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**IMPACT OF SPORTS SPECIFIC PHYSICAL TRAINING PROGRAM ON THE  
SELECTED PSYCHOLOGICAL TRAITS OF U-20 FEMALE  
SENIOR SECONDARY STUDENTS**



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**Abstract:**

**Objective:** The objective of the study was to investigate the impact of Sports specific exercises on the self motivation and self esteem of under 20 Senior Secondary Females' Students. **Methodology:** The study employed quasi-experimental research designed in which 40 girls (30% of the population) were chosen as sample through random sampling method further they were divided in two equal groups as Experimental and control group. The sports (Handball) specific physical training (SSPT) was administrated for 10 weeks. This training contains selected speed and Endurance exercises with variation in intensity and volume, running on the spot, side moves, dashes, back and forth running, zig zag run, jumping cones, Rope skipping, Horizontal and vertical jumps, push Ups, Pull Ups, Squads and 100 & 200M sprints and Stretching Exercises. **Tool:** The self motivation and self esteem was measured through Dishman and Ickes Self motivation Inventory and Rosenberg Self Esteem scale respectively before and after the training. **Results:** After the analysis of data through one way analysis of variance a significant difference was found in experimental group where as control group has insignificant difference for both dependent variables. It was concluded that physical exercises have greater influence on the Self motivation and Self Esteem of under 20 Sr. secondary females' students. It is recommended that all school going students must participate in any kind of physical training program for their physiological as well as psychological well being.

**Keywords:** Sports Specific Exercise, Self Motivation, Self-esteem & Female Students.

**Background of the Study:**

Human being is composition of Physiological organism and psychological identity for both genders. By Nature or by nurture, female students are passive participants in almost every sport activity. Almost in every activity time, female students are enforced to do any physical activity. This passiveness, however, affects female students' health as well as sociability in every social activities of interest. Because of many reasons, students; especially female students are not highly self motivated and confident to be engaged in regular physical

activity. In case of this, they didn't get multi dimensional benefits from regular physical activity or sport activities.

### **Objective of the Study:**

The objective of this study was to investigate the impact of sports specific physical training on some selected psychological traits as self motivation and self -Esteem of under 20 Senior Secondary female students.

### **Hypothesis:**

It was hypothesized that sports specific Physical training would have positive effect on self motivation as well as self Esteem.

### **Research Design:**

Researcher has applied the pre-test and post-test approach as a result of randomized formation of experimental (treatment group) and control group (non-treatment group) so that giving sports specific physical training for the experimental group is mandatory in order to determine their change of psychological traits (self motivation and self-esteem).

### **Population and Sampling Technique:**

In this study there are 134 grade 12 female students within seven sections of the year are participated. In order to identify the experimental group and Control group simple random sampling technique was used to draw participates of the study.

### **Sample Size:**

40 female U-20 students was selected through random sampling method as sample for the study and further divided in two equal groups as experimental and control group 20 each. The sample size fulfils the minimum standard sample requirement of 30% to represent the study subjects.

### **Dependent and Independent Variables:**

Self motivation and self – Esteem was set as dependent variable and Sports Specific Physical training (SSPT) as independent variable. Sports Specific Physical Training (SSPT): Sports (Handball) Specific Physical training was run for 10 weeks on experimental group consist 20 U-20 female students. SSPT is like circuit training including selected speed and Endurance exercises with variation in intensity and volume. It also included running on the spot, side moves, dashes, back and forth running, zig zag run, jumping cones, Rope skipping, Horizontal and vertical jumps, push Ups, Pull Ups, Squads and 100 & 200M sprints and Stretching Exercises.

### **Tool Used:**

Self-esteem was measured using the Rosenberg self-esteem scale (SES), a widely used 10-item questionnaire using a 4-point Liker scale. Responses were summed to give a score

ranged from 0-30, with a higher score indicating higher self-esteem (Rosenberg, 1989). Scores below 15 suggest low self-esteem. Self motivation of subjects was measured using the Dish man and Ickes self self motivation inventory test. The SMIT consists of 40 items with a 5 point Linkert scale.

**Statistical Analysis:**

The data of this Experimental research was analyzed through one way completely randomized ANOVA using online tool.

