Urvashi Kodli
PCI Govt. First Grade College,
Manhalli Bidar-585403,
Karnataka, India.

The influence of self-confidence on the sports performance of degree college students of Bidar Taluka

Urvashi Kodli

Abstract
The self-confidence refers to an individual perceived ability to act effectively in a situation to overcome obstacles and to attain success. The aim of the study is the influence of self-confidence on the sports performance of degree college students of bidar taluka. In this study to measure the self-confidence servay (though questionire) method used & for sports performance, test of physical fitness (AAHPER) speed (50 .yarddash) Endurance (12-minute. Run & walk), flexibility (sit & reach test), Aglity (shuttle run)& strength (pull ups) is applied to degree college students of bidar taluka to collect the data 50 students of high self-confidence &50 students low self-confidence from degree colleges of & bidar taluka were selected randomly for the study. The age group of the subjects was betw 18 to 25 years. The result reveals that overall sports performance of high self-confidence students was higher than the low self-confidence students of degree colleges of bidar taluka

Keywords: students, self-confidence, sports performance, Bidar Taluka

Introduction

Every person has same India about how he feels thinks about himself. This means that there a self in every Individual personality which guides the behavioral patterns. Thus self is the mind point of personality around which all of the others systems are concerned.

The self is life's goal, a goal that people constantly strive for but an especially important one since nearly all attitudes tend to reflect the self-sentiment in greater or lesser degree.

Any individual successes or failure depends note upon his abilities, but upon his perception about himself. In other words while doing any work how he perceive himself. Whether I do this work or not, where the given problem is simple or complex, may I attain successes or not, all this perceptible factors determine the output. Strictly speaking any kind of failure or specters will be determined by the self-confidence. Self-confidence is simple an attribute of perceived self. It is not apart from the self or it is not independent from the self. Simply speaking self-confidence refers to an individual's perceived ability to act effectively in a situation to overcame obstacles & to attain successes.

An individual choice the types of sports / games oftenly depends upon the level of self-confidence which he has .To take decision on his own about any matters sports, educational, vocational etc. Is possible only for those individual whose families background is liberal & achieve. In this context it is important to measures the self-confidence of students in general & to study its effects on students sports performance particularly on their sports achievement.

To become a top level performer in any games or sports it is essential that one should have a sound fit body physical fitness shall definitely leads to improvement in the performance level of the sports men in variety of games & sports.

Statement of the problem

The purpose of the research work to study the influence of self-confidence on the sports performance of degree college students of Bidar Taluka.

Objectives of the study

To study the influence of self-confidence on the sports performance of degree college students

Correspondence
Urvashi Kodli
PCI Govt. First Grade College,
Manhalli Bidar-585403,
Karnataka, India.

Hypothesis
There is positive influence of self-confidence on the sports performance of degree collage students.
❖ Definitions of terms used:-

Self-confidence
Self-confidence refers to an individual perceived ability to act effectively in a situation to overcome obstacles & to attain successes.

Physical fitness
It is ability to carry out tasks with vigor & alertness, without undue fatigue & with ample of energy to enjoy leisure time pursuits & to meet unforeseen energies.

1. Speed: Speed is the quickness with which one is to move his body from one point to another.

2. Endurance: Endurance is the result of physiological capacity of the individual to sustain movement over a period of time.

3. Flexibility: it is the ability of subject to move body joints to a maximum range of motion without strain or stress on muscles, tendons, ligaments and other joint structures.

4. Agility:-Agility is often presented by the terms mobility, it is the ability to change the direction of the body & its parts rapidly.

5. Strength: strength is the ability to overcame resistance or to act against resistance.

Significance of the Study
1 This study will help to identify the influence of self-confidence on the performance of students.
2 This study will help to compare physical fitness among the high self-confidence & low self-confidence students.
3 This study will helpful for physical education teacher/directors for picking up confident and talented person for training then according to requirements.
4 It may be help in determining the students weakness in a particular component.

Limitations
1 The study owned be limited to the measuring the influence of self-confidence on the sports performance of degree college students.
2 The study would be limited to 100 students of degree collages.
3 The study limited age group of 18 to 25 years.
4 The present study is limited to the subjects who studying in degree college bidar taluka.

