



Categorization of National Level Volleyball Players of Chhattisgarh Based on Self Confidence

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ABSTRACT

The present study aims to categorize national male and female volleyball players of Chhattisgarh based on their level of self-confidence. It was decided to select 50 interuniversity male and 50 interuniversity female volleyball players. The chosen volleyball players have the domicile certificate of the state of Chhattisgarh. The average age of selected male volleyball players was 24.11 years and that of female volleyball players was 22.19 years. PSCI constructed by Pandey (1983) was used to collect data on self-confidence. Subjects scoring less than 23 marks on the inventory were placed in the low self-confidence group, subjects scoring between 24-37 marks were placed in the average self-confidence group and subjects scoring above 37 were placed in the high self-confidence group. Chi-square statistics was used for statistical analysis of data. It was found that the majority i.e. almost 50% of the national male and female volleyball players with domicile in Chhattisgarh exhibited a high level of self-confidence. Based on the results it may be concluded that around 50% of selected national volleyball players of Chhattisgarh possess a high level of self-confidence and for that reason, some psychological techniques such as self-talk, goal setting etc. need to be incorporated into the training plan so that the maximum number of national volleyball players can have optimum self-confidence and in this way it will boost the chances of volleyball players of Chhattisgarh to perform at elite level.

Keywords: Volleyball, self-confidence, Chhattisgarh

INTRODUCTION

Self-confidence is associated with the belief of an individual about abilities and making correct decisions. It is also related to mental/emotional health and well-being because it denotes the capability to handle relations and challenging situations with a belief that they will certainly achieve their goals. There are certain characteristics of self-confident individuals. Self-confidence gives power to trust our skill set and knowledge about completing a task efficiently. Self-confident individuals focus on their strengths and try to

correct their flaws by taking necessary action. This positive perception paves the way to achieving the goals of life. Resilience is another aspect which is deeply embedded in self-confidence. This resilience encourages an individual to come back from failures in life and work hard to learn and improve on those shortcomings. High self-confidence is the key to making proper decisions hence decision-making is part of self-confidence. Self-confidence gives an idea about the communication skills of an individual because confidence enables a person to put across ideas clearly and it gives them power to interact with others more easily. Self-confidence is a major psychological characteristic which allows better social interaction and overall well-being.

In sports psychology, it has been advocated that self-confidence enhances sports performance through improvement in certain characteristics. They are :

1. A sportsperson needs to believe in the abilities of their skill sets and this gives a sportsperson a positive mindset that he/she has prepared well for the competition and possesses the necessary skill set to overcome the challenge of an opponent.
2. Self-confidence motivates sportspersons to excel. When a sportsperson has confidence, he/she puts in more effort to improve the skills and other aspects of the game.
3. Self-confident sportspersons do not choke under pressure because they are more often than not calm and composed even during high-pressure match situations thereby exhibiting lower anxiety levels. It enables them to give their best even in the most challenging circumstances.
4. Self-confident sportspersons are resilient, focused and open to constructive criticism. This gives them an edge during competition.
5. When rehearsing mentally, a self-confident sportsperson visualises positive images of success and eventually has a positive impact on actual performance.

Several definitions of self-confidence have been put forth. Zellner (1970) defined self-confidence as a positive conviction. Snyder et al. (2009) defined self-confidence as the self-assurance of doing a particular task with ease and success.

The association of self-confidence with sports performance has been scientifically documented. Craft et al. (2003) found that self-confidence is one of the prime members in the group of psychological variables affecting sports performance. Connaughton et al. (2008) reported that factors such as mental toughness, self-assurance and ability to bounce back from failures are embedded in self-confidence and all these underlying factors are proven as facilitators of sports performance.

Hence self-confidence is the key component of sports performance. In a sport like volleyball, certain psychological factors including confidence are essential for performance. Although Deepesh Sinha from tribal Chhattisgarh played in Prime Volleyball League the achievement of volleyball players of Chhattisgarh is far from satisfactory, hence the present study was planned to characterize national volleyball players of Chhattisgarh based on self-confidence.

REVIEW OF LITERATURE

Ghosh et al. (2014) reported that intercollegiate kho-kho players exhibited a higher magnitude of self-confidence as compared to soccer and kabaddi players.