**Table No - I**  
**Table showing One-way Analysis of Variance (ANOVA) for self Motivation of the under 20 female Sr. Secondary Students**

Sources	Df	SS	MS	F	P-value
Treatments	3	27755.337	9251.779	19.1932*	0.0001
Errors	76	36634.550	482.034		
Total	79	64389.887			

$F_{0.05}(1, 76) = 3.88$ , Significant at 0.05 level of confidence

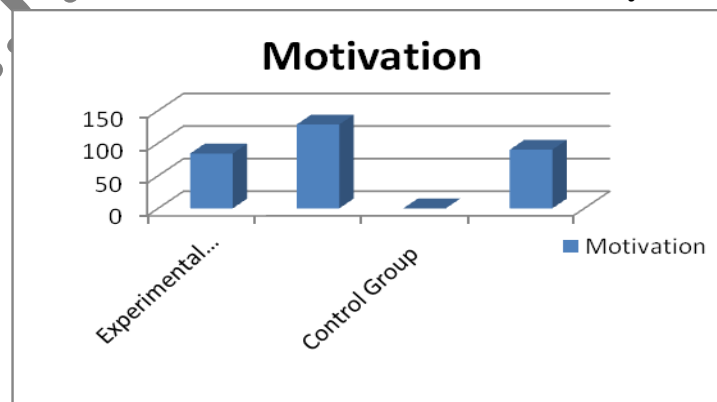
\*Significant

\*\*not significant

**Interpretation and Discussion:**

The Calculated Pre-test means of Experimental group on Self motivation was 84.18 vs 128.65 respectively and for control group on self motivation was 86.35 vs 90. Table no.1 showed that the one way analysis of variance on Self motivation of the experimental and control groups were significantly different. Table revealed an 'F' ratio value 19.19, which was found highly significant. Since, it was found higher than tabulated F value required to be significant. Hence alternative hypothesis is accepted.

**Graphical Presentation of Mean difference in the Self Motivation of the under 20 Female Sr. Secondary Students**



**Table No-II**  
**Table showing One-way Analysis of Variance (ANOVA) for Self Esteem of the under 20 Female Sr. Secondary Students**

Sources	df	SS	MS	F	P-value
Treatments	3	1901.450	633.817	52.5587*	0.0002
Errors	76	916.500	12.059		
Total	79	2817.950			

$F_{0.05}(1, 76) = 3.88$ ,

Significant at 0.05 level of confidence

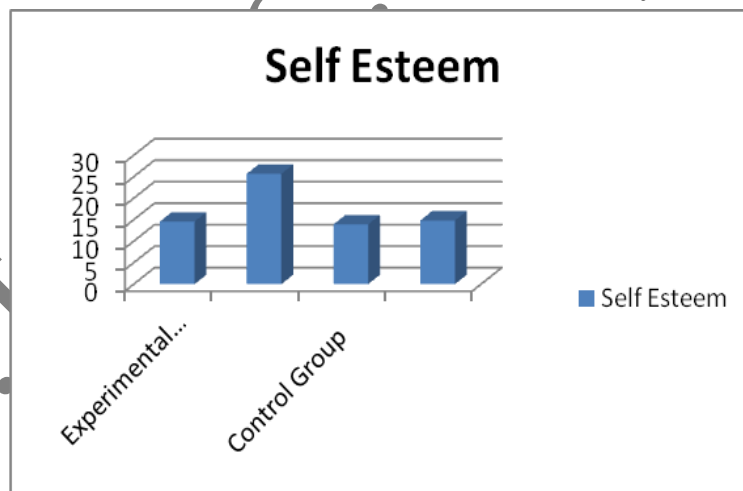
\*Significant

\*\*not significant

### Interpretation and Discussion:

The Calculated Pre test means of Experimental group on Self Esteem was 14.55 vs 25.65 respectively and for control group on Self Esteem was 86.35 vs 90. Table no.2 showed that the one way analysis of variance on Self Esteem of the experimental and control groups were significantly different. Table revealed an 'F' ratio value 52.55, which was found highly significant. Since, it was found higher than tabulated F value required to be significant. Hence alternative hypothesis is accepted.

### Graphical Representation of the Mean Difference in the self Motivation of the under 20 Female Sr. Secondary Students



### Conclusion:

Under the limitation of the study it was concluded that sports specific physical training program can contribute in the development self motivation and self esteem among the school going female students at senior secondary level. It is recommended that similar studies

with different psychological variables and gender related to academics can contribute in the academic development and healthy well being of school going students.

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