

Self-Confidence among the Soccer Player of West Zone Intersarsity: A Comparative Study

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Abstract

Most top athletes and coaches believe that psychological factors such as self-confidence a crucial role as well as physical attributes and learned skills in the makeup of champions. Thus self-confidence becomes one of the most important aspects to be developed. Therefore, the study was conducted to assess the self-confidence of University level soccer players. The purpose of this study was to assess the self-confidence among west zone intersarsity soccer players 72 soccer players of 4 team (each team having 18 players) from the West Zone intersarsity 2009-2010 were selected as the subjects. The data for the assessment of self-confidence were collected with the help of Psychological Performance Inventory (PPI) "Dr. LOHAIRE" questionnaire.

The collected data were analyzed by one way analysis of variance (ANOVA). Least Significant Different (Post HOC) test was used to assess the significant differences between the means of self-confidence, wherever the F-ratio was found significant. The level of significance for this study was chosen as 0.05. The findings of the study indicated that there is a significant difference among the soccer teams in respect to self-confidence.

KEYWORDS: self-confidence, soccer players.

Introduction

Elite performance in sports does not merely depend upon systematic training of physical, physiological variables and technical aspects of sport but, it also demand training of psychological characteristics of the sports man for success (Cratty1968).

Throughout the world, the concept of sports psychology was changed. Today athletes face acute and unique challenges. The standards are higher, the competition is tougher and the stakes are higher. Among the best physical preparation is more complete and psychological component is more important than ever before.

According to Silva and Weinberg during the past two decades, sports psychology has emerged as a legitimate field of scientific enquiry. As with all scientific endeavors sports psychology show the same basic goal of science. Researchers are awarded with ample opportunities to observe, describe and explain the various psychological factors that influence diverse aspects of sports and physical activity (Silva and Weinberg 1984).

There are certain moments during competition that appear to carry great psychological significance, when the momentums start to shift in one direction or another. These situations require athletes to remain completely focused and calm in the face of difficult circumstances. Tennis player talk of the big point during a tight match,

such as a fleeting chance to break serve. For an athlete it could be the final triple jump in competition after seriously under performing; for a footballer, it could be how you react to a perceived bad refereeing decision or behind in a match your team is expected to win. Think about the time when things have not gone quite as per plans & how you reacted. The journey towards peak performance is rarely a perfect smooth road and we learn from our mistakes or should do. Do setbacks shake your self-belief and lower your motivation or act as a catalyst for even greater effect? Even great athletes and teams suffer setback.

When athletes feel confident, they are more readily able to turn sporting potential into superior performance. Conversely, when they feel unsure of themselves, the slightest setback or smallest hurdle can have an inordinate effect on their performance.

Self-confidence is commonly defined as the sureness of feeling that you are equal to the task at hand. This sureness is characterised by absolute belief in ability. You may well know someone whose self-belief has this unshakeable quality, whose ego resists even the biggest setbacks. In such people, confidence is as resilient as a squash ball: the harder the blow, the quicker they bounce back. Nonetheless, although confidence is a desirable characteristic, arrogance – or a sureness of feeling not well founded in one's ability – is undesirable.

Most top athletes and coaches believe that psychological factors play as crucial a role as physical attributes and learned skills in the make-up of champions. When physical skills are evenly matched – as they tend to be in competitive sport – the competitor with greater control over his or her mind will usually emerge as the victor.

Think big & aim high for sure win. Let your ambition surface, be true to your own self. Your aspiration may seem mere day dream & wild castles in the air at the start. Never mind & never fear. What appears impossible today will become a reality tomorrow with your determination, deduction & application.

Sports are a psycho-social activity. In this modern era of competition the psychological preparation of a team is as much important as teaching the different skills of a game on the scientific line. The team are not only to play the games, but to win the games and for running the games, it is not only the proficiency in the skill which brings victory but more important is the will, spirit, desire of the player which they play & perform their best in the competition.

Procedure

The purpose of this study was to assess the Self-confidence among the soccer players of West zone Intervarsity competition which was held at Patan University Gujarat. For the purpose of this study, 18 soccer players each from 4 qualifying teams i.e. 72 in west zone inter varsity who had participated in session 2009-10 were selected as subjects for the study. It was hypothesized that there will be significant difference among the soccer teams in respect to Self-confidence.

These subjects belonged to different states or regions of India. Self-confidence was selected as a variable for this study, which were measured through "Dr. LOHAIRE" questionnaire. The Psychological Performance Inventory (PPI) by Dr. LOHAIRE was used to obtain information from the subjects.

Administration of test, the researcher explained the purpose of the study to the subjects before the competition, the PPI questionnaire was distributed to the subjects. The directions were read by the researcher at the dictation speed to make the subjects understand about what they exactly required to do. The subjects were instructed to respond to each item according to how he generally felt at the time of competition. At every subject has 5 possible responses i.e.