Singh (2018) reported that female university-level cricket players from Haryana are far more confident than university cricket players from Delhi and Punjab.

Charag (2021) found that the performance of sprinters in the intercollegiate level tournament is strongly associated with their self-confidence.

Studies conducted abroad by Kais Kristjan and Raudseppennart (2004), Mamassis and Docjanis George (2004), Freeman Paul and Rees Tim (2009), and Libby (2014) are other contributors to the literature on self-confidence under sports psychology.

HYPOTHESIS

The majority of the national-level volleyball players of Chhattisgarh will show a high level of self confidence.

METHODOLOGY:-

The following methodological steps were taken to conduct the present study.

Sample:-

It was decided to select 50 interuniversity male and 50 interuniversity female volleyball players. The chosen volleyball players have the domicile certificate of the state of Chhattisgarh. The average age of selected male volleyball players was 24.11 years and that of female volleyball players was 22.19 years.

Tools:

PSCI - Pandey's Self Confidence Inventory was used to assess self confidence of selected volleyball players of Chhattisgarh. The inventory was published in 1983 and it is in Hindi. It consists of 60 statements with 18 positive and 42 negative worded meanings. The lower the score better the self-confidence is the interpretation of scores on this inventory as per the nature of this inventory. This inventory is highly reliable and valid.

Procedure:

50 national-level male and 50 national-level female volleyball players with domicile in Chhattisgarh were selected as samples. Self-confidence inventory was administered and a scoring pattern was followed as given in the manual. The data was tabulated in an Excel sheet. Subjects scoring less than 23 marks on the inventory were placed in a low self-confidence group, subjects scoring between 24-37 marks were placed in an average self-confidence group and subjects scoring above 37 were placed in a high self-confidence group. Chi-square statistics was used for statistical analysis of data. Results are given in table 1 and 2 respectively.

RESULT AND DISCUSSION**Table 1****Categorization of National Male Volleyball Players of Chhattisgarh Based on Level of Self Confidence**

Categorization of Self Confidence	Frequency	Percentage (%)	χ^2
High Self Confidence (Less than 23)	24	48.0	$\chi^2 = 14.56$ ($p < .01$)
Average Self Confidence (Between 24-37)	22	44.0	
Low Self Confidence (More than 37)	04	8.0	
Total	50	100.0	

χ^2 (df=2) = 5.99 at .05 level and 9.21 at .01 level

A perusal of Table 1 indicates that 24 national male volleyball players i.e. 48% possess a high level of self-confidence and 22 national male volleyball players i.e. 44% possess an average level of self-confidence. 04 national male volleyball players i.e. 8% possess a low level of self-confidence. It shows that only 48% of the national male volleyball players of Chhattisgarh are highly confident in their abilities.

The $\chi^2 = 14.56$, $p < .01$ revealed that the majority of the national male volleyball players of Chhattisgarh are highly confident but on the flip side 52% are not supremely self-assured.

Table 2**Categorization of National Female Volleyball Players of Chhattisgarh Based on Level of Self Confidence**

Categorization of Self Confidence	Frequency	Percentage (%)	χ^2
High Self Confidence (Less than 23)	26	52.0	$\chi^2 = 13.72$ ($p < .01$)
Average Self Confidence (Between 24-37)	19	38.0	
Low Self Confidence (More than 37)	05	10.0	
Total	50	100.0	

χ^2 (df=2) = 5.99 at .05 level and 9.21 at .01 level

A perusal of Table 2 indicates that 26 national female volleyball players i.e. 52% possess a high level of self-confidence and 19 national female volleyball players i.e. 38% possess an average level of self-confidence. 05 national male volleyball players i.e. 10% possess a low level of self-confidence. It shows that 48% of the national female volleyball players of Chhattisgarh are not highly confident in their abilities. The $\chi^2 = 13.72$ revealed that the majority of the national female volleyball players of Chhattisgarh are highly confident but on the flip side 48% are not self-assured.

CONCLUSION

Based on the results it may be concluded that around 50% of selected national volleyball players of Chhattisgarh possess a high level of self-confidence and for that reason, some psychological techniques such as self-talk, goal setting etc. need to be incorporated into the training plan so that the maximum number of national volleyball players can have optimum self-confidence and in this way it will boost the chances of volleyball players of Chhattisgarh to perform at elite level.

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