



Short Communication

Comparative Study of Self –Confidence between Hockey Players and Athletic Players

Tripathi Arvind Kumar¹, Singh Mejar² and Singh Alok Kumar³

¹Department of Physical Education, Shri Vaishnav College of Teachers Training, Indore, MP, INDIA

²M.M. College of Technology, Raipur, CG, INDIA

³School of Studies in Physical Education, Pt. Ravishanker Shukla University, Raipur, CG, INDIA

Available online at: www.isca.in

Received 22nd February 2013, revised 5th March 2013, accepted 15th March 2013

Abstract

This paper presents comparative study self-confidence between Hockey Players and Athlete Players. We have used M. S. Excel for analyzing the data. We have used t-test to compare the self confidence between the two. We have concluded that the hockey players have more self confidence than athlete players.

Keywords: Player, athlete, self confidence, performance.

Introduction

Self-confidence is well-known factors that may enhance or improves athletics skills. Most sporting programs consist of mental practice which has been found to help the basic development of athlete at lower skill levels. It has been found that factor self-confidence is one that Athletes and Coaches consider as relevant for good performance. Confidence in one self often in an unfavorable since arrogant or impudent reliance a once own powers. The self-confidence are well knowledge factors that may enhance or improve athletics skill most sporting programs consist of mental practice which has been found to help the basic development of athletes at lower skill levels athletes need to mentally practice both imagery and self-confidence imagery is influenced by many factors including somatic anxiety motivation emotions and confidence. It has been found that a factor self-confidence is are that athletes and coaches consider as relevant for good performance some studies found that many people and athletes use imagery to increase exercise and physical fitness as the imagery helps the success of their exercise (Hall 2001).

The athlete's enactment of performance imagery is the normal procedure in training programs. This method is used more heavily by elite athletes with higher self-confidence than non-athletes. Self-confidence is one of the most frequently cited psychological factors considered by many to be a key factor for a successful performance. That in social cognitive theory and individual's degree of self-confidence influences performance.

Beattie Stuart¹ conducted study to the development and validation of a trait measure of robustness of self-confidence on the make-up of mentally tough athletes the purpose of the present set of studies was to develop such a measure the ability to maintain confidence in the face of disconfirming experiences

study I developed a 12-items inventory that was subjected to single factor confirmatory factor analysis used in a exploratory fashion was consistent across both male and female athletes (s-b) $\chi^2(20)=29.75$, (cf=0.98, RMSEA=0.4, SRMR=0.03) the single factor stretch of the right time the result support the view of robust confidence beliefs and highlight other factor that may play a moderating role.

Rattanakes, Rowwalaball² conducted study to evaluation the relationship of imager and self confidence in female and male athletes. Subject were selected by purposive sampling and consisted of 71 male 49 female athletes. The data was analyzed using a t-test and ANOVA test to determine the difference of the means between imagery and self confidence measures in male and female. The result show that are significant correlation between male and female in terms of imagery and self confidence ($r=0.71$).

Freeman Paul and Rees Tim³ conducted study to perceived social support from the team mates, direct and stress buffering effect on self-confidence the sample consisted of 152 university athletes (74 female and 78 male) with a mean age of 20.1 year ($s=1.4$) the self confidence ($\Delta R^2=0.13-0.17$, all $p<0.01$) with support and positively predicting self confidence perceived emotional ($\Delta R^2=0.05$, $p<0.05$) esteem ($\Delta R^2=0.02$, $p<0.05$) and informational ($\Delta R^2=0.03$, $p<0.05$) support also and stress buffering effects on self confidence the all four dimensions of support positively predicated self confidence.

Kais Kristjan and Raudseppennart⁴ conducted study to the cognitive and somatic anxiety and self-confidence in athletic performance of beach volleyball the study of 66 male beach volleyball players the original intensity scale and a direction scale of Jones and swain players performance was scored from the video record using a standard rating scales to the self-

confidence were moderately positively ($r=0.27$ to 0.51) correlation with different skill component and sum of skill of beach volleyball self-confidence were significant predictors of Bach performance but accounted for 42% of variance.

