

Comparative study of self Confidence of State level Volley ball players

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Abstract

Sports psychology is an area, which attempts to apply psychological factors and principles of learning, performance and associated human behavior in the whole field of sports. The purpose of the study was to measure and compare self confidence of state level volleyball players on gender basis. All the male and female state level volley ball players between 18-21 years of age from different zones of Maharashtra state was the population for the stud. Total sixteen teams were participated. Therefore total population was all the participants who were present (N=192). Self confidence scale test constructed and standardized by Richmond was used to measure self confidence of subjects. . After data collection, data will be analyzed by using Independent‘t’ test. It was observed from the findings that there was no statistically significant difference in self confidence of state level volley ball players on gender basis as per mean gains girls were less self confident than boys.

KEYWORDS: Self Confidence and volley ball players.

Introduction: Self-confidence is the confidence one has in oneself, one’s knowledge, and one’s abilities. It is the confidence of the type: "I can do this". "I have the ability to do this". Self-confidence is the one thing that is much more important than many other abilities and traits. If you do not have self-confidence, what you do will never become fruitful at all. The fruits of what you do without self-confidence are lost

The importance of self-confidence for success in sports has been well documented in various sport settings (Feltz, 1994; Mahoney & Avener, 1977; Vealey, 1999; Woodman & Hardy, 2003). However, self-confidence has been operationalized in several ways in the sport psychology literature, with most researchers typically using theoretical frameworks proposed by Bandura (1977, 1986) or Vealey (1986; Vealey, Hayashi, Garner-Holman, & Giacobbi, 1998). Bandura’s (1977, 1986) theory defines self-efficacy as a person’s judgment of his/her capability to organize and execute courses of action required to attain a certain type of performance. It is concerned not with the skills one has but with the judgments about what one can do with whatever skills one has. Bandura postulated four key determinants upon which athletes base their self-efficacy beliefs: performance accomplishments, vicarious experience, verbal persuasion, and emotional arousal. Vealey’s (1986) model of sport confidence is similar to self-efficacy theory in that it is concerned with the belief or degree of certainty that individuals have about their ability to succeed in sport. The model predicts that trait (dispositional) sport confidence and goal orientations (e.g., performance and outcome goals) interact to determine state sport-confidence, which in turn directly influences performance. One of the most consistent findings in the peak performance literature is the significant correlation between self-confidence and successful sporting performance (Feltz, 2007).

Methods and Materials: All the male and female state level volley ball players between 18-21 years of age from different zones of Maharashtra state was the population for the study. There were two teams from each zone one of boys and one of girls who participated in state level championship at Dhule. Total sixteen teams

were participated. Therefore total population was all the participants who were present (N=192). As per the objective researcher wanted to check and compare the self confidence of the subjects, researcher herself is a national level players and knows that each player is important and got chance to play, therefore researcher selected all the population as samples for the study purposively. Self confidence scale test constructed and standardized by Richmond was used to measure self confidence of subjects. The researcher took the permission from secretary of Maharashtra volley ball committee and from coaches for data collection from the subjects. By which they cooperated the researcher scholar for her research work. The research scholar distributed the questionnaire to all the subjects and explained about answering the question of self confidence and questionnaire was given to the subjects. After data collection, data was analyzed by using Independent 't' test. The level of significance was kept at 0.05 to test the hypothesis.

Results and Discussion: The obtained results were presents in the following tables which represents the result of descriptive analysis and comparison.

Table no.1
Descriptive statistics of Self confidence of volley ball players

	Mean	N	Std. Deviation	Std. Error Mean
Boys	76.5625	96	8.19090	0.83598
Girls	74.5313	96	8.16534	0.83337

There were 192 subjects. The mean gain in self confidence of boys was 76.5625 with standard deviation of 8.19090 and mean gain in self confidence of girls was 74.5313 with standard deviation 8.16534.

Table no. 2
Independent Sample 't' test of Self Confidence

t	df	Sig. (2-tailed)	Mean difference	Std. Error Difference
1.721	190	0.087	2.03125	1.18041

In the table no 2, mean differences for self confidence of male volley ball and female volleyball players was 2.03125. This difference when tested by Independent 't' test. 't' value was found 1.721. Which was not statistically significant at 0.05 ($p=0.087$) significance level for 190 degree of freedom.

Discussion: It was observed from the findings that there was no statistically significant difference in self Confidence of state level volley ball players on gender basis and girls were less self confident than boys but this difference was not statistically significant at 0.05 significance level. Result of present study was contradictory and supported by Kumar, M. L., Ahmed, S. (January 2013). They Studied the Comparative Study on Mental Toughness among Male and Female Tennis Players. The present investigation attempts to study Mental-Toughness among Male and Female (Elite, Intermediate and recreational) Tennis Players. . Result revealed that there was no significant difference found among Elite (Male and Female) Tennis

players on Competitive Desire, Focus, Resiliency and Self-confidence. Among Intermediate (Male and Female) tennis players there was no significant difference found on Competitive Desire and Focus and there was significant difference found on their Focus and Self-Confidence. Among recreational (Male and Female) tennis players there was no significant difference found on their focus and there is significant difference on their Competitive Desire, Resiliency and Self-Confidence. These findings were contradicted by Jones, G., Swain, A., Cale, A. (Mar1991). They studied Gender Differences in Pre competition Temporal Patterning and Antecedents of Anxiety and Self-Confidence. They conclude that Self-confidence scores revealed a reduction in self-confidence as the competition neared in both genders, but there was a greater decrease in females than in males. Hence null hypothesis that there will be no significant difference in self confidence of state level volley ball players on gender basis was accepted.

Conclusion: It was observed from the findings that there was no statistically significant difference in self Confidence of state level volley ball players on gender basis and girls were less self confident than boys but this difference was not statistically significant at 0.05 significance level. Hence null hypothesis that there will be no significant difference in self confidence of state level volley ball players on gender basis was accepted.

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