analyzed using appropriate statistical techniques to examine gender differences in self-esteem. The results were interpreted and presented in a clear manner, discussing the implications and comparing self-esteem levels between male and female cricketers. Confidentiality and data protection measures were strictly followed throughout the research process.

Statistical technique

't' test statistical technique was computed for comparing the two groups to find out the mean and S.D between male and female. For testing the hypothesis, the level of significance was set at 0.05.

Result

Table 1: Showing distribution of scores of our male and female subjects

Variable	Number	Mean	S.D	S.E.M	T- Value	Sig. level	Df
Male	30	19.33	3.31	3.73	0.9453	0.3484	58
Female	30	18.50	3.51	2.50	0.9453	0.3484	

The study examined the self-esteem levels among male and female adolescent cricketers. The mean self-esteem score for male cricketers was 19.33, with a standard deviation of 3.31. On the other hand, the mean self-esteem score for female cricketers was 18.50, with a standard deviation of 3.51. Based on the statistical analysis, the t-value was 0.9453 with a significance level of 0.3484. The degrees of freedom (df) were 58. The results indicate that there is no significant difference in self-esteem levels between male and female adolescent cricketers ($t(58) = 0.9453, p = 0.3484$). These findings suggest that gender does not play a significant role in determining self-esteem among adolescent cricketers in the given sample. However, further research with a larger and more diverse sample is needed to confirm these results and explore potential factors that may influence self-esteem in this population.

Discussion

The present study aimed to explore gender differences in self-esteem among adolescent cricketers. The results indicated that there was no significant difference in self-esteem levels between male and female cricketers in the given sample. These findings are consistent with previous research that has reported similar results in the context of sports participation and self-esteem (Harter, 1999; Vazou et al., 2006).

The lack of significant gender differences in self-esteem among adolescent cricketers suggests that participation in cricket may provide an equal platform for both male and female players to develop and maintain a positive sense of self-worth. This finding aligns with the growing recognition and support for women's cricket, which has gained significant popularity and opportunities for female players (Krishnan et al., 2019). It highlights the potential of cricket as a sport that promotes gender equality and empowerment, allowing both male and female players to experience similar levels of self-esteem.

However, it is important to acknowledge the limitations of the current study. The sample size was relatively small, consisting of cricketers from Delhi and Haryana regions only. This restricts the generalizability of the findings to a larger population of adolescent cricketers. Further research with a larger and more diverse sample from different regions and cricketing contexts is needed to validate these results and provide a comprehensive understanding of gender differences in self-esteem among adolescent cricketers.

Additionally, self-esteem is a complex construct influenced by various individual, social, and contextual factors. While this study focused on gender differences, it is crucial to consider other variables that may contribute to self-esteem levels among adolescent cricketers. Factors such as performance expectations, social support networks, and perceptions of gender roles within the cricketing environment warrant further exploration (Fredricks and Eccles, 2002; Eccles and Barber, 1999). Future studies should aim to investigate the interplay between these factors and their impact on self-esteem in both male and female cricketers.

Despite these limitations, the current study adds to the existing literature by examining gender differences in self-esteem among adolescent cricketers. It supports the notion that participation in cricket can contribute positively to the development of self-esteem in both male and female players. These findings have implications

for coaches, parents, and sports organizations involved in the development of adolescent cricketers. They highlight the importance of providing equal opportunities, support, and recognition for both male and female players to foster positive self-esteem and overall well-being within the cricketing community.

In conclusion, the present study found no significant gender differences in self-esteem among adolescent cricketers. The results suggest that cricket may serve as an inclusive sport that promotes equal self-esteem development for both male and female players. However, further research with larger and more diverse samples is warranted to validate these findings and explore additional factors that contribute to self-esteem in adolescent cricketers.

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