Mamassis and Docjanis George⁵ the effects of a mental training program on juniors pre competitive anxiety self confidence and tennis performance the study which MTP player ($n=5$) the results indicated in increase in the direction of the self confidence for the intervention group at the posttest The intensity of self confidence as well as the overall tennis performance.

Woodman Tim and Hardy Lal⁶ conducted study to the relative impact of cognitive anxiety and self confidence upon sport performance a Meta analysis. The self confidence mean effect size was $r=0.24$ ($p<0.001$) A paired sample t-test revealed that the magnitude of the self confidence mean effect size was significantly greater than that of the cognitive anxiety mean effect size.

Farouk Ahmed and Elazizab d Ahmed⁷ conducted study to the psychological rehabilitation program on self-confidence level and competition anxiety for soccer players of anterior cruciate ligament injury, the sample included 8 of soccer players of the applied experimental method by using two group (control and experimental) that the proposed program impacted positively on improving self-confidence level decreasing of cognitive and physical anxiety dimensions and increasing of confidence which is the positive dimension of sports competition anxiety.

Objective of the study: Objective of the Present Study is to Compare Self-Confidence between Hockey Players and Athletic Players.

Hypothesis

Self-Confidence of the Hockey Players is better than Athletics Players.

Samples: Total 139 Subjects consisting of 82 Hockey Players and 57 Athlete Players were randomly selected for the present study. All the Players were the participants of National and Inter University tournaments organized by All India University (AIU).

Tools: For the present study the questionnaire of Self – Confidence given by D. D. Pandey (1983) is used. There has been used (60) questions in this questionnaire, where 18 questions are taken positively and 42 questions are taken negatively.

In statistical analysis, descriptive and comparative both analyses have been done successively. In descriptive analysis, we have measured mean and S.D. and in comparative analysis. For comparative analysis we have used t-test.

Procedure: For the present study from the given observational data we study the Self-Confidence of some groups. For the

present study based on Self-Confidence, we have collected the data by questionnaire method from different groups, where each groups were given proper meaning of each questions. Scoring has been done according to the method prescribed by the D. D. Pandey.

Analysis of the data: In the present study we have used descriptive statistics for analyzing the data. In which we have calculated mean, S.D. and then we have applied comparative analysis (t-test) were done to analyzed the data with the help of MS Excel 2007.

Table -1
Descriptive analysis

	Hockey Players	Athletics Players
N	82	57
Mean	20.158	20.857
S. D.	8.397	8.687

After comparative analysis we have found the following results: $df = 137$, $M.D. = 0.698$, $t\text{-test} = 0.473$, $P \text{ value} = 0.637$.

Results and Discussion

The p value of the given data is 0.637 which shows non-significance difference at 5% level of significance.

Conclusion

From this analysis, we have concluded the Self-Confidence of Hockey Players is better than the Self- Confidence of Athletic Players.

References

1. Beattie S., The Development and Validation of a Trait Measure of Robustness of Self-Confidence, *Journal of Applied Psychology*, **12(2)**, 184-191 (2010)
2. Rattanakoses and Rowowalaball, Eevaluation the Relationship of Imager and Self Confidence in Female and Male Athletes, *Journal of Applied Psychology*, **14**, 216-225 (2009)
3. Freeman P. and Rees T., Perceived Social Support from the Team Mates, Direct and Stress Buffering Effect on Self Confidence, *European Journal of Sports Science Psychology*, **10**, 59-67 (2009)
4. Kais K. and Raudseplennart, Cognitive and Somatic Anxiety and Self-Confidence in Athletic Performance of Beach Volleyball, *Onions Publication*, **98(1)**, 439-449 (2004)
5. Mamassis and Docjanis G., Effects of a Mental Training Program on Juniors Pre Competitive Anxiety Self Confidence and Tennis Performance, *Journal of Applied Psychology*, **16(2)**, 118-137 (2004)
6. Woodman T. and Hardy L., The Relative Impact of Cognitive Anxiety and Self Confidence Upon Sport Performance a Meta Analysis, *Journal of Applied Psychology*, **21(2)**, 443-457 (2003)
7. Farouk A. and Elazizab D.A., The Psychological Rehabilitation Program on Self-Confidence Level and Competition Anxiety for Soccer Players of Anterior Cruciate Ligament Injury, *World Journal of sports science*, **2078(4724)**, 138-143 (2002)