

“A COMPARATIVE STUDY OF SPORTSMAN-SPIRIT IN RELATION TO THEIR SELF-CONFIDENCE AMONG SWIMMERS IN VIJAYAWADA CITY”

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ABSTRACT: The present study was conducted to examine self-confidence and sportsman-spirit among swimmers. The data was collected from 60 samples from both male and female swimmers as well as trained and under-trained swimmers. Random sampling techniques were used for thin study. Self-confidence scale and sportsman-spirit scale developed by Dubey(1998) was used for thin study to assess relation between self-confidence and sportsman-spirit in swimmers. The results indicated significant difference in self-confidence between trained and untrained swimmers.

Keywords: Self-confidence, swimmers, sportsman spirit.

INTRODUCTION: Swimming promotes excellent physiological fitness because it is a low-impact, aerobic activity, minimizing stress on the joints while exercising all of the major muscle groups of the body (Lubbers,2009). The low percentage of youth who are proficient in swimming is disappointing since there are a variety of programs that encourage and promote swimming. For example, during the 20th century, national agencies such as the American red cross, the YMCA, and boy and girl scouts of America all have instituted and expanded learn-to-swim programs (American red cross,2004) since learning to swim poses an individual challenge and is likely to provoke a certain degree of anxiety, self-efficiency may play an important role in success in the pool. Socioeconomic status has been shown to be a prime factor in swimming proficiency because children who grow up in middle and upper classes are more likely to have regular access to swimming facilities. Participation in sport and exercise has positive impacts on quality of life. For example, collegiate spot participation provides opportunities for social interaction, which have potential to effect adjustment level and shyness.

Sportsman spirit is an aspiration or ethos that a sport or activity will be enjoyed for its own sake with proper consideration for fairness, ethics, respect, and a sense of fellowship with one's competitors. Sportsman spirit can conceptualized as an enduring and relatively stable characters or disposition such that individuals differ in the way they are generally expected to behave in sport situation. In general sportsman spirits refers to virtues such as fairness, self-control, courage, and persistence, and has been associated with interpersonal concepts of treating others and being treated fairly, maintaining self-control of dealing with others and respect for both authority and opponents. Sportsman spirit is also looked at being the way one reacts to a sport/game/player.

The four elements of sportsman spirit are often shown being good form, the will to win, equity and fairness. All four are critical and a balance must be found among all four for the sportsman spirit to be illustrated.

SELF CONFIDENCE: Self confidence reflects a person's overall subjective emotional evaluation of his or her own worth. It is a judgement of oneself as well as an attitude towards the self. Self confidence encompasses beliefs and emotions such as triumph, despair, pride, and shame. Smith and Mackie (2007) defined it by saying "The self concept is what we think about the self; self confidence is the positive or negative evaluation of the self, as in how we feel about it. Self confidence is attractive as a social psychological construct because researchers have conceptualized it as an influential predictor of certain outcomes such as academic achievement, happiness, satisfaction in marriage and relationship. Self-efficiency plays an important role in good performance outcomes as observed in people with a strategy sense of self-efficiency trying harder and overcoming obstacles in better way.

Objectives of the study:

1. To measure sportsman-spirit of swimmers in Vijayawada city
2. To measure self-confidence of swimmers
3. To explore the pattern of relationship between sportsman-spirit and their self-confidence levels of swimmers

REVIEW OF LITERATURE:

Malumpy(1970) used cattle 16pf to compare the personality traits of 120 women, 77 athletes and 43 non athletes. Malumpy found that athletes who played individual sports were more extrovert than who played team sports. Green dorfer (1972) investigated the socio-economic variables that influenced female participation in various types of teams, individual and mixed sports. She hypothesized that sport type would be a functional of socio-economic status. The analytics of social clan data which included two measures education and occupation, revealed that team sports participants were identified with lower socio-economic status, where individual and dual sports participants were identified with higher individual sport participant were identified with higher socio-economic status. Mills, Munroe and Hall (2001) examined whether a relationship exists between self confidence and the use of imagery by athletes involved in individual sports. It was expected that athletes who were high in self confidence would more likely use imagery than those who were low in self confidence. Results revealed that athletes who are high in self confidence in competition situations tend to use more motivational imagery than their low self confidence counterparts.

