A COMPARATIVE STUDY ON SELF-CONFIDENCE LEVEL BETWEEN FEMALE SPORTS AND NON-SPORTS PERSONS

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ABSTRACT:

Self-confidence is a simple attribute of perceived self, it is neither a part of the self, nor it is independent from the self simply speaking self-confidence refers to in individual perceived ability to act effectively in a situation to overcome obstacles and to attain success. The present research aimed at compare the self –confidence level between Female sports and non-sports persons of Dakshina Kannada district. For collection data the inventory was used which developed and standardized by Dr Rekha Gupta (Meerut) Dept. Of National Psychological Corporation, Kacheri Ghat, Agra, (2006).Total 100 female subjects were selected from sports person and non-sports person category in Dakshina Kannanda district. The subjects were selected by using simple random sampling method. The study was restricted to Dakshina Kannanda district and the subject age range between 15-28 years. The obtained data from questionnaires will be subjected to statistical treatment mean, standard deviation and Z test will be adopted and represented the data with the help of suitable graphs and tables. The researcher conclude that there is no significance difference between both sports persons and non-sports persons group.

Key words: Self-confidence, sports persons, Dakhina kannada, non-sports persons etc…

INTRODUCTION:

Self Confidence is one of the personality trait which is a composite of a person's thoughts and feelings, strivings and hopes, fears and fantasies, his view of what he is, what he has been, what he might become, and his attitudes pertaining to his worth. Glenda & Anstey (1990) explained that many researchers used the terms self-confidence, self-evaluation, self-worth, self-appraisal, and self-satisfaction interchangeably. Basically, it is a psychological and social phenomenon in which an individual evaluates him/ herself according to some values which may result in different emotional states, and which become developmentally stable, but are still open to variation depending on personal circumstances Self-confidence is a positive attitude of oneself towards one's self-concept. It is an attribute of perceived self. Self Confidence refers to a person's perceived ability to tackle situations successfully without leaning on others and to have a positive self-evaluation. A self-confident person perceives himself to be socially competent, emotionally mature, intellectually adequate, successful, satisfied, decisive, optimistic, independent, self-reliant, self-assured, forward moving, fairly assertive and having leadership qualities.

Weinberg and Gould (1999) they explored self-confidence of adolescents in relation to their academic achievement revealed that there is no significant correlation between academic achievement and self-confidence. However, significant differences were observed in the academic achievement to the high and low self-confidence groups. Self-confidence has been defined as the belief that you can successfully perform a desired behaviour. High levels of self-confidence can enhance positive emotions, concentration, setting more challenging goals, increasing effort and developing effective competitive strategies. Self-confidence is characterized by the high expectancy of success. It can help individuals to arouse positive emotions, facilitate concentration, set goals, increase effort, focus their game strategies and maintain momentum. Nazir (1995) revealed that there are significant differences in self-confidence among high and low achievers. The high achievers possess higher level of self–confidence in comparison to the low achievers. Goel and Aggarwal (2012) conducted a comparative study of self-confidence of single child and child with siblings revealed that the children with sibling are more self-confident than single

children. The results of the study showed that there is significant negative relationship between sense of alienation and lack of self-confidence which means if the sense of alienation is high; the level of self-confidence is low.

Self-confidence is a simple attribute of perceived self, it is neither a part of the self, nor it is independent from the self simply speaking self-confidence refers to in individual perceived ability to act effectively in a situation to overcome obstacles and to attain success. I do this work whether the given problem is simple or complex may attain success or not, all these perceptible factors determine the output. Strictly speaking any kind of failure or success will be determined by the self-confidence. Self Confidence comes with good goals, good preparation familiarly with success, and prediction of success, re- experiencing past success and giving the appearance of assuredness.

The socio-psychological concept of self-confidence relates to self-assurance in one's personal judgment, ability, power, etc. Self-confidence in sports relies primarily on the athlete's ability to believe he can win and that he can be successful in his efforts. Consultants at the United States Tennis Association report that self-confidence is one of the most important attributes an athlete can possess and should be fostered by both athletes and their coaches. Confidence is a player's belief in their ability to perform well in any situation, practice or game. Confidence is derived from a baseline assessment of past performances, training, and preparation. As competency or skill mastery grows, your confidence becomes proportionately stronger. In order for players to develop high levels of confidence, they must have a clear understanding of the factors that boost and undermine their confidence, such as high expectations.

