# SELF AWARENESS AND EMPATHY CHARACTERISTICS OF COLLEGE GOING SPORTSPERSON

## Dr. Rajendra .P Tupekar

Director of Physical Education :Dyanopasak Arts Commerce and Science College, Parbhani (MS)

**Abstract:**The objective of the study is to determine the Self awareness and empathy characteristics of College going Sportsperson College going Non sportsman. Self-awareness may provide a help become happier and more productive sportsperson, and can help align the current life with your passions. Total 100 players of different sports discipline and 100 students who are not playing any other games were randomly selected as subject for the present study.  Their age ranged from 18-25 years. Self design Questionnaires were distributed to the respondents.  Descriptive statistics for all studied variables, T-test analysis, was considered statistically technique throughout the study and the level of significant was set-up at.05 level. The Players of different sports discipline was found to have got more self awareness as compared to students who are not playing any other games, However, No significant difference was found out in Empathy (t=1.56) of players of different sports discipline and students who are not playing any other games

## INTRODUCTION

An athlete is a person who competes in one or more sports that involve physical strength, speed or endurance. The use of the term in several sports, such as golf or auto racing, becomes a controversial issue. Athletes may be professionals or amateurs. Self-awareness was first defined by Shelley Duval and Robert Wicklund (1972), who proposed that, at a given moment, people can focus attention on the self or on the external environment. Self-awareness is how an individual consciously knows and understands their own character, feelings, motives, and desires. There are two broad categories  of self-awareness:  internal self-awareness and  external self-awareness.  Self  awareness  is  important because when we have a better understanding of ourselves, we are able to experience ourselves as unique and separate individuals. We are then empowered to make changes and to build on our areas of strength as well as identify areas where we would like to make improvements. Self-awareness is a critical tool to help you reach higher levels of job satisfaction, become a better leader, improve relationships with colleagues, and manage your emotions better. It's also positively correlated with higher levels of overall happiness.( https://blog.hubspot.com/marketing/self-awareness). Awareness has been highlighted by many as a key indicator of success in a range of performance environments.   It is arguably the most important ingredient for belief as every other skill, quality and task you have and undertake can be traced back to awareness (https://believeperform.com/the-importance-of-awareness/)

## METHODS

Total 100 players of different sports discipline and 100 students who are not playing any other games were randomly selected as subject for the present study.  Their age ranged from 18-25 years. Self design Questionnaires were distributed to the respondents .  Instructions were given to the individuals and team players before filling these questionnaires by the researcher. The demographic information was collected through respondents in the form of different descriptive tests. The demographic information about, age, sex, daily smoking etc. was obtained before seeking responses.Data was collected individually through a questionnaire from 100 inter collegiate team players and 100 other intercollegiate students  by contacting individuals and team players at the venue of Inter-collegiate tournament was held at Swami Ramanand Teerth Marathwada University 2018-2019. The collected data was analyzed as a whole .The data was checked for accuracy and completeness and was coded and put up into the SPSS Descriptive statistics for all studied variables, T-test  analysis, was considered statistically technique throughout the study and the level of significant was set-up at.05 level

**Table – 1**
**Mean Scores and Standard Deviation of selected components of players of different sports discipline and students whore are not playing any other games**.

| Sr.No. | Components | players of different sports discipline | | students whore are not playing any other games | |
|---|---|---|---|---|---|
| | | **Mean** | **Standard Deviation** | **Mean** | **Standard Deviation** |
| 1) | Age (Year) | 22.10 | 4.56 | 22.88 | 4.61 |
| 2) | Weight (Kg) | 66.45 | 7.28 | 66.04 | 7.90 |
| 3) | Height (Cm) | 168.28 | 10.24 | 1667.87 | 10.25 |

Table -1 shows , the mean (SD) age of players of different sports discipline  22.10 (4.56) years, their weight was 66.45 (7.28) Kg., their height was 168.28 (10.24) Cm., Meanwhile, the mean (SD) age of students whore are not playing any other games 22.88 (4.61) years, their weight was 66.04 (7.90) Kg., their height was 166.28 (10.24)Cm.,

**Table 2**
**MEAN SCORES, STANDARD DEVIATION AND T-RATIO OF SELF AWARENESS OF PLAYERS OF DIFFERENT SPORTS DISCIPLINE AND STUDENTS WHO ARE NOT PLAYING ANY OTHER GAMES**

| DIMENSION | PLAYERS | NUMBER | MEAN | S.DS | T-RATIO |
|---|---|---|---|---|---|
| **Self awareness** | **Players of different sports discipline** | 100 | 34.51 | 5.66 | **3.35\*** |
| | **Students who are not playing any other games** | 100 | 32.67 | 4.01 | |

