

A Comparative Study of Self-Confidence between Sportsman and Nonsportsman

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Abstract

Present study investigates to the study of Self-confidence among sportsman and non-sportsman college students. Total sample 100 subjects in which 50 subjects were from sportsman and 50 were selected from non-sportsman. All subjects included in the study from Parbhani district. The dependant variable Self-confidence was measured by Self-confidence inventory developed by Dr M. Basavanna. After analysis of the data following results was drown. Subjects from sportsman and non-sportsman college students significantly differ on self-confidence. A summary of two way ANOVA shows that main effect Students is significant ($F= 10.74$, $df 1$ and 96 ,). Subjects from male and female college students differ significant among themselves dependent variable Self-confidence. A summary of two way ANOVA shows that main effect gender is differ significant ($F= 21.91$, $df 1$ and 96 ,).

INTRODUCTION:

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. Costas Karageorghis explores the nature of self-confidence and presents a theory underlying the causes of self-confidence in sport. He also reviews recent research and provides some powerful techniques that you can apply to enhance your own confidence or that of athletes in your charge

For many athletes, an explanation of the concept of self-confidence is hardly necessary as they know intuitively what it is. Indeed, self-confidence is so palpable in some athletes you can almost reach out and touch it. Their confidence is reflected in everything they say and do, in what they wear and how they look.

Self-confidence is commonly defined as the sureness of feeling that you are equal to the task. 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. If self-confidence is perhaps the 'guardian angel of sports performers' then arrogance is their nemesis.

Confidence is related to personality and those who exude self-confidence across a range of contexts, say at work, socially and in their sport, are said to be high in trait confidence. However, confidence can also be very specific – to a particular situation or with reference to a set of circumstances – in which case it is known as state *confidence* or *self-efficacy*.

- **REVIEW OF LITERATURE:**

Dr. Neeraj Dabas, (2015), study on “Sport Self Confidence as a Psychological Characteristic between Indian Paralympics Sportsmen and Regular Athletes” The purpose of the study was to investigate the Sport Self Confidence as a Psychological Characteristic between Indian Paralympics Sportsmen and Regular Athletes. Results: Paralympics sportsmen as a whole showed higher mean scores on trait and state sport self-confidence than the other three groups namely Athletics, power lifting and swimming. Insignificant difference was found between Paralympics sportsmen and regular athletes in relation to state sport self-confidence whereas significant difference was found between Paralympics sportsmen and regular athletes in relation to trait sport self-confidence. Significant differences were observed between different games of Paralympics sportsmen in relation to trait and state sport self-confidence. Least significant difference (L.S.D) post-Hoc mean comparisons indicated that there were significant differences between paired mean of athletics & power lifting (6.93), badminton & power lifting (5.53) and power-lifting & swimming (4.60) on trait sport self confidence, athletics & power lifting (3.93) and badminton & power lifting (5.46) on state sport self confidence.

Daithankar, Sonali (Pangrikar) B., (2014), Self Confidence, Emotional Intelligence On Athletic And Non-Athletic College Students." present study was to investigate the relationship between Self confidence and emotional intelligence on athletic and nonathletic students. The sample included in this study was 80 college students from to Kannad taluka Dist. Aurangabad. 40 college students were athletic student and 40 students were nonathletic students. To assess the Self confidence and emotional intelligence of the subject the Self confidence and emotional intelligence inventory for college students. Proposed Statistical Procedure is Descriptive statistics i.e. Mean, S.D, will be computed and 't' test. Conclusion in this study On the basis of data and discussion of results, the hypotheses were tested and verified. Self confidence level Athletic students tend to show more than Non Athletic student's. Intra-personal awareness level Athletic students tend to show low than Non Athletic students. Inter-personal awareness level Athletic students tend to show low than Non Athletic students. Intra-personal management level Athletic students tend to show low than Non Athletic students. Inter-personal management level Athletic students tend to show low than Non Athletic students.

