



**COGNITIVE
PSYCHOLOGY
LABORATORY**



**THE EFFECT OF ACCEPTANCE
AND REJECTION IN ATHLETICS
ON SELF-ESTEEM**

80040

A Thesis

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by

Edgar Marquez

Edelfe Mmsayao

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I. INTRODUCTION

A. Objectives:

This study was conducted to gain an understanding of how individuals develop their personality through athletics. Since personality development covers a broad subject matter, we would limit our investigation on how self-esteem develops when these individuals participate in athletics.

B. Statement of the Problem:

Could the acceptance of an individual who participates in athletics have an effect on the level of his self-esteem? In line with this, could the rejection of an individual in athletics have an effect on the level of his self-esteem?

The hypothesis to be tested in this particular are as follows:

H₁ : Acceptance or the knowledge that one is accepted in athletics significantly increases self-esteem.

H₀₁ : Acceptance or the knowledge that one is accepted in in athletics has no significant effect on self-esteem measures.

H₂ : Rejection or the knowledge that one is rejected in athletics significantly decreases self-esteem.

H₀₂ : Rejection or the knowledge that one is rejected in athletics has no significant effect on self-esteem measures.

The IV (independent variable) of this particular study is the acceptance versus rejection in athletics, while the DV (dependent variable) is the level of self-esteem.

Experience in athletics, socio-economic status and academic performance were controlled in order to make sure that our self-esteem measures change only as a result of manipulating the variable of acceptance versus rejection in athletics.

C. Significance of Self-Esteem:

For both psychologists and laymen, "self-esteem" has great significance; personally, socially, and psychologically. The study presented here constitutes a study of self-esteem and focuses on the acceptance versus rejection of an individual who participates in athletics. In the present study we found it clarifying and profitable to define self-esteem in terms of evaluating attitudes toward the

self.

The major basis for our study was the widely held belief that self-esteem is significantly associated with personal satisfaction and effective functioning. The achievement of a favorable attitude toward oneself has been regarded as important by a number of personality theorists--Rogers, Murphy, Horney and Adler--but few have made direct studies of its effects. (Coopersmith, 1967)

This belief in the importance of self-esteem is also shared by many clinicians and social psychologists. Since consensus does not constitute proof, this widely held belief is suggestive rather than definitive. In addition, most statements concerning the importance of self-esteem is related or in what way it is an effective contributing determinant of personality.

D. Definitions:

Coopersmith defines self-esteem as the evaluation which the individual makes and customarily maintains with regard to himself; it expresses an attitude of approval or disapproval. In short, self-esteem is a personal judgement of worthiness that is expressed in the attitudes the individual holds toward himself. It is a subjective experience which the individual conveys to others by

verbal reports and other overt, expressive behavior.

Athletics as defined by Donald Schiffer, "Sports", Colliers Encyclopedia, includes all contests in which the entrants match their skills in speed, sprinting, and strenght. No complicated rules or scoring systems are involved. The modern sports belonging to their group include, among others, all the events of track & field, classic wrestling, weightlifting, gymnastics and so forth. Europeans usually limit the term "athletics" to track & field events, in the United States it is almost interchangeable with the term "sports". For our purpose we would limit the term "athletics" to track & Field events.

E. Focus of the study:

Our primary concern in this study is to determine the conditions that are associated with the development of positive and negative self-attitudes among individuals who participate in athletics. It is likely that some of the conditions we shall consider such as experiences in athletics, social class, and academic performance are correlates of other conditions.

F. Self-Esteem and its Relation to Athletics:

Athletics is a field of endeavor which requires

an individual to excel to prove his worth. It is a very demanding activity that when satisfied, one will have a feeling of fulfillment. The individual realizes that the things which he cannot accomplish before becomes a reality. Thus it enhances one's morale and confidence in himself.

James S. Fexx, a 45 year old long distance runner and author of a new encyclopedia on the subject, "The Complete Book of Running", said that runners not only feel better but are also likely to experience a psychological high.

"Many runners have described an increase in self-esteem, a new ability to cope with pressure and tension surges of joy and even a state of serenity that carries over into their daily lives". (Bulletin Today, Oct.13, 1977)

Athletics asks an extra amount of powerfulness which everyone cannot carry out. Therefore once an individual indulges in athletics and has proven his capability then he perceives his importance as a productive individual.

G. Significance of the Findings:

This study actually seeks to understand the effect of acceptance versus rejection in athletics on self-esteem. It is important therefore to know the conditions which

bring about positive and negative attitudes among individuals indulging in athletics. These differences may be the result of an individual's acceptance or rejection from his field of endeavor.

From these findings, we may be able to screen our future athletes involving tests which measures self-esteem. These tests, would further prove to be useful in determining the level of self-esteem of our future athletes; to find out whether they are experiencing a high or low level of self-esteem. Hopefully, our future athletes would be prepared psychologically as well as physically in their chosen fields.

H. Limitation of the Study:

The major limitation of the study was that the present authors have not come across with any study regarding self-esteem and its relation to athletics. We have considered, beforehand, the possibility of coming up with findings that do not coincide with other studies that have been extensively performed.

Another area of concern was that some applicants for the NCAA Track & Field team were uncooperative. They did not bother to answer the questionnaires prepared. This limited the number of subjects to a great extent.