**\*Significant at 0.05 level of confidence.**

Table 2 shows that the mean scores, standard deviation and t-ratio of the self awareness of players of different sports discipline  and students whore are not playing any other games they have obtained the mean value of 34.51 and 32.67 respectively which are given in table 2 reveals that the significant difference was found out in (t=3.35, P < 0.05) players of different sports discipline  and students who are not playing any other games , players of different sports discipline was found to have got more self awareness as compared to students who are not playing any other games.
**Figure-1 mean scores, standard deviation and t-ratio of the self awareness of players of different sports discipline  and students whore are not playing any other games**
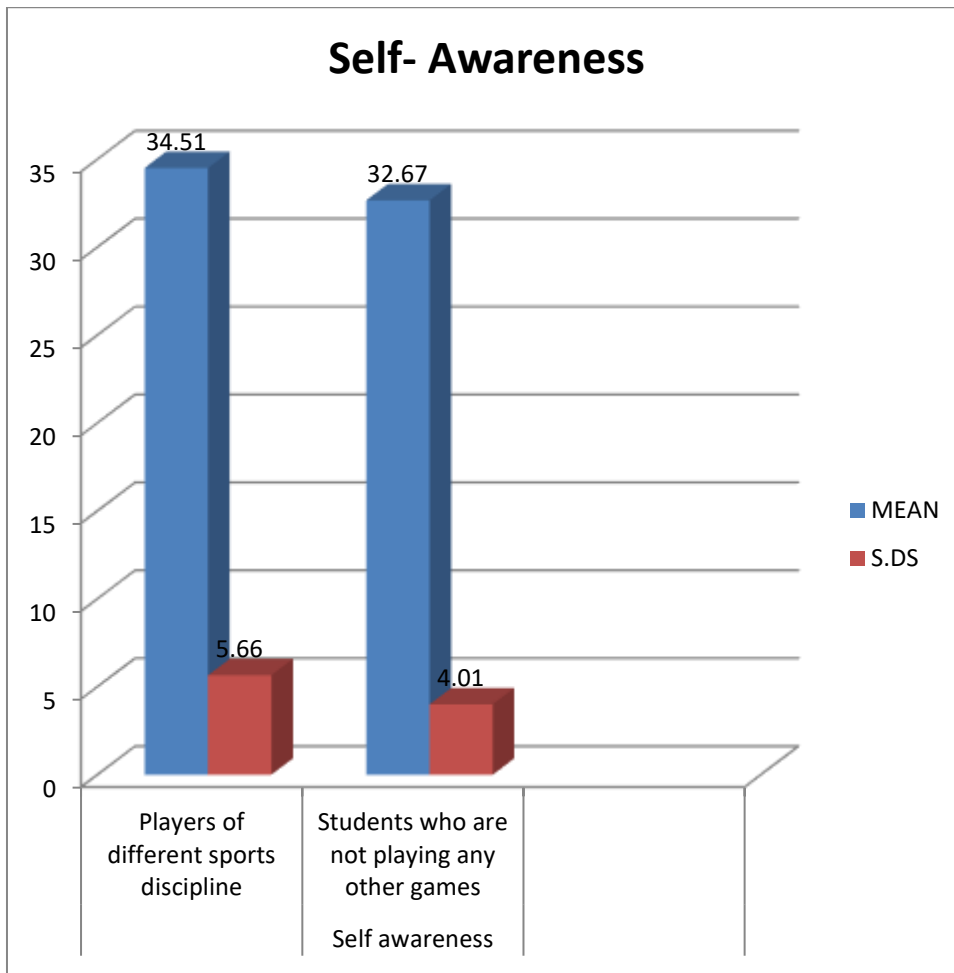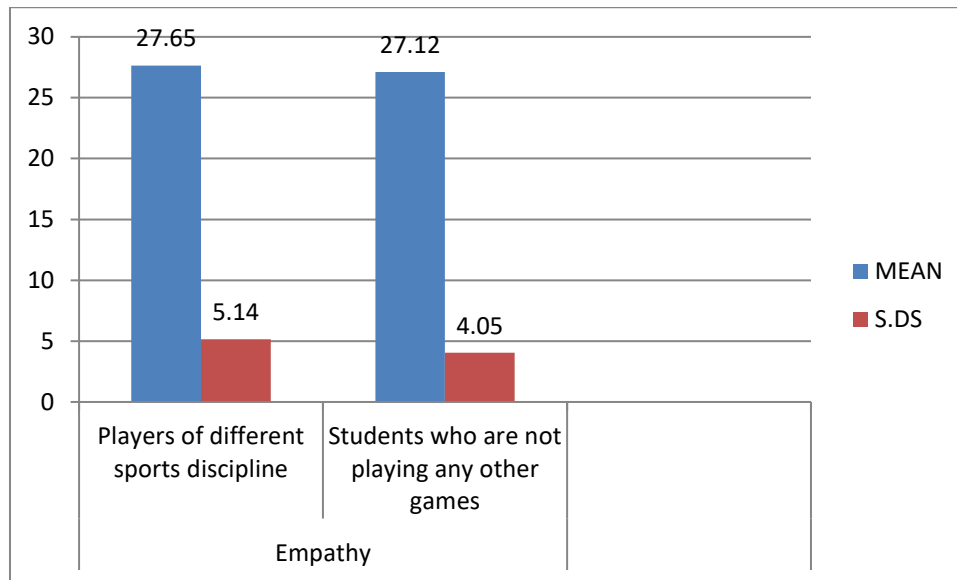
## Self- Awareness



