

Effect of Weight Training on Self-Concept of College girls

Darshana Dahiya

Assistant Professor in Physical Education Kanya Mahavidyalaya, Kharkhoda, Sonipat

Abstract: *The study was conducted on selected Self-Concept component of sixty girls (N= 60) of college level with a purpose to determine the effect of weight training on Self-Concept. 30 subjects were selected for each group i.e. Experimental and Control. The Self-Concept Questionnaire selected to measure the Self-Concept of college girls. In order to find out the effect of weight training on Self-Concept, the analysis of co-variance was applied at 0.05 level of significance. It was concluded that weight training leads to development of Self-Concept (F-Value =5.82).*

I. Objective of the study

Objective of the Investigation was to find out the effect of participation in weight Training Programme on Self-Concept.

II. Methodology

From scholar's own understanding of the problem and as gleaned through the literature, related Self-Concept questionnaire were selected.

III. Subjects

The subjects for present study were selected on the basis of their interest in weight training and their willingness to participate in the 12 weeks training programme prepared by the scholar. College Students were selected as subjects for the study keeping in mind their ready availability and trainability in weight training. The average age of the subjects ranging from 18 to 25 years. All the subjects were studying in Kanya mahavidyalaya, Kharkhoda . Though coming from different family backgrounds, all the subjects were fairly homogenous in almost all aspects.

Training Programme

The investigator prepared a suitable training programme for the subjects. The training programme was prepared with the help of the experts.

Duration of the training programme

Duration of the training programme was 12 weeks, starting from 1st January and continuing up to 31st of March. Training was given three days a week, on Mondays, Wednesdays and Fridays, Duration of each training session of the experimental group divided into three sub-groups of ten subjects each for the purpose of training. The scholar and two of his coaches administered the training programme, all were qualified and experienced coaches, Training was given at the college's weight training hall.

Experimental Design

The present study utilized a modification of the random group design whereby the thirty subjects for the experimental group were volunteers who has agreed to participate in the training and testing for the study. The thirty subjects for the control group were selected randomly from the same age and grade levels as those of the experimental group subjects. In as much as the training was to be quite rigorous, it was considered more appropriate to have volunteers in the experimental group rather than selecting the Subjects randomly..

Statistical analysis

The data comprising of pre and post test scores in the Self-Concept components were analysed by using analysis of covariance at .05 level of significance.

Findings

Findings related to the present study is given in table –1

Analysis of Co-variances of the Means of the experimental and control group in selected variable were

Self-Concept

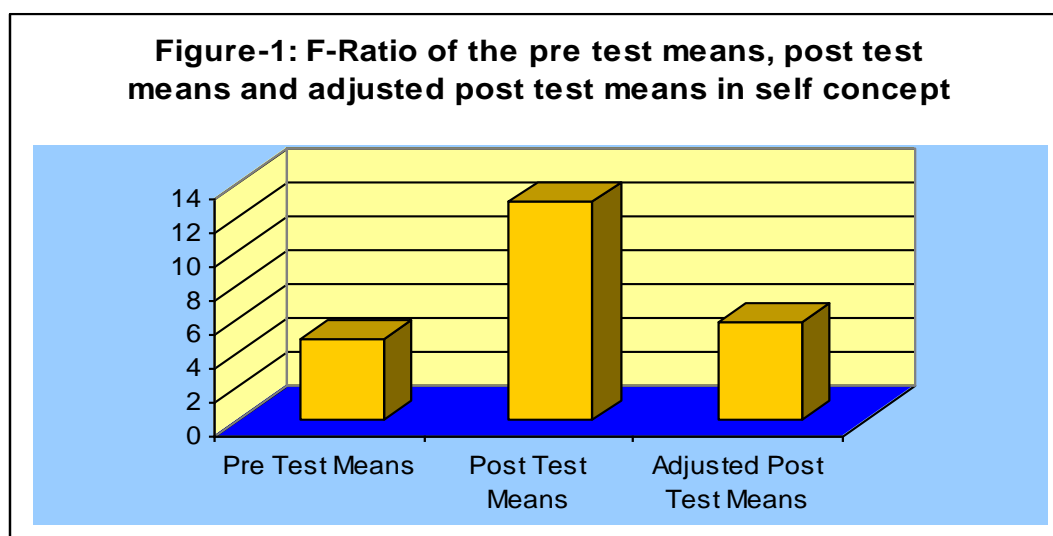
		Groups		Sum of Squares	df	Mean Sum of Squares	F- Ratio
		Experimental	Control				
	Pre Test Means	175.86	169.36	A = 633.75 W = 7654.44	1 58	633.75 131.97	4.80
	Post Test Means	188.00	175.10	A =2496.15 W = 11143.70	1 58	2496.15 192.13	12.99
	Adjusted Post test Means	183.68	179.42	A = 249.26 W = 2437.48	1 57	249.26 42.76	5.82

* $F_{0.05(1, 57)} = 4.00$

A =Among Means

W=Within Groups

The analysis of covariance for self -concept Indicated that the resultant F – ratio of 5.82, which was found significant incase of the entire selected variable for adjusted post test means, the calculated F-Value found grater than Tabulated value.



IV. Conclusions

It was concluded that weight Training lead to Development of the Self-Concept of College boys (F – ratio of 5.82), on the basis of above findings, it is also concluded that participation in Weight Training Programme lead to development of Self-Concept.

References

- [1]. Bucher, Charles A. Foundation of physical education and sports London. The C.V.Mosby Company, 1983.
- [2]. Barrow, Harold M. and Megee, RoseMary. A practical Approach to Measurement in Physical Education. Philadelphia : Lea and Febiger, 1979.
- [3]. Rogers, Dorothy. Child Psychology 2nd ed. Monterey California: Books publishing e.,1977
- [4]. Freischlog, Jerry. "Basic considerations in changing attitudes towards physical education creditability success consequences and self – discovery " The Physical Education 30 (March 1973): 19
- [5]. Martiken, T.J.chefter, J.T.and Zaichkowsky, L.P. " Physical activity, Motor Development, and self – concept." (Race and Age Differences." Perceptual and Motor skills 46 (1977) cited by solokun. Journal of physical education and sports.
- [6]. Singh, Gurdial and Debnath, Kalpana. " A study of competitive performance and self – concept of Indian Male Gymnast." SNEPES Journal (1986): 35
- [7]. Kane, J.E. Psychological Aspects of Physical Education and sports. London: Routledge and kegan paul Ltd., 1975.
- [8]. Kleinman, S. The Significance of Human Movement Phenomenological Approach. Philadelphia : Lea and Febiger, 1972 cited by Dorothy V. Harris. Involvement insports philadelphia : Lea and Febiger, 1973.
- [9]. Allen, D.J. " Self – concept and the Female Participants in women and sports: " National Research conference". ed. Dorothy v. Harris (Pennsylvania state University., 1973) Cited by Harris, Involvement in sports.