



SELF ESTEEM AND LONELINESS AMONG PEOPLE

Harsha Gondaliya, Ph.D. Research Scholar
Department of Psychology, Saurashtra University,
Rajkot-360 005. GUJARAT, INDIA
&

Prof. (Dr.) Yogesh A. Jogsan, Professor & Head
Department of Psychology, Saurashtra University,
Rajkot-360 005, GUJARAT, INDIA

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 f 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 Word: Self-esteem and Loneliness

Introduction

In today's progressive era, psychological research proves valuable for addressing societal issues, with social sciences such as sociology, economics, and psychology playing key roles. Various branches of psychology, including child psychology, educational psychology, and industrial psychology, often face challenges in their studies.

The concept of self-esteem as a distinct psychological construct is often traced back to philosopher and psychologist William James (1892). James introduced the idea of the self with two levels: the 'I self,' which is the process of self-awareness, and the 'me self,' which represents the knowledge accumulated about oneself. According to James, observations made by the 'I self' contribute to three types of self-knowledge that make up the 'me self': the material self, social self, and spiritual self. Later, in the mid-1960s, sociologist Morris Rosenberg defined self-esteem as a sense of self-worth and created the Rosenberg Self-Esteem Scale (RSES), which has become a widely used tool in the social sciences to measure self-esteem.

Loneliness is a multifaceted and often distressing emotional response to isolation. It commonly involves feelings of anxiety about a lack of connection or communication with others, both currently and in the foreseeable future. The causes of loneliness are diverse and can include social, mental, emotional, and physical factors. Research indicates that loneliness affects many people, including those in marriages, relationships, families, veterans, and individuals with successful careers. People often first experience loneliness when they are left alone, and it can also arise from breakups, divorces, or the loss of significant long-term relationships.

Experts suggest that the decline in outdoor activity is significantly impacting children's health, with physical exercise not being a priority. Outdoor games involve physical activity and are typically played outside, fostering a spirit of healthy competition. Examples of outdoor games include lawn tennis, football, cricket, hockey, and soccer. Play and work are naturally complementary; while work is done in a serious manner, play is pursued more lightly, and both are essential to human nature.

Research from the University of Essex found that engaging in "green activities," such as walking, gardening, cycling, or farming, for as little as five minutes can improve mood and self-esteem. Numerous studies have shown that outdoor exercise can reduce the risk of mental illness and enhance well-being. However, Burton and his colleagues, including Jules Pretty, note that the specific amount of time required for green exercise to yield benefits was previously unknown. Indoor games, while enjoyable, do not contribute to physical fitness as outdoor games do. Although indoor games generally do not involve physical risks, outdoor games provide significant benefits but can sometimes lead to injuries during play or practice.

Research by Anne Bower, Shannon Galba, and Becky Karnack (2003) revealed that although boys reported higher satisfaction, there were no significant gender differences in overall self-worth. However, boys showed higher self-esteem when participating in more non-competitive sports. Kiviknga (2011) found that there are gender differences related to outdoor games and

self-esteem. A study by Quilter and Munn (2002) indicated no significant difference in loneliness levels between male and female outdoor players, though gender differences were observed in loneliness levels. Rotenberg (2004) found that males spend more time playing outdoor games compared to females, which correlates with lower loneliness levels in female players. Gray, Gibson, et al. (2015) showed differences in sedentary behaviors and physical activity between male and female players of outdoor games. Finally, Farley, Meriwether, et al. (2007) found a correlation between safe play spaces, outdoor games, and physical activity.

Objectives:

1. To measure self-esteem among people
2. To measure loneliness among people
3. To check correlation between self-esteem and loneliness

Hypothesis:

1. There will be no significant mean differences self-esteem among male and female.
2. There will be no significant mean differences loneliness among male and female.
3. There will be no significant correlation between self-esteem and 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 was 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 Russell (1986). The scale consisted of 10 items, 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 participant 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 scales were provided to them and they were requested to fill up the both scales 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	3.86	0.01
Male	30	22.43	3.85		

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 seen the t-value of male player's status was 3.86. Possible reason will be female there have no times for outdoor game play than male player.

Table -2

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

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

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 hypotheses were accepted. Possible reason will be male and female are very close 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 limitations that can be addressed by future research firsts, the participants consist only particular area of Rajkot city. So, it is not representative of their entire 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.

References:

Anne B., Shannon G., etc. (2003): Outdoor game players are very self-esteem and general self-worth: A pilot study, *International Journal* (9), 150-157.

Farley, T., Meriwether, R., Baker, T. etc. (2007): Safe play space to promote physical activity in inner city children result from a pilot study of environmental intervention, *Am. J. Public Health* 97 (9), 1625-1631.

Gra C., Gibson S.R., Barouche R.E., Al. (2015): What is the relationship between outdoor time and physical activity, sedentary behavior, and physical fitness in children and adolescents, *Public Health* 129 (6), 6455-6474.

Kivikangas, R. (2011): Gender differences between outdoor players, *Indian Journal of Psychology* (2), p. 223-253.

Pittman, Matthew, Reich, etc. (2016): Social media and loneliness: Why an Instagram picture may be worth more than a thousand Twitter words, *Computer in Human Behaviour* 62: p. 155-167.

Quilter P, Munn, p. (2002): The separateness of sport psychology and emotional loneliness in childhood child psychiatry, p. 233-244.

Rotenberg K.J., MacDonald K.J., King EV (2004): The relationship between loneliness and interpersonal trust during middle childhood, *Genetic Psychology*, p-233-24.

Samar Choudhary (2015): *Important India*. P. 11 to 23.

William J. (1892): *The Stream of Consciousness* First published in *Psychology*, Chapter XI. Cleveland & New York, World.

