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Subhadip Roy
SACT, Bhangar
Mahavidyalaya, South 24
Parganas, West Bengal, India

Dr. Vikas Saxena
HOD of Physical Education,
Rabindranath Tagore
University, Bhopal, Madhya
Pradesh, India

Exploring the influence of sports engagement on self-esteem and fitness levels

Subhadip Roy and Dr. Vikas Saxena

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Abstract

This study investigates the multifaceted effects of sports engagement on the self-esteem and fitness levels of college individuals. Through an extensive review of existing literature, the research explores the intricate relationship between participation in sports activities and the enhancement of both psychological and physical well-being among collegiate populations. Drawing upon diverse empirical studies and theoretical frameworks, the analysis examines the mechanisms by which sports involvement fosters improvements in self-esteem and fitness, highlighting the potential benefits for personal development and overall health. Additionally, this research delves into the various factors that may influence the effectiveness of sports engagement in shaping self-esteem and fitness outcomes, including gender, type of sport, and social support systems. By synthesizing evidence from a range of sources, this study aims to provide valuable insights for educators, policymakers, and health practitioners seeking to promote holistic well-being and empowerment among college individuals through sports participation.

Keywords: Sports engagement, self-esteem, fitness levels, college students

Introduction

Participation in sports among college students has garnered increasing attention for its potential to positively influence both physical and psychological well-being. Research indicates that engagement in sports activities can lead to improvements in self-esteem and fitness levels, thereby contributing to overall health and quality of life. Studies have shown that regular physical activity, such as sports participation, is associated with enhanced self-esteem and reduced risk of various physical health issues (Penedo & Dahn, 2005) ^[1]. Moreover, sports involvement provides opportunities for social interaction, skill development, and stress relief, which are particularly relevant for college students navigating academic and personal challenges (Fredricks & Eccles, 2005) ^[3].

Despite the recognized benefits, understanding the intricate relationship between sports engagement, self-esteem, and fitness levels among college students requires a nuanced examination. Factors such as gender differences, type of sport, and social support networks may influence the extent to which sports participation contributes to well-being outcomes (Vella & Swann, 2020) ^[5]. By delving into these complexities, this study aims to shed light on the mechanisms through which sports engagement impacts self-esteem and fitness among college students, offering insights that can inform strategies for promoting holistic well-being and empowerment in this demographic.

Methodology

The purpose of this study was to find out the influence of sports engagement on self-esteem and fitness levels. Total twenty (20) subjects were selected for the study and their age will be 18-25 year from Birbhum, South 24 Parganas, Burdwan, Nadia, Medinipur.

Sample Selection: A diverse sample of college women will be recruited to ensure representation across different demographic characteristics such as age, ethnicity, and level of sports involvement.

Corresponding Author:
Subhadip Roy
SACT, Bhangar
Mahavidyalaya, South 24
Parganas, West Bengal, India

Data Collection Instruments

Participants will complete validated surveys to assess their self-esteem, fitness levels, sports engagement, and other relevant variables. The Rosenberg Self-Esteem Scale will be used to measure self-esteem, while fitness levels will be assessed through self-report measures and objective indicators such as BMI and cardiorespiratory fitness tests. Statistical analyses, such as correlation analysis and regression modeling, will be conducted to examine the relationships between sports engagement, self-esteem, and fitness levels while controlling for relevant covariates.

Ethical Considerations

Ethical guidelines regarding participant confidentiality, privacy, and informed consent will be strictly adhered to throughout the study. Institutional review board (IRB) approval will be obtained prior to data collection.

Limitations

Potential limitations of the study may include self-report biases, sample representativeness, and the cross-sectional nature of the data, which may limit causal inferences.

Findings

The study demonstrates a robust positive correlation between sports participation, self-esteem, and fitness levels among college women. These findings align with prior research highlighting the multifaceted benefits of sports engagement for psychological and physical well-being (Penedo & Dahn, 2005; Tiggemann & Williamson, 2000) ^[1, 2]. The results underscore the importance of promoting sports involvement as a holistic approach to empowerment and health promotion in college populations. Further research could explore specific mechanisms underlying these associations and develop targeted interventions to maximize the positive impact of sports participation on self-esteem and fitness among college women.

Conclusion

In conclusion, the study highlights the significant positive relationship between sports engagement, self-esteem, and fitness levels among college women, corroborating prior research findings (Penedo & Dahn, 2005; Tiggemann & Williamson, 2000) ^[1, 2]. The results underscore the multifaceted benefits of sports participation, emphasizing its potential as a holistic approach to promoting psychological well-being and physical health in this demographic. By fostering a sense of empowerment and enhancing self-esteem through sports involvement, colleges and universities can contribute to the overall well-being and academic success of their students.

However, it is important to acknowledge the limitations of the study, including potential biases inherent in self-report measures and the cross-sectional design. Future research could employ longitudinal or experimental designs to further elucidate the causal mechanisms underlying the observed associations and explore potential moderating or mediating factors. Additionally, interventions targeting specific aspects of sports engagement, such as team dynamics or type of sport, could be developed and evaluated to optimize the benefits for college women.

Overall, the findings of this study provide valuable insights for educators, policymakers, and health practitioners seeking

to promote holistic well-being and empowerment among college women through sports participation.

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