

Comparison of the Self -Esteem among Different Classes of Tournament Chess Players in Kerala

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ABSTRACT

The purpose of the study was to compare the self-esteem of the Tournament Chess Players in Kerala, India. 180 Tournament playing male Chess Players were selected as the subjects for the study. FIDE International Rating is used in Chess to calculate an estimate of the Chess playing strength of a player. The subjects under the study were equally assigned to six groups based on their FIDE International Ratings. The six Classes are given below: Class A- Players with the Rating of 1800 and above; Class B- Players with the Rating between 1900 and 2099; Class C- Players with the Rating between 1700 and 1899; Class D- Players with the Rating between 1500 and 1699; Class E- Players with the Rating between 1200 and 1499; Class F- Players with the Rating between 1000 and 1399. Rosenberg's self esteem scale was used to measure the self esteem of the subjects under the study. ANCOVA & Scheffe's Post Hoc test were used to determine the difference between the different Classes under the study. The findings of the study indicated that highly rated chess players have better self -esteem than lower rated chess players.

Key words: Chess, Rating, Tournament, Self-Esteem.

INTRODUCTION

Chess is the most played game in the world today along with Football. Its universality is growing in popularity as chess can be played by people of any age.

Inherent chess skills are self-control, the ability to think about different things, active mental activity, will-power, observation, creativity and concentration.

Acquired Chess skills include excellent athleticism, unobtrusive temperament, objective thinking ability, high intelligence, self-confidence and emotion control. The purpose of the study was to compare the self-esteem of the different classes of Tournament Chess Players in Kerala, India. 180 Tournament Chess Players were selected as the subjects for the study. FIDE International Rating is used in Chess to calculate an estimate of the Chess playing strength of a

player. 180 Tournament playing male Chess Players were selected as the subjects for the study. The subjects under the study were equally assigned to six groups based on their FIDE International Ratings. The six Classes are given below: Class A- Players with the Rating of 1800 and above; Class B- Players with the Rating between 1900 and 2099; Class C- Players with the Rating between 1700 and 1899; Class D- Players with the Rating between 1500 and 1699; Class E- Players with the Rating between 1200 and 1499; Class F- Players with the Rating between 1000 and 1399. Rosenberg's self esteem scale was used to measure the self esteem of the subjects under the study. ANCOVA & Scheffe's Post Hoc test were used to determine the difference between the different Classes under the study.

METHODOLOGY:

Subjects:

Kerala was taken as the universe for the present study. 180 Tournament playing male Chess Players were selected as the subjects for the study. FIDE International Rating is used in Chess to calculate an estimate of the Chess playing strength of a player. The subjects under the study were equally assigned to six groups based on their FIDE International Ratings. The six Classes are given below: Class A- Players with the Rating of 1800 and above (N=30); Class B- Players with the Rating between 1900 and 2099 (N=30); Class C- Players with the Rating between 1700 and 1899 (N=30); Class D- Players with the Rating between 1500 and 1699 (N=30); Class E- Players with the Rating between 1200 and 1499 (N=30); Class F- Players with the Rating between 1000 and 1399 (N=30).

TOOL:

Rosenberg Self-Esteem Scale

Purpose: To measure the self-esteem of the subject

Procedure: The questionnaire was administered to all the subjects under the study by the investigator himself. The objective of the study was explained to the subjects. In case of any doubts, it was clarified by the investigator. The data was collected through the administration of a ten-item questionnaire with fair choice for each item ranging from 1 to 4. Scoring for statements 3, 5, 8, 9 & 10 were reversed in calculating the total score.

On the basis of this scale, a high numerical score indicated low self-esteem while a low numerical score indicated high self-esteem. A score of 10 was the minimum representing the highest possible self-esteem while the maximum score was 40, representing the lowest possible self-esteem. The questionnaire was filled in by the

subject for whom only ten minutes were allowed. The subjects were made to fill all statements properly and they had to respond to each statement by circling one of the four numbers given at the end of the statement.

Scoring: The score was recorded to the nearest whole number.

PROCEDURE:

The subjects under the study were equally assigned to six groups based on their FIDE International Ratings. The six Classes are given below: Class A- Players with the Rating of 1800 and above (N=30); Class B- Players with the Rating between 1900 and 2099 (N=30); Class C- Players with the Rating between 1700 and 1899 (N=30); Class D- Players with the Rating between 1500 and 1699 (N=30); Class E- Players with the Rating between 1200 and 1499 (N=30); Class F- Players with the Rating between 1000 and 1399 (N=30). Prior to the test, a meeting of all the selected subjects were held and they were explained regarding the objectives of the study, test procedure and effort they had to put in. The necessary data will be collected by administering the tests for the chosen variable.

