

## A STUDY OF IMPACT OF OUTDOOR GAMES ON SELF ESTEEM AND LONELINESS AMONG PEOPLE

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**ABSTRACT:** In today's progressive area Psychological research can be very helpful study the problems of society, social sciences like sociology, economics, Psychology etc. were used in various branches of psychology like child psychology, educational psychology and Industrial psychology etc. We have to suffer many problems in this type of study. The main purpose of this research was to a study of Impact of outdoor Games on self-esteem and Loneliness among people. The total sample consisted 60 as a variation belonging to 30 female and 30 male. The research tool for self-esteem was measured by Rosenberg (1965), and tool for Loneliness was measured by Russell (1986). To check the significant difference between group t-test was used. Here t-test used result revealed self-esteem and outdoor games is a significant difference. There was no significant difference in Loneliness of female and male outdoor game players.

**Key Words:** Self-esteem and Loneliness

In Today's progressive area Psychological research can be very helpful to study the problems of society, social sciences like sociology, economics psychology etc. were used in various branches of psychology like child-psychology, educational psychology and Industrial Psychology etc. We have to suffer many problems in this types of study.

The identification of self-esteem as a distinct psychological construct is thought to have its origins in the work of philosopher and psychologist, geologist, anthropologist willing James (1892).

James identified multiple dimensions of the self- with two levels of hierarchy processes of knowing (called the 'I self') and the resulting knowledge about the self (the 'Me self'). Observation about the self and storage of those observations by the I-self create three types of knowledge, which collectively account for the me self, according to James.

These are the material self, social self, and spiritual self. In the mid-1960, Sociologist Morris Rosenberg defined self-esteem as a feeling of self-worth and developed the Rosenberg self-esteem scale (RSES), which became the most widely used scale to measure self-esteem in the social sciences.

Loneliness is a complex and usually unpleasant emotional response, to isolation. Loneliness typically includes anxious feelings about a lack of collection or communication with other beings, both in the present and extending into the future. The causes of loneliness are varied and include social, mental, emotional and Physical factors.

Research has shown that loneliness is prevalent throughout society, including people in marriages, relationships, families, veterans and those with successful careers.

Many people experience loneliness for the first time when they are left alone as in Pants it is also a very common, though normally temporary, consequence of a breakup, divorce or less of any important long-term relationship.

Experts believe the lack of outdoor activity is having a significant impact on children's health with exercise low in their priorities.

Outdoor games are the athletic or sporting games that involves physical activity and are generally played outside in the open. Generally, there is a spirit of healthy competition in outdoor games. Some examples includes lawn-tennis, football, cricket, hockey, soccer etc.

We play by nature, we have an Instinct to play as we have an Instinct to work, we work in serious mood and play in light mood, so play and work are complementary to each-other.

Researchers from the University of Essex found that as little as five minutes of a "green activity". Such as walking, gardening, cycling or farming can boost mood and self-esteem.

Many studies have shown that outdoor exercise can the reduce risk of mental illness and improve a sense of well-being. But Burton and colleague professors Jules pretty, say that until now no one knew how

much time needed to be spent on green exercise for the benefits to show.

Indoor games do not make us fit and outdoor games keep us fit because it requires physical exercise. Indoor games are waste of time because they have no effect on our lives but outdoor games have a lot of good effect. In outdoor games we sometimes get hurt while playing or practicing while we do not have to suffer any pain in Indoor games.

Anne Bowker, Shannon Gadba's and Becki Carnock (2003). Studies result showed that although boys reported greater satisfaction, there were no gender differences in general self-worth, but reported higher self-esteem when they participated in more non-competitive sports games.

In Kivikngas (2011) result show that outdoor games are related to gender differences and outdoor games and self-esteem between significant difference.

Qualter P. Munn P. (2002). Study result show outdoor players female and male was not difference into loneliness and female players and male players are difference between loneliness levels.

Rotenberg A. (2004). Research result show that male player maximum time play outdoor game but female not play outdoor game maximum time. This result showed loneliness level low in female players.

Gray, C. Gibsons, R. et. Al., (2015). This study result showed that, outdoor game play female and male different between sedentary behaviours and physical activity.

Farley, T., Meriwether, R. etc. (2007). Research result show safe play space and outdoor games physical activities are correlated.