Mahmood Rashid Saeed, Sumam Pandey (2015) A comparative study of self-efficacy between sportsman and non-sportsman players, For this total 80 players (40 subjects sportsman players, 40 subjects of non- sportsman players) who had

participated at national club level and aged between 17 to 22 yrs. were selected using purposive sampling technique. "Self-efficacy Questionnaire" a standardized sports psychological inventory designed by (Mr. Albert Bandura 1986), was used for data collection. The collected data was analyzed using Independent sample's test. The results of the study showed that there was a no significant difference in self-efficacy sportsman and Non- sportsman Players at 0.05 level of confidence. It was concluded that Non- sportsman players showed significantly more self-efficacy than the sportsman Players did.

- **OBJECTIVE OF THE STUDY:**

1. To investigate the level of self-confidence of sportsman and non-sportsman.
2. To investigate the gender wise difference on self-confidence.

- **HYPOTHESIS OF THE STUDY:**

- 1 There is significant difference of self-confidence between sportsman and non-sportsman.
- 2 There is significant difference of self-confidence between male and female

- **Methodology:**

- **Sample:**

In the present study, total 100 sportsman and non-sportsman students randomly selected. There were 50 girls and 50 boys included. All sample selected from various College in Jalna Dist. The subjects were from age range 18 to 24.

- **Variable:**

In the present study following variables treated as dependant and independent.

Dependant variables:

- 1) Self-confidence

Independent variables

- 1) Sportsman and Non-sportsman
- 2) Gender: Male and Female

- **Design**

2 X 2 factorial design was used.

| | | | |
|--------|--------|-----------|---------------|
| | | Subjects | |
| | | Sportsman | Non-sportsman |
| Gender | Male | 25 | 25 |
| | Female | 25 | 25 |

- **Tool**

- 1. Self-confidence Inventory:**

The second dependent variable is self-confidence. For measure the self-confidence used Self-confidence Inventory developed by Dr. M. Basavvann. Self-confidence as a construct has been measured variously by different researchers in the past. Klein and Schoenfeld (1941) measured it by asking the subjects to state the degree of confidence they felt in the accuracy of their performance after they had taken some psychological tests.

- **Results and Interpretation:**

Table No. 1

Significant difference of self-confidence among college students

| Source | Sum of Squares | df | Mean Square | F | Sig. |
|---------------|----------------|-----|-------------|-------|------|
| Students | 473.61 | 1 | 473.61 | 10.75 | .01 |
| Gender | 965.61 | 1 | 965.61 | 21.91 | .01 |
| Area * Gender | 306.46 | 1 | 306.46 | 6.95 | .01 |
| Total | 72169.00 | 100 | | | |

Significant level (1, 96) at the 0.01level=6.76. Significant level (1, 96) at the 0.01level=3.89.

Above table, show that summary of two way-ANOVA on dependent variable self-confidence. Subjects from sportsman and non-sportsman students differ significant themselves on the dependant variable self-confidence. A summary of two way ANOVA shows that main effect students is highly significant ($F= 10.75$, $df 1$ and 96 , $p < .01$). According to these result hypotheses no.1 there will be significant difference of self-confidence between sportsman and non-sportsman college students is accepted.

The table no 1 shows that male and female subjects not significant among themselves on the dependant variable self-confidence. A summary of two way ANOVA shows that the main effect of gender significant ($F= 21.91$, $df 1$ and 96) these 'F' ratio indicate that there is significant difference of self-confidence among male and female college students. According to this result hypothesis no. 2 there will be significant difference of self-confidence between male and female college students is accepted.

Following research supported this study. Gender, self-confidence, and social influence strategies: An organizational simulation. (Instone, Debra; Major, Brenda; Bunker, Barbara B) Investigated whether men and women in positions of equal power differ in the strategies they use to influence subordinates. 24 male and 24 female undergraduates were placed into a supervisory role in a simulated organizational setting and were compared on the frequency, range, and types of influence strategies they used to direct the work of 3 bogus subordinates. Although gender differences consistent with general sex-role stereotypes were found, most differences were weak and only of marginal significance. Relative to males, females made fewer influence attempts, used a more limited range of influence strategies, used fewer rewarding strategies, particularly promises of pay increases, and used more coercive strategies, especially pay deductions. Females displayed lower levels of self-confidence than did males and sex-linked differences in self-confidence explained much of the gender difference

- **CONCLUSION:**

1. Sportsman and non-sportsman college students significantly differ on self-confidence.
2. Male and female college students significantly differ on self confidence.

- **Reference:**

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