

A COMPARATIVE STUDY Self-confidence of Athletes at Different Levels of Performance

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ABSTRACT

The present study is an attempt to explore the effect of self-confidence on sports performance. A purposive method of sampling was used to include 300 position holder athletes of colleges, universities and state level. Rekha Agnihotri self-confidence inventory was used to get the needed information. The result revealed that self-confidence is an important factor which influences sports performance.

INTRODUCTION

Self-confidence is one's faith in himself to do each and every task which is assigned to him. It is very very positive trait of one's personality. It is a great booster of achievement of success or high level performance. In society, some persons lose battles before fighting. On the other hand, some are so hard that they win against all odds. All this depends mainly on the confidence of the person involved. A self-confident man is always ready to fight wars, enter debates and defeat his opponents. Self-confidence refers to a person's perceived ability to tackle situations successfully without leaning on others and to have positive evaluation. Olympic champion Carl Lewis said, "If you don't have confidence, you'll always find a way not to win."

In the words of Basavanna 1975, "In

general terms self-confidence refers to an individual's perceived ability to act effectively in a situation to overcome obstacles and to get things go all right."

A self-confident person perceives himself to be socially content, emotionally mature, intellectually adequate, successfully satisfied, decisive, independent, self-assured, forward moving, fairly assertive and having leadership qualities.

He is unerringly hopeful, optimistic and almost sure of his victory. He is not static but dynamic.

The field of sports requires such type of people who have sufficient self-confidence, because they have to run, throw, jump and fight with good physically fit opponents in summer and winter. An athlete should have self-confidence like Mohd. Ali, Michel

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Jackson, Williams Sisters, Milkha Singh, P.V. Sindhu, Shakshi, Deepa Karmakar, Mary com, those have huge amount of self-confidence.

METHODOLOGY

The researcher used the test prescribed by Rekha Agnihotri self-confidence Inventory, 1987, and made a questionnaire to assess like self-

confidence among the athletes of Punjab at college level, university level and state level on male position holders, i.e. I, II or III positions.

It must be made clear, right in the beginning, that the author of the self-confidence inventory has provided the following norms:

Lower the score, the higher the level of self-confidence and vice-versa.

Raw Scores	Interpretation
7 and below	Very high self-confidence
8-19	High self-confidence
20-32	Average self-confidence
33-34	Low self-confidence
45 and above	Very low self-confidence

RESULTS & DISCUSSION

Table 1 gives mean scores of athletes on self-confidence at different levels of performance for college level, university level and state level. The

respective mean scores of self-confidence are 21.97, 18.71 and 17.01 with SD's standing at 8.63, 7.06 and 4.73.

Athletes included in the study have an average of 21.97 college level, 18.71

Table-1: Self-confidence of Athletes at different levels of performance

S. No.	Level of Performance	N	Mean	SD
1	College level	100	21.97	8.63
2	University level	100	18.71	7.06
3	State level	100	17.01	4.73
4	Total	300	19.23	7.29

university level and 17.01 state level. The Table shows that athletes holding 1st, 2nd and 3rd position holders at college level have average amount of self-confidence, but as the level of performance goes up, the level of self-confidence also goes up. The mean score on self-confidence of the athletes

at university level and state level are 18.71 and 17.01 respectively. It indicates that position holders at the university level and state level have a high level of self-confidence. If athletes at different levels of performance are pooled into one single group, the mean score comes out to be 19.23. As per the

norms worked out by the author, our athletes have a high level of self-confidence. Figure 1 contains bar

graphs showing the scores of self-confidence.

Table 2 presents analysis of variance

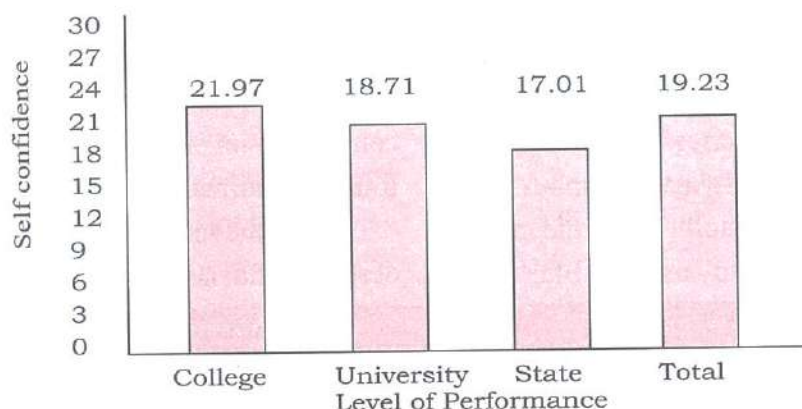


Fig. 1: Self-confidence of athletes at different levels of performance

Table-2: (one way) ANOVA of Mean value of self-confidence of athletes at different levels of performance

Description	Sum of squares	df.	Mean squares	F	Sig
Between levels	1270.64	2	635.32	12.84	*p<.01
Within levels	14694.49	297	49.47		
Total	15965.13	299			

(one way) of the three groups. The F ratio of this value of 12.84 is significant at .01 level.

As the athletes go from college to university and state level, there is

increase in self-confidence and the increase is significant at .05 level Table 3

There is a great difference in self-confidence between athletes at college and state level.

Table-3: Matrix of Mean Differences in self-confidence of athletes at different levels of performance (Tukey Test)

	College Level	University Level	State Level
	21.97	18.71	17.01
College Level	x	3.26*	4.96*
University Level	3.26*	x	1.70*NS
State Level	4.96*	1.70*NS	x

* p<.01NS& p >.05

The finding is inescapable. As athletes move from lower level of performance to higher level, their self-

confidence also increases. From average confidence they get a high self-confidence.

Studies by Breckenridge Basavanna, Agnihotri, Gutpa & Ritu, Agnihotri Lirgg, Burke, Terry, Voight, Fung, Chizchoo Kou. support the finding of the present study that have proved that self-confidence plays the positive role in the sports performance. The present study, too, proves that athletes holding I, II, III, IV positions at college, university and state level differ at different levels of performance on the variable of self-confidence and the difference is

statistically significant.

Victory in the International meets may involve many factors such as good all rounder physical fitness, strength, flexibility techniques, training but you can not ignore the psychological factors like self-confidence, determination, urge to win, will to grab success. So more emphasis should be given on psychological performance of athletes, so that they can excell more and more.

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