### **Objectives :**

1. To know the effect of outdoor gaming on self-esteem
2. To know the effect of outdoor gaming on loneliness
3. To know the difference of gaming effect with reference to gender.

### **Hypothesis :**

1. There will be no significant mean differences outdoor-gaming on self-esteem.
2. There will be no significant mean differences outdoor-gaming on loneliness.

### **Method :**

#### **Participants :**

According to purpose of present study total 60 participants has been selected. There were 30 female and 30 male were taken as a sample from particular area of Rajkot city (Gujarat)

#### **Instruments :**

Following instrument were used for data collection.

- (A) Self-esteem scale : The self-esteem scale was developed by Rosenberg (1965). This scale contains 10 items with 4 alternative response varying from total agree, agree, disagree and total disagree, each to be rated on 4 point scale. This scale interpretation can if score more self-esteem more and if low score low self-esteem. There reliability 0.77 and validity 0.85.
- (B) Loneliness scale : The scale was developed by Rusesel (1986). The scale consisted of 10 item, each to be rated on 4 point scale. The minimum and maximum score obtained in the scale are '0' and 40 respectively . There reliability is 0.89 to 0.94 and validity is 0.73.

### **Procedure of Data Collection :**

In this study random sampling method was used. Initial meeting with the participants was made at particular areas of Rajkot city (Gujarat). Total 60 participants were taken as a sample. They were informed about the purpose of the study upon initial meeting, each participants was also explained the nature of the study, participants were informed about the confidentiality regarding information collected from them. A time for data collection was set-up that was conducive for the participants before administering the scale, the purpose of the study was again explained to the participants. A good rapport was built with the participant for getting correct response. Some necessary instruction and guide lines were provided to them properly filling the scale. After this both scale were provided to them and they were requested to fill up the both scale as per the instruction given in the scale. After completion of the scale participants returned the scale and they were thanked for their participation and co-operation.

### **Research Design :**

The aim of present research was to a study of impact of outdoor games on self-esteem and loneliness among people. For these total 60 samples were taken with used random method. To check significant difference between groups t-test was used.

## **Result and Discussion :**

The main objective of present study was to measure the self-esteem and loneliness in female and male. In it statistical t-test method is used.

Table -1

[Showing t-value score of self-esteem in Female and Male]

Variables	N	Mean	SD	t	Sig.
Female	30	18.83	3.35		
Male	30	22.43	3.85	3.86	0.01

Sig. level = 0.05 = 2.00

0.01= 2.66

NS = Not significant

According to t-test table of self-esteem (table-1). We said that t-value of outdoor game players female status variable was 3.86. The mean of female players received 18.83 and male players received 22.43. The standard deviation of female players 3.35 and male players 3.85. The t-value of male variable was significant difference at the both levels (0.01 and 0.05 level) so we can say that second hypothesis was rejected because significant difference can be see the t-value of male players status was 3.86. Possible reason will be female there have no times for outdoor game play than male player.

Table -2 (Result)

[Showing t-value score of loneliness in Female and Male]

Variables	N	Mean	SD	t	Sig.
Female	30	18.97	5.12		
Male	30	18.43	3.44	0.47	NS

Sig. level = 0.05 = 2.00

0.01= 2.66

NS = Not significant

According to t-test table of loneliness (table-2). We said that t-value of female and male status variable was 0.47. The mean of female received 18.87 and male players received 18.43. The standard deviation of female players 5.12 and male players was 3.44. The t-value of not significant difference at the both levels (0.01 and 0.05 level). So we can say that one and two hypothesis was accepted. Possible reason will be male and female are very closest friends and outdoor game.

## **Conclusion :**

We can conclude by data analysis as follows :

There was significant difference in self esteem of female and male outdoor game players. There was no significant difference in loneliness of female and male outdoor game players.

## **Limitation of the Research :**

The study had several limitation that can be addressed by future research firsts, the participants consist only particular area of Rajkot city. So it is not representative of all their city. Hence, a more representative participant might yield different result; for example a participant from different city of Gujarat might show significant interaction effects of different city.

## **Suggestions :**

Endeavour can be executed to analyze more than 60 data of (sample with efficacy to attain better result for the accumulation of information, variegated methods except questionnaires can be adopted. Selection of sample can be accomplished with the intake of different city female and male players, different state to ascertain in their self-esteem and loneliness. To crown the research work, other method of selecting sample can be appropriated.

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