Statistical Analysis of Data:

ANCOVA&Scheffe's Post Hoc test were used to determine the difference between the different Classes under the study.

RESULTS:

The data pertaining to the self-esteem of the six classes of tournament chess players were analyzed by ANCOVA&Scheffe's Post Hoc test with the help of SPSS version 17. Findings pertaining to the self-esteem of the six classes of tournament chess players which were subjected to analysis of covariance have been presented in the table1. The mean difference of six classes of tournament chess players for the selected variable is presented in figure1.

Table 1

Difference in Means of the SixClasses of Tournament Chess Players in Self-Esteem

Variable	Sources of Variance	df	Sum of Square	Mean Square	'F' Value
Self-Esteem	Within group	173	221.24	1.279	
	Between groups	5	732.44	146.49	114.55 *

* Significant at 0.05 level of confidence
F 0.05 (5,173) = 2.21

As the 'F' value was found to be significant in the case of the selected variable, the Scheffe's Post Hoc test was applied to test the significance of the difference between the paired means separately for different classes of tournament chess players which was presented in table 2.

Table 2

Difference between the paired means separately for different Classes of Tournament Chess Players

Class F	Class E	Class D	Class C	Class B	Class A	Mean Difference
21.03	19.57					1.46 *
21.03		18.23				2.80 *
21.03			16.40			4.63 *
21.03				15.80		5.23 *
21.03					15.63	5.40 *
	19.57	18.23				1.34 *
	19.57		16.40			3.17 *
	19.57			15.80		3.77 *
	19.57				15.63	3.94 *
		18.23	16.40			1.83 *
		18.23		15.80		2.43 *
		18.23			15.63	2.60 *
			16.40	15.80		0.60
			16.40		15.63	0.77
				15.80	15.63	0.17

* Significant at 0.05 level of confidence.
 The computed value of critical difference at 0.05 level is 0.97.

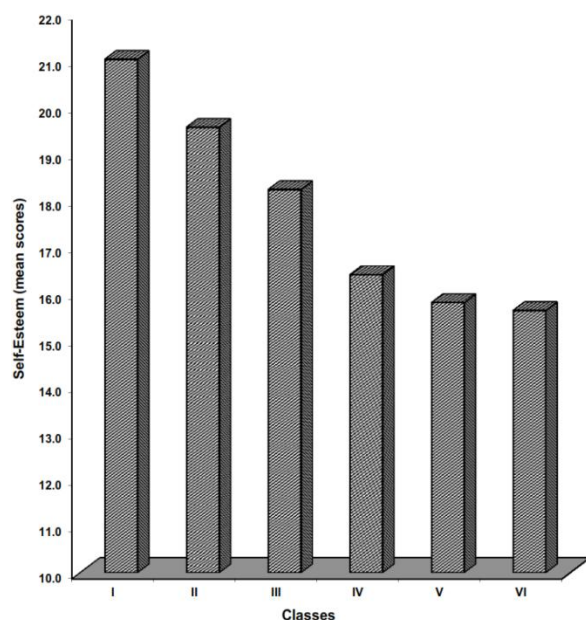


Figure 1

Self-Esteem of the different classes of Tournament Chess Players (means in numbers) are presented in figure 1.

DISCUSSION:

The analysis of the results revealed that highly rated chess players have better self-esteem than lower rated chess players. After achieving higher FIDE rating the highly rated chess players may see a tangible achievement in their goals, they feel better and they develop a sense of competence that in turn provides them with feelings of mastery and control. The study conducted by Marsh, H. W., Perry, C., C. Horsely and L. Roche (1995) also agrees with the findings. The power of concentration, single mindedness and focusing ability are high among the higher rated chess players. All of these factors may contribute to enhance Self-Esteem of these players. In addition, they also developed their chess playing strength than lower rated players which in turn make them feel better about themselves and improve their self-confidence. Finally they gain new social experiences with their colleagues by participating in tournaments as higher rated chess players. The study conducted by Rosenberg, M. (1989) also agree with the findings. All of these factors may contribute to enhance Self-Esteem of higher rated chess players than others.

CONCLUSIONS:

The analysis of the results revealed that highly rated chess players have better self-esteem than lower rated chess players.

RECOMMENDATIONS:

In the light of the conclusion drawn, the following recommendations were made.

1. Similar studies may be undertaken in different sports.
2. Similar studies may be undertaken on different variables such as mood states, attitude, aggression, emotional intelligence etc of the chess players.

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