



REVIEWER'S REPORT

Manuscript No.: IJAR-50536

Date: 07-03-2025

Title: A comparative study of the relationship between athletic participation and self-esteem

Recommendation:

- Accept as it is.....**YES**.....
- Accept after minor revision.....
- Accept after major revision
- Do not accept (*Reasons below*)

| Rating | Excel. | Good | Fair | Poor |
|----------------|--------|------|------|------|
| Originality | √ | | | |
| Techn. Quality | | √ | | |
| Clarity | | √ | | |
| Significance | | | √ | |

Reviewer's Name: Mir Tanveer

Reviewer's Decision about Paper: **Recommended for Publication.**

Comments (*Use additional pages, if required*)

Reviewer's Comment / Report

The study provides a comprehensive examination of the relationship between athletic participation and self-esteem, specifically focusing on basketball players at different levels of involvement. The research methodology is clearly outlined, with a well-structured approach that includes a significant sample size of 248 participants, divided into three distinct groups: non-active individuals, amateur basketball players, and professional basketball players. The inclusion of statistical analyses, such as a two-way ANOVA, strengthens the validity of the findings.

The abstract effectively summarizes the key results, demonstrating that professional basketball players report the highest levels of self-esteem, followed by amateur players, with non-active individuals reporting the lowest. The study further establishes that athletic participation significantly impacts self-esteem, while gender differences appear to be negligible. The findings align well with existing literature on the psychological benefits of sports participation.

The introduction provides a strong theoretical foundation by defining self-esteem and discussing its relevance to athletic performance. The importance of self-esteem in sports, particularly in high-intensity environments like basketball, is well articulated. The discussion on how self-esteem influences confidence, motivation, and mental resilience offers a clear rationale for the study.

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The literature review effectively synthesizes previous research on the relationship between self-esteem and athletic performance. The discussion of various studies, including the works of Crocker et al. (2003) and Deci and Ryan (1985), highlights key psychological theories and empirical evidence that support the study's hypothesis. The integration of the Self-Determination Theory provides a robust framework for understanding intrinsic motivation and its role in sustaining athletic engagement.

The research findings are presented clearly, with appropriate use of statistical evidence. The reported mean self-esteem scores for each group provide a quantitative measure that supports the study's conclusions. The discussion successfully interprets these results in the context of previous research, emphasizing the psychological benefits of athletic participation.

Overall, the study is well-structured, methodologically sound, and contributes valuable insights into the relationship between sports participation and self-esteem. The research supports the notion that athletic involvement, particularly at a professional level, fosters higher self-esteem, and highlights the role of sports in enhancing psychological well-being.