

## COMPARATIVE STUDY ON SELF-CONFIDENCE AMONG ACHIEVERS AND NON-ACHIEVERS IN SPORTS ERA



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### ABSTRACT

The present study was to compare the self-confidence among achievers and non achievers in sports era. 150 subjects were selected for the present study viz: (n=75 sports achievers, n=75 non achievers. The data were collected from the different institute situated in Sultanpur District of Uttar Pradesh State. Analysis of Variance (ANOVA) in order to assess and compare the self-confidence of sports achievers, non achievers, and non participant's at the level of significance was set at 0.05. The findings of the study reveal that the significant differences were observed in the self-confidence between sports achievers and non achievers.

**Keywords:** Self-confidence, Achievers, Non-achievers & Sports.

### INTRODUCTION

Sportsmen and spectators are very clear about the value and significance of sports and there is hardly an individual who has been left out of its impact. At present, winning competition involves national prestige as each nation strives to win. Induction of the basic principles of science, physical education and sports has become a subject of scientific research. Now various special branches of science such as biomechanics, physiology of exercise, psychology of sports, sociology of sports, test and measurements etc. have been established which are connected with the physical education and sports. Thus psychology entered physical education much earlier than it did sports. Now 'psychological conditioning' 'Psychological preparation' 'psychological training' is the watch words in sports. No training in the sports field is complete without references to the study and psychological training of athletes.

Psychologists study behavior in terms of attributes and processes that exists inside individuals. Psychologists focus on personality, aggression achievement motivation, and self-confidence. Psychologists also deal with interpersonal dynamics, and social influence, but they usually discuss these things in terms of how they affect attribute and processes that exist inside individuals.

'Curiosity is the best Quality of a Good Researcher'

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Sports have become a psycho- social activity. Physical strength and skill are not the only factors determining the outcome of competition. The socio-psychological variables play an important role in inducing sportsmen to exhibit best possible performance during competition, such as conducting research in sports and in predicting success in sports. Variables such as personality, aggression, self esteem, achievement motivation, self confidence, social adjustment, locus of control and self concept may play a great role to shape up an individual of the society.

Self-Confidence refers to a person's perceived ability to tackle situations successfully without leaning on others and to have and to have a positive self -evaluation. In the words of Basavanna (1975), "In general terms, self-confidence refers to an individual's perceived ability to act an attitude but behavior and most critically, it is reflected in acts committed with the intent to physical harm.

The personality pattern is a unified multidimensional structure in which the concept of self is the core or centre of gravity (Breckenridge & Vincent, 1965). Into this structure are integrated many patterns of response tendencies, known as 'traits' which are closely related to and influenced by the concept of self. Self-Confidence is one such personality trait. The self is a composite of a person's thought 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. 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 and to have a positive self -evaluation. 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 competent, emotionally mature, intellectually adequate, successful, satisfied, decisive, optimistic, independent, self-assured, forward-moving, fairly assertive and having leadership qualities.

Although the relevant studies have been conducted on various male groups, but the studies are not been conducted as far as masters students of Uttarakhand State are concern, especially no study was conducted to determine the differences in self-confidence variables of sports achievers, non achievers, and non-participants masters students of Uttarakhand state included in the present study, that what makes the research scholar to select the study to determine the differences in self-confidence variables of sports achievers, non achievers, and non-participants. The review of the literature on the sports and its problems suggests a need for such investigations.

## OBJECTIVE OF THE STUDY

The present study was to compare the self-confidence among achievers and non achievers in sports era.

## HYPOTHESIS OF THE STUDY

It was hypothesized that there might not be significant differences in Self-Confidence among Achievers and Non-achievers in sports era.

## MATERIALS AND METHODOLOGY

150 subjects were selected for the present study viz: (n=75 sports achievers, n=75 non achievers. The data were collected from the different institute situated in Sultanpur District of Uttar Pradesh State. Analysis of Variance (ANOVA) in order to assess and compare the self-confidence of sports achievers, non achievers, and non participant's at the level of significance was set at 0.05. The criterion measures adopted for the study Self-confidence was assessed by the total scores in Agnihotri's Self Confidence Inventory (ASCI) developed by Dr. Rekha Agnihotry. The data was analyzed by applying Descriptive Statistic i.e. Mean, Standard Deviation, Standard Error and range & Analysis of Variance (ANOVA) at the level of significance was set at 0.05. The data was analyzed by SPSS version 15.