Review of related literature
The review literature instrumental in the formation of hypothesis & deductive reasoning leading to the problem.

Mullins (1963) tried to means are self-confidence as a response set using two specially designed tests of ability. These are, no debut, measure of self-confidence, but they pertain only to certain specified areas of behavior as experience such as ability are decisiveness.

Sudhakar Reddy M (1983) [2] studied self confidence in relation with achievement & found that self-confidence was positively correlated with academic motivation & academic achievement.

Basavanna (1971) [4] Studied self confidence in reaction with self & ideal self and found that self-confidence people particularly who were capable, successful & adjust, has significantly higher self-ideal self-congruence than those who were low in their level of self-confidence.

Klein & Schoenfeld (1941) measured self-confidence by asking the subjects to state the degree of confidence they felt in the accuracy of their performance after they has taken some psychological tests, immediately thereafter, each subject was asked to rate his performance on the task just finished on a three point rating scale as these ratings were used to infer self-confidence.

Boone (1967) administered the AAHPER youth filers test to 100 rural boys&100 urban boys. The urban boys were superior to the rural boys & the difference was significant at the 0.01 level the two samples were weaker on the same components of physical fitness. The results indicated that the angle American males are large in all body size & they are superior in performers selected physically fitness items.

Methodology
To measure the self-confidence the researcher has used survey method through questionnaire & to measure the sports performance among them experimental method has used. For this experimental method the test of physical fitness is applied to Degree College students of Bidar taluka to collect data 50 students of high self-confidence of degree collage of Bidar taluka were selected randomly for the study.

The following physical fitness test has conducted

Sl. No.	Physical Components	Test	Unit of measurement
1	Speed	50-yard dash	Time
2	Endurance	12-min, run & walk	Distance
3	Flexibility	Sit & reach test	Inches
4	Agility	Shuttle run 10X4 yards	Time
5	Strength	Pull ups	Score

Result & Discuss of the study
Table shows mean, SD & t-values of performance of sportsmen in two level of self-confidence.

Self-confidence level		Physical fitness components				
		Speed	Endurance	Flexibility	Agility	Strength
High Self confidences	M	10.42	2298	4.68	12.82	7.88
	D	0.98	320.83	2.33	0.81	3.19
Low Self Confidence	M	11.56	2127.8	3.04	13.69	6.06
	D	1.72	187.6	1.79	1.47	2.66
T – value		2.85**	2.24 *	2.77**	2.55**	2.16*

**Significant at 0.01 level
*Significant at 0.05 level

Results present in the above table in the motor ability test like speed the high self-confidence group has scored means of 10.42 & low self-confidence group has scored means of 11.56 & the it value of 2.85 is significant at 0.01 level. Thus the high self-confidence student's performance is greater than the low self-confidence students.

The Endurance scored of high self-confidence students (2298) is greater than the scores of low self-confidence students (2127.8). The t-value (2.24) is significant at 0.05 level. The flexibility scores of the high self-confidence student (4.68) is greater than the low self-confidence students (3.04). The t-value (2.77) significant at 0.01 level.

The agility scores (12.82) of high self-confidence students is greater than the low self-confidence students (13.69) the t-value (2.55) is significant at 0.01 level.

The strength scores (7.88) of high self-confidence students is greater than the low self-confidence students (6.06) the t-value (2.16) the t- value of significant is significant at 0.05 level of significance.

Conclusion
On the basis of the results the following conclusions are drawn.
- There is significant difference between high self-confidence students and low self-confidence students in physical fitness components i.e speed, endurance, Flexibility, Agility & strength.
- Over all the sports performance of high self-confidence students is greater than the low self-confidence students degree of colleges of bidar taluka.

References
1   Samiran Chakraborty sports phycology, sports publication. 1998, 22.
2   Reddy MS Sudhakaria. Journal of psychological Researches. 1983; 27(2):87-91.
3   Lalita sharma. Personality perceived self.
4   Basavanna M. Self-confidence inventory.
5   Gordon Jackson. Fitness & Exerase, 8.
6   Dorathy Baise, Virgininia. The relationship of reaction time, speed and flexibility of big muscle groups to central sports skills, 22-25.