HYPOTHESIS:

- There would be no significant difference between male and female swimmers in sportsman-spirit
- There is no significant difference in self-confidence of the trained and under-trained swimmers.
- There would be no significant correlation between sportsman-spirit and self-confidence of swimmers involved.

METHOD: The study was conducted on a sample of 60 male and female swimmers.

TOOLS:

Self-confidence scale (23 item self-confidence scale)

Sportsman-spirit scale. (Dubey 1998) was used for study.

PROCEDURE: The data were collected individually from each respondents of the sample. Before administering the tools. The investigator personally met with the subjects and good rapport was established. Then, after the investigator particularly asked the subjects to give his/her responses against each item of the scales without leaving any item unresponded. After collection of data scoring was done according to the scoring key of each scale.

STATISTICAL TECHNIQUE: The obtained data was analyzed by using t-test and product moment correlation of coefficient. Statistical analysis of data, means S.D, test of significance correlation and inter correlation between the factor have been computerized and scores are analyzed with the help of SPSS (statistical package of social sciences) software on its relevants basis respectively. The obtained results are given in tables.

TABLE NO.1

	GROUP	N	MEAN	STD.DEV	t	Df
Sportsmanship-Spirit	Male	30	47.23	96.89	0.61	Not significant at 0.05 level
	Female	30	47.23	77.34		

The mean scores of sportsmanship-spirit of male swimmers is 47.23 and the mean score of sportsmanship-spirit of female swimmers is 46.55. t value was 0.61, which was not significant at 0.05 level with df=98. In the light of the result, it can be interpreted that there is no significant difference in sportsmanship-spirit between male and female swimmers. This indicates that gender does not affect sportsmanship-spirit.

TABLE NO.2 : The number, mean, standard deviation and t-value of mean scores of self confidence of trained and undertrained swimmers.

	GROUP	N	MEAN	STD.DEV	t	Df
Self-confidence	Trained	35	48.92	85.13	2.05	Significant at 0.05 level
	Under trained	25	45.51	76.40		

It can be said that the mean scores of self-confidence of trained and undertrained swimmers is 48.92 and 45.51. this indicates trained swimmers have better confidence in swimming than under trained with greater. Sportsmanship-spirit, competencies and enhances their abilities. The “t value” was 2.05 which was significant at 0.05 level with df=98. In the light of this result, it can be interpreted that there is significant difference in self-confidence between trained and under trained swimmers at 0.05 level. This indicates that training does influence their self-confidence levels to some extent.

TABLE NO.3: Correlation between sportsmanship-spirit and self confidence

VARIABLES	R	SIGNIFICANCE
SPORTSMANSHIP-SPIRIT	0.561	SIGNIFICANCE AT 0.01 LEVEL
SELF-CONFIDENCE		

The “r” value between sportsmanship-spirit and their self-confidence is 0.561 which is significant at 0.01 level. This indicates that there is a significant relationship between sportsmanship-spirit and self-confidence. Hence, it can be interpreted that there is a positive relationship between sportsmanship-spirit and their self-confidence of swimmers. The higher the sportsmanship-spirit, the higher will be the self-confidence. swimmers who are with well spirit will be able to work better with confidence.

CONCLUSIONS:

Much of the researches has examined , self-confidence in relation to actual sport performance in terms of skill rather than in terms of the motivational behaviour actually specified by the theories, such as persistence, choice of activities any efforts expended. Variables such as previous performance, affective self-evaluation, govt settling, and physiological states (e.g mood or fitness) may exert a direct influence on sport performance. Bandura proposes that self-confidence influences thought pattern, as well as behaviour, and research has demonstrated its applicability in anxiety-provoking situations. Results from this research may have implications provided to sport performance and exercise patients.

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