## ANALYSIS OF DATA AND FINDINGS OF THE STUDY

**Table No: I**  
**Table showing the descriptive Statistics of Self Confidence among Sports Achievers and Non Achievers**

Variables	Groups	Mean	Std. Deviation	Range	
				Minimum	Maximum
Self Confidence	Sports Achievers	17.38	4.45	8	24
	Non Achievers	23.92	4.75	19	31

It is evident from table - I The mean and standard deviation scores of sports achievers and non achievers in Self-Confidence are 17.38 and 23.92 and 4.45 and 4.75 respectively. The findings pertaining to one way analysis of variance (ANOVA) for the Self Confidence between 150 sports achievers and non achievers along with the least significant difference (L.S.D.) test for post-hoc test have been presented in table No. II.

**Table No: II**  
**Table showing the least Significant Difference Post-hoc Test for the Means of Sports Achievers and Non Achievers in relation to Self Confidence**

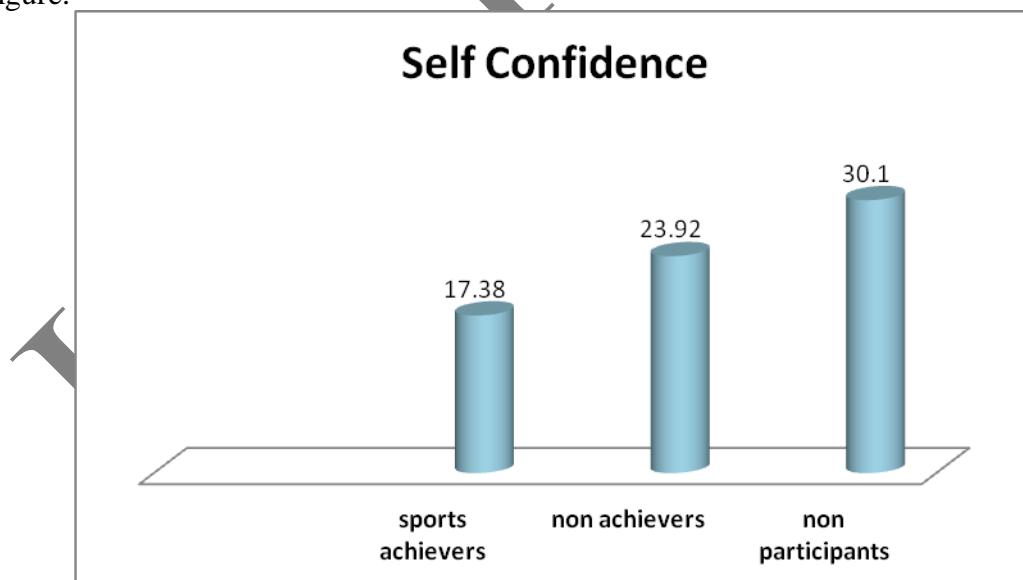
mean values showing the magnitude of differences on Self Confidence among the groups			Critical Difference
Sports Achievers	Non Achievers	Mean Difference	
17.38	23.92	6.54*	2.08
17.38		12.72*	

0.05 Level of Confidence

Least Significant Difference Post-hoc Test for the Means of Sports Achievers, and Non Achievers. It is evident from table-is that means difference of sports achievers & non achievers (6.54); Sports achievers & non participants (12.72) and non achievers was found significant in relation to self: confidence since mean difference was found greater than critical difference of 2.08 at 0.05 level.

The sequence of performance among sports achievers, non achievers, and non participants students was non participants > non achievers > sports achievers.

The graphical representation of post test means of self-confidence of sports achievers, non achievers, and non participant’s master’s students has been presented in figure.



## DISCUSSION & CONCLUSION

The researcher examined the self confidence differentials among achievers and non achievers in sports era. The results of the study in general revealed that there was significant difference in self confidence between sports achievers and non achievers.

The findings of the study strongly indicate that there were significant differences in self-confidence of sports achievers and non achievers. Hence, the hypothesis earlier set that there might have not been significant differences in self-confidence of sports achievers and non achievers is rejected. Self-confidence in sports achievers was highest. Self-confidence refers to a person's perceived ability to tackle situations successfully without leaning on others and to have a positive self - evaluation. 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 competent, emotionally mature, intellectually adequate, successful, satisfied, decisive, optimistic. Independent, self- assured, forward-moving, and fairly assertive and having leadership qualities. The similar trends had been cited by Mellaliev and Hamons (2006 ), Kjormo and Halvari (2002), Voight and Callaghan (2000), Reddy et al. (1999).

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