A. Almost Always B. Often C. Sometimes D. Seldom E. Almost Never

While the subjects responded to the questionnaire, the researcher verified whether they recorded the answer sequentially and explained the meaning of the words in case of doubts.

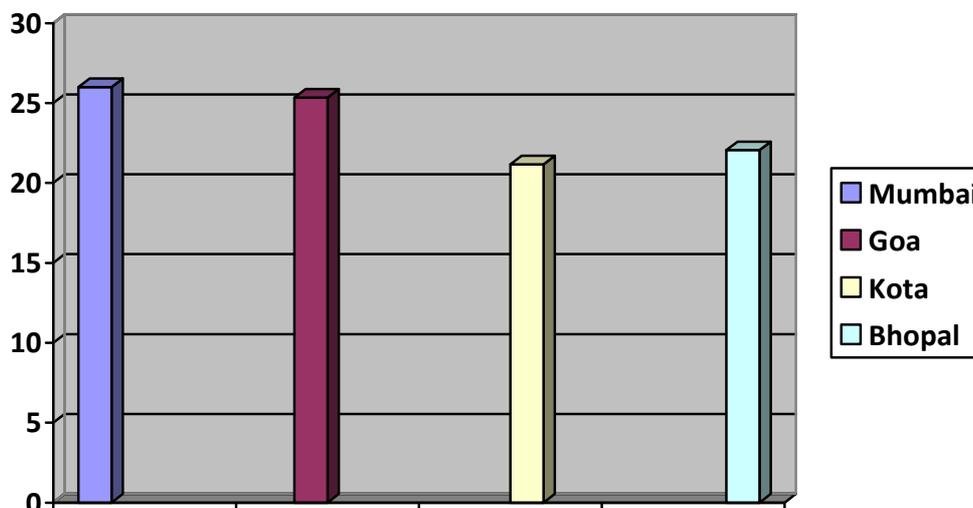
Scoring: The completed questionnaire was scrutinized by the scholar in order to insure that the subjects would respond to every item and there was no question left unanswered.

Score obtained by each subjects on each statement were added up which represented once total score on self-concept. To see the difference of Self-confidence among the teams of soccer the Analysis of variance "F-ratio" was applied at 0.05 level of significance. For further analysis "Post- Hoc Test" (LSD) was applied.

Results

Finding pertaining to Self-confidence, the Descriptive Statistics and one way analysis of variance, which have been presented below :-

Group	N	Mean	Std. Deviation	Std. Error	Minimum	Maximum
Mumbai	18	26.0000	2.05798	.48507	21.00	29.00
Goa	18	25.3333	2.22288	.52394	21.00	29.00
Kota	18	21.1667	3.12956	.73764	15.00	28.00
Bhopal	18	22.0556	3.09596	.72972	18.00	30.00
Total	72	23.6389	3.34119	.39376	15.00	30.00



Mean Comparison of Self-confidence of different teams.

**TABLE-2
One Way Analysis of Variance of Self Confidence**

		Sum of Square	Degree of Freedom	Mean Square	F	Significant Difference
Self Confidence	Between Groups	307.167	3	102.389	14.342*	.000
	Within Groups	485.444	68	7.139		
	Total	792.611	71			

*Significant (3, 68) = 2.74

The table 2 indicates that there is a significant difference in self confidence among the different teams of soccer players as the calculated F (14.342) is greater than tabulated F (2.74). As the f ratio found to be significant the data further analyzed with post hoc test (LSD). The result pertaining to this are presented in table no.3

TABLE-3
Post Hoc Mean Comparison of Self Confidence

Mumbai	Goa	Kota	Bhopal	Mean Difference	C.D.
26	25.33			0.67	
26		21.17		4.83*	
26			22.05	3.95*	1.78
	25.33	21.17		4.16*	
	25.33		22.05	3.28*	
		21.17	22.05	0.88	

With reference to table no. 3 it was obtained that there were significant differences in means of self-confidence between the different teams namely, Mumbai- Kota, Mumbai-Bhopal, Goa-Kota and Goa-Bhopal.

Discussions

The analysis of data reveals that there were significant differences in Self-confidence, among the different teams of soccer as calculated $f(14.34)$, were greater than the tabulated $f(2.74)$ respectively.

Further analysis Post Hoc Test was applied to test the significant differences.

After applying post hoc test in table-3, it was found that there were significant differences between groups.

The significant differences in self-confidence variables of soccer players were attributed to the fact that the different nature of mental training and prerequisites components for the players. Such results may also be due to the match pressure, playing surface and probably may be due to change in climatic conditions. It was hypothesized that there will be a significant difference among the teams in respect to self-confidence, even the study also exhibited the same that there were significant differences among the teams in relation to self-confidence. Hence, the hypothesis was accepted at this level.

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