METHODOLOGY
Selection of the subjects:

For the present study 100 female subjects were selected from sports person and non-sports person category in Dakshina Kannanda district. The subjects were selected by using simple random sampling method. The study was restricted to Dakshina Kannanda district and the subject age range between 15-28 years.

Selection of the test items:
Assessment of self-confidence inventory questionnaire:

This inventory was developed and standardized by Dr Rekha Gupta (Meerut) Dept. Of National Psychological Corporation, Kacheri Ghat, Agra, (2006). The scale consists of 56 items in which 44 are positive and 12 are negative statements. Positive and negative statements of the self-confidence inventory.

The answers were scored according to the prepared for the purpose. All the positive items answered negatively and the negative items answered positively were given one point each. The positive items answered positively and the negative items answered negatively received a zero score. This scoring procedure yielded each individual a score that was indicative of his level of self-confidence. Lower the score higher would be the level of self-confidence and vice versa.

Procedure for test administration and collection of data:

The researcher personally meets the subjects and requests them to gather in a class room, researcher will explain their study and were given individual questionnaires to fill. They had to fill the details regarding their personnel information on the questionnaire. Doubts in regard to understanding the questions were cleared by the researcher before attempting to fill the questionnaire by the subjects. The subjects were given ample time to fill in the questionnaire and were not allowed to discuss the questionnaire.

Here are some questions regarding the way you way you feel right now, that is, at this moment. There are right or wrong answers. Do not spend too much time on any statement but give the answer which seems to describe your present feeling best. Convenience your subjects and make them fully comfortable on filling the question.

The answered questionnaires were collected then and there. There after the collected response were converted into scores as per instructions mentioned in the manual of the questionnaire. The data collected was tabulated and analysed.

Statistical analysis:

Suitable statistical tests will be used for testing the hypothesis set up. The obtained data from questionnaires will be subjected to statistical treatment mean, standard deviation and Z test will be adopted and represented the data with the help of suitable graphs and tables.

ANALYSIS AND INTERPRETATION OF THE DATA
Analysis of data:

      The chapter consists of analysis and interpretation. For collected data find out the Mean and standard deviation. The analysis data shown by suitable figures and tables.

Table no 1
The below table shows Mean, standard deviation and Z test of self-confidence level between sports persons and non-sports persons of Dakshina Kannanda.

SL.NO	Subjects	Mean	SD	Z test
1	Sports persons	24.86	8.8571659	0.73
2	Non-sports persons	23.46	10.268259	

      Abovetable4.1 shows the self-confidence level among Sports persons and Non-sports persons. The mean value of Sports persons and Non-sports person is 24.86 and 23.46 respectively.

      The standard deviation of Sports persons is 8.85 and Non-sports persons is 10.26, it shows the distribution values are spread out over a wider range in Non-sports persons group and Z test value is 0.73. It shows there is no significance difference in self confidence level between selected two groups.