Table 3

**MEAN SCORES, STANDARD DEVIATION AND T-RATIO OF EMPATHY AMONG PLAYERS OF DIFFERENT SPORTS DISCIPLINE AND STUDENTS WHO ARE NOT PLAYING ANY OTHER GAMES**

| DIMENSION | PLAYERS | NUMBER | MEAN | S.DS | T-RATIO |
|-----------|---------|--------|------|------|---------|
| **Empathy** | **Players of different sports discipline** | **100** | **27.65** | **5.14** | **1.56 NS** |
| | **Students who are not playing any other games** | **100** | **27.12** | **4.05** | |

Table 3 shows that the mean scores, standard deviation and t-ratio of the Empathy of players of different sports discipline and students whore are not playing any other games they have obtained the mean value of 27.65 and 27.12 respectively which are given in table 3 reveals that the No significant difference was found out in Empathy (t=1.56) of players of different sports discipline and students who are not playing any other games.

**Figure-2 mean scores, standard deviation and t-ratio of the Empathy  of players of different sports discipline and students whore are not playing any other games.**

## DISCUSSION

The findings of the study revealed that, players of different sports discipline was found to have got more self awareness as compared to students who are not playing any other games. Self-awareness is fundamental to the success of sport psychology interventions and a quality associated with both developing and performance excellence. It can help athletes to build self-confidence and self-esteem, take more responsibility for their actions, as well as make better decisions (https://jennifercumming.com/2015/04/10/a-sport-psychologists-guide-for-helping-athletes-develop-better-self-awareness/). without self-awareness an athlete misses important cues that can lead to a positive change in performance (Jackson and Csikszentmihalyi,1999). Self awareness may Improve skills by recognizing what you do well and what you need to improve, Raise happiness levels by aligning your ideals with your actions, Become a better leader by understanding how employees perceive your behavior, Strengthen work and personal relationships by managing emotions, Increase work motivation by seeking out your true passions, Decrease stress by identifying emotions and lessening tasks you don't enjoy. self-awareness is the experience of one's own personality or individuality. self-awareness is the recognition of that awareness. A lack of self-awareness may lead athletes to struggle to regulate their own thoughts, feelings, and behaviors as well as assert self-control when needed. It may even cost an athlete by letting negative thoughts or emotions spiral out of control and getting distracted

Most sport psychologists will be familiar with performance profiling as a useful technique for helping athletes to become more aware of their strengths and weaknesses. High performance athletes spend a crucial amount of time into skill development, physical conditioning, and nutrition. However at the high performance stage there is a thin line between winning and losing and the ever sought after consistency of performance.( McDonald).Meanwhile Empathy is the capacity to understand or feel what another person is experiencing from within their frame of reference, that is, the capacity to place. Empathy is important because it helps us understand how others are feeling so we can respond appropriately to the situation. ... People who are good at reading others' emotions, such as manipulators, fortune-tellers or psychics, might also use their excellent empathetic skills for their own benefit by deceiving others.(https://theconversation.com/understanding-others-feelings-what-is-empathy-and-why-do-we-need-it-68494).

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