

Study of Self-Confidence of Intercollegiate Basketball Players of Shahjahanpur

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Abstract

A self-confidence profile of intercollegiate basketball players was constructed in the present study. To conduct the study 80 intercollegiate female basketball players of Shahjahanpur were selected as sample. The age range of selected female basketball players was between 18 to 25 years. Purposive sampling was used in the present study. Pandey's Self-confidence Inventory was used to evaluate self-confidence of the selected subjects. The chi square test result indicate that majority of the female intercollegiate basketball players of did not have belief in their own abilities. It was concluded that psychological counselling may be needed to enhance self-confidence of intercollegiate female basketball players Shahjahanpur.

Keywords: self confidence, Basketball

Introduction

Sport psychology is an interdisciplinary science that draws on knowledge from many related fields including biomechanics, physiology, kinesiology and psychology. It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors (Snyder,Lopez, Shane,2009) Sport psychologists teach cognitive and behavioral strategies to athletes in order to improve their experience and performance in sports. In addition to instruction and training of psychological skills for performance improvement, applied sport psychology may include work with athletes, coaches, and parents regarding injury, rehabilitation, communication, team building, and career transitions (Zellner, 1970).

Self-confidence is an attitude about your skills and abilities. It means you accept and trust yourself and have a sense of control in your life. You know your strengths and weakness well, and have a positive view of yourself. You set realistic expectations and goals, communicate assertively, and can handle criticism .On the other hand, low self-confidence might make you feel full of self-doubt, be passive or submissive, or have difficulty trusting others. You may feel inferior, unloved, or be sensitive to criticism. Feeling confident in yourself might depend on the situation. For instance, you can feel very confident in some areas, such as academics, but lack confidence in others, like relationships (Judge, Timothy, Erez, Amir, Bono, Joyce ,Thoresen, 2002)

Having high or low self-confidence is rarely related to your actual abilities, and mostly based on your perceptions. Perceptions are the way your think about yourself and these thoughts can be flawed (Barber, &Odean ,2001).

Low self-confidence might stem from different experiences, such as growing up in an unsupportive and critical environment, being separated from your friends or family for the first time, judging yourself too harshly, or being afraid of failure. People with low self-confidence often have errors in their thinking (Bandura, Albert,1997).

Objectives

The objective of the present study was to prepare self-confidence profile of intercollegiate female Basketball players of Shahjahanpur.

Methodology

The following methodological steps were taken in order to conduct the present study.

Sample

To conduct the study 80 intercollegiate female Basketball players (Average age 20.21 years) were selected as sample. The sample for the present study was chosen purposively. The selected female Basketball players belonged to various colleges affiliated to Bareilly university.

Tools

Pandey’s Self-confidence Inventory The self-confidence in intercollegiate female Basketball players was evaluated with the help of PSCI prepared by Pandey (1983). This Hindi inventory is made up of 60 questions with positive and negative worded questions. This inventory met the criteria of statistical reliability and validity. Due to nature of scoring pattern, lower scores denoted better self-confidence and scores on higher side of scale denotes lack of selfconfidence. Scores less than 23 indicate high self-confidence, scores between 24 to37 denotes average self-confidence level while scores over 37 denotes low self-confidence in subjects.

Procedure

80 intercollegiate female Basketball players were selected purposively. The usual ethical procedure along with written consent for voluntary participation was followed prior to administration of Pandey's Self-confidence Inventory to selected female intercollegiate Basketball players. Scores were obtained by calculating the numerical weight for every response. To assess high, average and low level of selfconfidence in intercollegiate female Basketball players, author's manual was used. χ^2 test is used for data analysis and the same being presented in table 1

Result and Discussion

Table 1: Chi Square Statistics on the Basis of Frequency Distribution

Categories of Self-confidence	Frequency	Percentage (%)	χ^2
High (Less than 23)	16	.0	$\chi^2 = 2.36$ ($p > .05$)
Moderate (Between 24-37)	18	22.5	
Low (More than 38)	46	57.5	
Total	80	100.0	

χ^2 (df=2) = 6.14 at.05 level and 8.98 at.01 level

Frequency distribution shown in table 1 reveal that 57.5 % intercollegiate female Basketball players had lower level of selfconfidence, 22.5 % had moderate level of self-confidence while 20% exhibited higher degree of self-confidence. The calculated $\chi^2 = 2.36$ although statistically non-significant indicate that self-confidence in intercollegiate female Basketball players was somewhat lower.

It has been propagated by sports psychologist that self confidence is related to sports performance. Hence intercollegiate female Basketball players from Shahjahanpur lack essential psychological element in the form of self-confidence to excel at highest level.

Conclusion

On the basis of results, it was concluded that intercollegiate female Basketball players of Shahjahanpur are low in self confidence and needs psychological counselling to utilize their full potential by increasing the self belief in their abilities.

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