

A Comparative Study of Self Confidence among Male and Female Shooters of Haryana State

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ABSTRACT

The main purpose of the study was to compare Self confidence among Male & Female Shooters. The study was conducted on 60 players in which 30 male shooters & 30 female shooters selected as a sample from a Haryana state. The age of the sample ranged from 18-25 years and all the samples were selected from random basis. I used Self-Confidence inventory by Dr. Rekha Gupta. This test is highly reliable & valid. The 't' test was used to find out significant difference between two groups i.e. Shooters males & females. The results substantiate that, significant differences of self-confidence between male and female Shooters of Haryana state.

1. Introduction

The concept of self-confidence self-assurance in one's personal judgment, ability, powered. One's self confidence increases from experiences of having mastered particular activities. It is a positive belief that in the future one can generally accomplish what one wishes to do. Self-confidence is not the same as self-esteem, which is an evaluation of one's own worth, whereas self-confidence is more specifically trust in one's ability to achieve some goal, which one meta-analysis suggested is similar to generalization of self-efficacy. Abraham Maslow and many others after him have emphasized the need to distinguish between self-confidence as a generalized personality characteristic, and self-confidence with respect to a specific task, ability or challenge (i.e. self-efficacy). Self-confidence typically refers to general self-confidence. This is different from self-efficacy, which psychologist Albert Bandura has defined as a "belief in one's ability to succeed in specific situations or accomplish a task" and therefore is the term that more accurately refers to specific self-confidence. Psychologists have long noted that a person can possess self-confidence that he or she can complete a specific task (self-efficacy) (e.g. cook a good meal or write a good novel) even though they may lack general self-confidence, or conversely be self-confident though they lack the self-efficacy to achieve a particular task (e.g. write a novel). These two types of self-confidence are, however, correlated with each other, and for this reason can be easily conflated (Bauer, Raymond 1964-05-01).

(Definitions of variables)

Shooter

A person who fires a gun or other weapon.

Self Confidence

"Confidence in oneself and in one's powers and abilities".

2. Methodology:

Following methodological steps have been taken to verify the hypothesis established by the investigator:

3. Samples:

From 60 Players in which 30 male shooters & 30 female shooter from Haryana state. The age of the sample ranged from 18-25 years and all the samples were selected from random basis.

4. Tools:

1. To assess Self confidence of selected samples, Self-Confidence inventory (Dr. Rekha Gupta) was used. The scoring was done according to the rule led down the authors. This test is highly reliable & valid for measuring self confidence of selected samples. The 't' test was used to find out significant difference among male & female shooters.

5. Procedure:

For the tapping of self confidence of all the selected sampling, Self-Confidence inventory (Dr. Rekha Gupta). This inventory consist 56 question are there. This inventory is highly reliable & valid for selected players.

6. Results & Discussion:

Mean, standard deviation & 't' test were computed to compare shooters (Males & Females) scores and data pertaining to this have been presented in table given below:

TABLE-4.1.1
COMPARISON OF SELF-CONFIDENCE BETWEEN MALE AND FEMALE STATE LEVEL SHOOTERS.

Variable	Group	Mean	S.D.	't' value
Self-Confidence	Boys	22.21	7.01	2.14
	Girls	25.09	7.71	

$t'_{0.05(58)}=1.96$

Table 4.1.1: illustrate that the Mean and SD values of self-confidence male and female state level shooters were 22.21 \pm 7.01 and 25.09 \pm 7.71 respectively. The obtained "t" value

2.14 (1.96) was found statistically significant, ($P < .05$) .05 level of significance.

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