Figure no 1
Bar diagram compare the Mean, standard and Z test of self-confidence level between sports person and non-sports persons of Dakshina Kannanda.
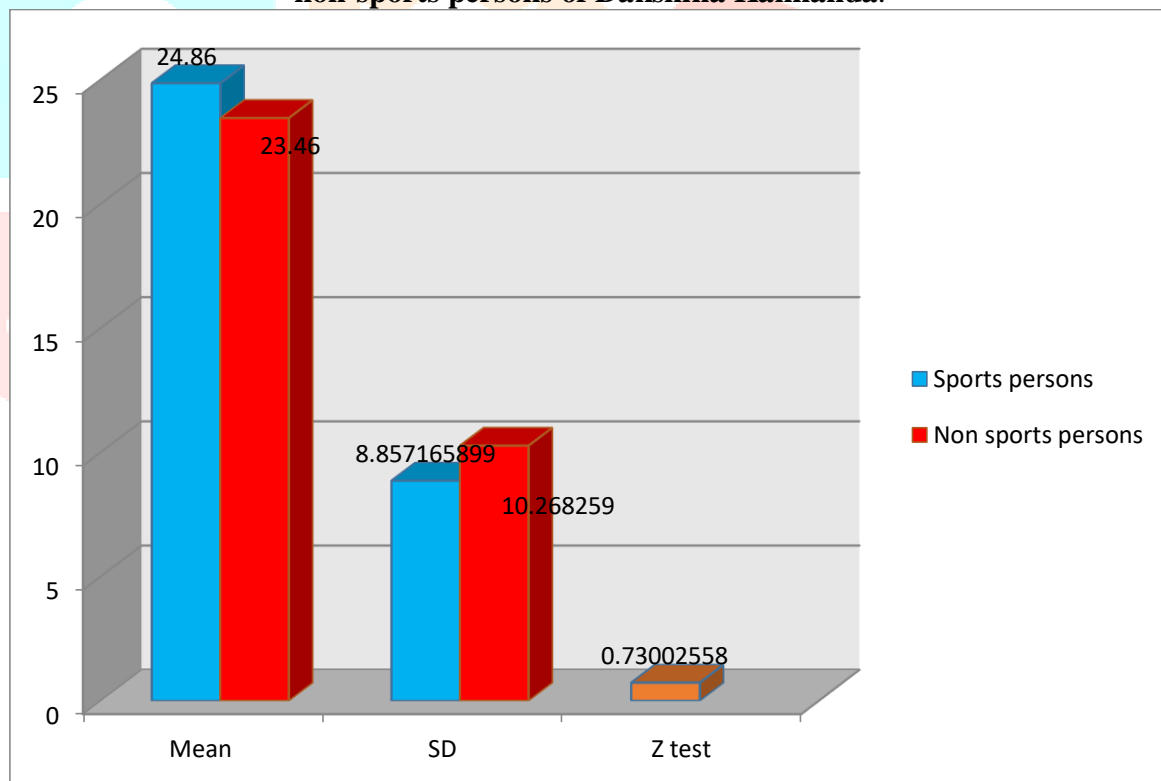
The above bar diagram showing that self-confidence level mean value, standard deviation and Z test value of sports person's non-sports persons from Dakshina Kannanda. It cleared that there no much difference between both the groups.

Discussion hypothesis:

      The present study aimed at compare the self confidence level in sports persons and non-sports persons. The formulated hypothesis stated that there is no significance difference in the level of self confidence among selected subjects. After statistical analysis the calculated value is less than table value, hence formulated null hypothesis accepted, hence the study conclude that there is no significance difference in self confidence level between sports persons and non-sports persons.

SUMMARY AND CONCLUSION

The purpose of the study was to compare and analyse the self confidence level between sports person and non-sports person of   Dakshina Kannanda district. Self-confidence factor assumes is a sought-after personality trait, whether in social interactions and it creates good impressions of individuals while working with others. Self-confidence gives individuals a gauge of their capability and proficiency, as well as their viewed potential to handle all kinds of problems. However too much or too little of it may be a form of hindrance instead. Over confidence may lead to disappointment when the outcome is not what is expected, or might even create a bad impression, hindering future interactions with persons. Lack of self-confidence, on the other hand, could lead to low morale, eventually giving up on themselves due to lack of perceived ability, or it might even lead to depression in the extreme case. Then again, lack of self-confidence could also attribute to modesty and humility, if the actual competence of the individual is relatively higher than what is believed.

Dr. Hanumanthayya Pujari, (2017) find out there is a significant difference between judo and wrestling intercollegiate men players of Davangere University in the level of self-confidence.

For the present study 100 subjects were selected from sports person and non-sports person category in Dakshina Kannanda district. The subjects were selected by using simple random sampling method. The study was restricted to Dakshina Kannanda district only. 50 subjects from sports persons and 50 from non-sports persons were selected for achieve the data.

The researcher personally meets the subjects and requests them to gather in a class room, researcher will explain their study and were given individual questionnaires to fill. They had to fill the details regarding their personnel information on the questionnaire. Doubts in regard to understanding the questions were cleared by the researcher before attempting to fill the questionnaire by the subjects. The subjects were given ample time to fill in the questionnaire. There after the collected response were converted into scores as per instructions mentioned in the manual of the questionnaire. The data collected was tabulated and analysed.

Conclusion:

After analysing the collect data following conclusions were drawn:

- In this study distribution values are spread out over a wider range in Non-sports persons group.
- The results conclude that the sports person and non-sports person have same level of self-confidence.
- The researcher conclude that there is no significance difference between both sports persons and non-sports persons group, hence formulated hypothesis is accepted.

Recommendations:

On the basis of the present study the following recommendations were made for further studies:

- A similar study can be carried out on the other psychological variables.
- Conducting a similar study on other sports discipline.
- It is recommended that similar study may be conducted to different age groups.
- The similar study can be conducted in other games also.

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