

A Comparative Study of Self-Confidence on selected Inter-University Level Players of Kho-Kho and Volleyball Game in Gujarat Vidyapith

Trushal V. Delaniya

M.P.Ed Research scholar, Faculty of Physical Education and Sports Science – Sadra

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Corresponding Author

Email: trushaldelaniya.8[at]gmail.com

ABSTRACT

The objective of this study was to compare the level of Self-Confidence between selected inter-university level players of kho-kho and volleyball game in Gujarat Vidyapith. For this study 12 male players of kho-kho game and 12 male players of volleyball game, those who were selected in inter-university team of Gujarat Vidyapith for present year were selected as subjects.

Further the Sports Self-Confidence Inventory questionnaire for adults, which was developed by Robin S. Vealey in 1986, was administered to all the subjects, one hour prior to the competition and the data was collected. The obtained score was then compared using 't' test. The level of significance was set at 0.05

1. Introduction

Sport is a basic and initiative activity. A child is born with something to play with. It gives him pleasure and develops various organs of his body. Because of this, his mind remains committed to sports.

Sport is a highly specialized activity, participating in sports guarantees the basic desire to compete in performance and to leave others behind, and any other sports activity involves competition. However, winning in a contest certainly depends on performance. The better the performance, the higher the chance of winning.

In modern competitive sports, mental preparation of a team is as important as teaching them various skills in the game through scientific methods. These days, teams are prepared to win games, not just for playing. And to win games, it is not just the proficiency in the skill, which is important, but also the spirit and attitude of the players with which they play.

In modern competitive sports, the Self confidence in sportsmen has affected their performance. As the physical load during the training of sportsman for international competitions is also intensified, the sportsmen like other athletes are anxiety prone while participating in competitive sports. Each self is unique as it develops on the basis of unique organism, and the reactions to the various forces in the physical and social environment. There is a constant and continuous activity of adjustment and re-adjustment to the changing conditions. Thus, there is stability as well as change in the self. Right through the growth processes, in all the physical, physiological and psychological aspects, the self is a constant but ever growing organization. Change in self is revealed in the change in the ways one sees one self and the world as one acquires knowledge, skills, attitudes and various roles.

The mental attitude of each individual player as well as the team can help or hinder their performance. Most coaches agree that players' physical characteristics, skills, and training are extremely important, but they also feel that good mental or psychological preparation is a necessary component for success.

How to deal with anything or situation depends on a player's confidence. The player must have confidence in his own strength and ability. He must have the ability to cope with any contingencies well and make the best decisions at the right time and in the same way an opinion or talk for his game should be presented confidently to the player or coach.

Many players may not be motivated to survive the game because of a lack of confidence. By showing the defects of such players, coach can be helpful in overcoming their deficiencies.

2. Methodology

For the purpose of this study 12 inter-university male players of Kho-Kho game and 12 inter-university male players of Volleyball game of Gujarat Vidyapith were selected as subjects for this study.

The Sports Self-Confidence Inventory questionnaire for adults, which was developed by Robin S. Vealey in 1986, was administered to all the subjects, one hour prior to the competition. The obtained score were compared using 't' test. The level of significance was set at 0.05. The statistical calculation was done using Excel spread sheet of MS-Windows version-7.

3. Result and Discussion

VARIABLE	GROUPS	MEAN	MEAN DIFFERENCE	SD	't'
SELF-CONFIDENCE	KHO-KHO	92.08	0.84	7.55	0.26
	BASKETBALL	92.92		8.08	

Level of significance at 0.05 $t = 0.05(22) = 2.07$

From the above table it is observed that the mean value of kho-kho players was found 92.08 and mean value of volleyball players was found 92.92. The mean difference found between kho-kho players and basketball players was 0.84. The standard deviation value found was 7.55 of kho-kho players and 8.08 of volleyball players. The obtained value of 't' was 0.26 whereas the required 't' was 2.07. So as the 't' value found was less than the required 't' value it can be observed

that there was no significance difference found in level of self-confidence between kho-kho players and volleyball players.

4. Conclusion

From the result of the study it was observed that there was no difference found in Self-Confidence between kho-kho players and volleyball players.

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