

A Comparative Study of Self Confidence between Rural and Urban Players of Kabaddi and Kho-Kho

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Abstract

The present study was conducted with aiming to explore the variations in the level of Self Confidence between Rural and Urban Players of Kabaddi and Kho-Kho. The purpose of this study was to compare the Self Confidence Level of Rural and Urban Players of Kabaddi and Kho-Kho belonged to Universities of Western U.P (India). In this study, Total 100 subjects comprising of 50 Rural(25 Kabaddi + 25 Kho-Kho) Male Players and 50 Urban (25 Kabaddi + 25 Kho-Kho) Male Players, Which were studying in Chaudhary Charan Singh University, Meerut has been selected as subjects. All the subjects had participated at state level tournaments in respective games. In this study Dr. Miss Rekha Agnihotry's Self-Confidence Inventory (ASCI) was used as a tool for data collection. The results after carefully examining the data revealed that there was no significant difference found between the players of Kabaddi and Kho-Kho regarding their Self Confidence level. Although Urban Boys were found to be more confident than their Rural fellow beings according to mean but to conclude both batches had optimum level of Self Confidence. Therefore null hypothesis was accepted. It was concluded that Self Confidence plays very important role in each sport person's life irrespective of their standards of living or region.

KEYWORDS: Self-Confidence Inventory (ASCI), Self -Confidence, Rural, Urban, Players of Kabaddi and Kho-Kho.

Introduction

Self-confidence can be characterized as the confidence in one's capacities to make progress. Competitors and mentors had regularly referenced self-assurance as the most significant mental expertise for achievement in serious games, Coaches and athletes preserve discussing the position that self-self assurance played in their success,, however absence of selfconfidence has been expressed as a reason for disappointment of a competitor. Vealey and Chase has expressed, " confidence is everything; in the event that you start re-thinking yourself, will undoubtedly run into more awful trip." confidence may need to change with the end goal for competitors to have reliable achievement. For a competitor to have proceeded with progress their emphasis ought to be on where they flopped in this way led to achievement later on. At the point when a competitor centers around where they fizzled during a triumph, it can shield their confidence from moving to arrogance through the upward winding (Vealey and Chase, 2008)

Confidence has been explored from these and different appraisals to help recognize how certainty assumes a job in the accomplishment in sport. Understanding where confidence assumes a job in sport begins with the acknowledgment of how confidence

is created in sport. A research shows that there are wellsprings of confidence that help set up and reinforce the confidence level of an individual (Bandura, 1977)

Miller(1961) led an examination to discover the impact of emotional stress on secondary school student's, track and field performance. Performance statistics had been accumulated from fifty arbitrarily chose understudies ordering them as remarkable, normal and helpless contenders on the consolidated rating of three mentors. A critical relationship was found between emotional stress and consistency of competitive overall performance.. Different determinations were an elevated level of confidence was alluring physical, enthusiastic incitement was valuable up to some edge past which performance endured. Poor contenders demonstrated less emotional stress. Stress was utilized by companion of self desires just as far away adversaries or contenders and the drying up container incited substantial, dependable and exceptionally attractive for gathering information in the field.

Cooper(1969) in his investigation, contrasted the personality traits of competitors and non-competitors and found that there are huge distinction among competitors and non-competitors managing both character types. He depicted the competitors as increasingly out going socially sure, progressively forceful, predominant, having high social modification, distinction, economic wellbeing and self-assurance, less habitual, less incautious, having more prominent resistance to physical torment and less feminine.

Hays,Thomas,Maynard &Bawden(2009) inspected the role of confidence corresponding to the psychological, full of feeling, and conduct reactions it inspires, and identified the components liable for crippling confidence inside the hierarchical subculture of world-class sport. Utilizing Vealey's (2001) integrative model of game confidence as an expansive theoretical base, 14 competitors (7 guys, 7 females) were met because of the exploration points. Examination demonstrated that high game confidence encouraged execution through its beneficial outcome on competitors' musings, sentiments, and practices. In any case, the competitors taking part in this investigation were helpless to factors that served to cripple their confidence. These components seemed, by all accounts, to be related with the sources from which they inferred their confidence and influenced somewhat by sexual orientation. In this manner, the focal point of mediations intended to improve sport confidence must reflect the individual needs of the competitor, and might include distinguishing a competitor's sources and kinds of confidence, and guaranteeing that these are unblemished during competition preparation stage.

It was hypothesized that there would be no significant difference in the degree of self-confidence amongst the Rural and Urban Male Players of Kabbadi and Kho-Kho.

Methodology

The purpose of the present study was to compare self-confidence level of Rural and Urban Players of Kabaddi and Kho-Kho. For the present study a batch of 100 [(Rural -25 Kabaddi + 25 Kho-Kho) + (Urban-25 Kabaddi + 25 Kho-Kho)] state level Male Players were randomly selected as subjects. Dr.Miss Rekha Agnihotry's Self-Confidence Inventotry(ASCI) was used to measure Self-Confidence among players from Urban and Rural Area. The Questionnaire was distributed to the players one hour before the game. Before administering the test, the procedure and benefits of the study was briefly explained to players and coaches also. For the purpose of analysis of

data, descriptive statistics (mean and standard deviation) and independent t-test was applied to compare the level of confidence between Rural and Urban Players of Kabaddi and Kho-Kho. The level of significance was set at 0.05 levels ($p < 0.05$).

Results and Discussion

The scores were obtained by using the key as Prepared by Dr.Miss Rekha Agnihotry's Self-Confidence Inventory(ASCI). All the individual Self Confidence score was used to judge the level of Self-Confidence. The data was analyzed by using "t" test. The significance of mean difference was found between scores obtained on Self-Confidence by Rural and Urban Male Players of respective games have been presented in Table -1 and Table -2.

Table 1: Comparison of Mean and Standard Deviation of Rural and Urban Male Players of kabaddi on Self-Confidence Score

Variables	N	Mean	S.D	Std. Mean Error	t-ratio
Rural	25	19.17	2.06	.47	.647
Urban	25	20.97	2.39	.59	

*Significant at .05 level of significance

Table 2: Comparison of Mean and Standard Deviation of Rural and Urban Players of kho-kho on Self-Confidence Score

Variables	N	Mean	S.D	Std. Mean Error	t-ratio
Rural	25	14.79	2.43	.57	.782
Urban	25	15.27	2.57	.63	

*Significant at .05 level of significance

Discussion

The mean value of Urban Kabbadi and Kho-Kho Players on Self Confidence was found to be higher than the Rural Kabbadi and Kho-Kho Players, which revealed that Urban Players were more prone to Self Confidence compared to the Rural Players. According to the ASCI scoring scale both were having optimum level of Self confidence. The reason behind this state of condition may be nature as well as the demand of these sports activities. In cities, players participate in more tournaments as compared to the Rural Players. Expectation of the family members and society are higher in cities and they are more concern about their future prospects in sports career. Whereas the driving force behind the rural players, playing any particular sport is either enjoyment or sometimes pressure of their coaches. These may be some possible reasons why the Urban Players were more self confidence prone than the Rural Players.

Conclusions

The findings revealed that there was statistically no significant difference found. It may therefore be concluded that the Urban Kabbadi and Kho-Kho Players were more prone to Self Confidence as compared to the Rural Kabaddi and Kho-Kho Players.

This may be attributed to the fact that the Rural and Urban Players of Chaudhary Charan Singh University Meerut and facing same kind of situation in the competition.

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