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Comparative analysis of sports confidence among intervarsity handball players

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Abstract

The purpose of the study was to compare the sources of sport confidence between male and female intervarsity level handball players. For the purpose of the study 128 players were selected equally from both genders as subjects from the teams that played semi-finals in the South Zone Intersvarsity Handball Championship, 2016. Source of Sports Confidence Questionnaire (SSCQ) developed by Vealey, *et al.*, 1998 was used. Descriptive Statistics like Mean and Standard Deviation were computed to understand the contribution of each source towards confidence. Difference between male and female players on different sources of confidence was statistically analyzed by independent t test. The study concluded that the most contributing source for both male and female players is Coach's Leadership and least contributing is Physical Self Presentation. There was significant difference between male and female players on Social Support, Coach's Leadership, Environmental Comfort and Situational Favourableness. The study showed that from sources other than Demonstration of Ability and Physical Self Presentation female players drawn greater confidence than male players.

Keywords: Comparative analysis, Confidence Questionnaire, Environmental

1. Introduction

Sports performance is highly influenced by the state of mind. Psychological skills contribute significantly to performance. Handball is one of the fastest games and is a body contact sport too. The nature of the game demands the players to be psychologically skilful to perform well. Motivation, mental toughness, self-confidence, attention, coping skills, self-awareness, self-esteem and so on plays major role in the psychological preparation of a player.

Confidence may be understood as a belief (Weinberg & Gould, 2003). As a player one has to belief in himself, in his coach and in his teammates. Researches revealed that confidence contributes positively to sports performance. There are many sources of confidence. Mastery over the skills adds on to the confidence of the player. Ability to show his performance, their level of physical and mental preparation, how they present them self on the court, social support they get, attitude of the coach and so on affects the confidence of the sportsman.

Understanding which is the most contributing and lacking source of confidence is important. It will enable the psychologist and the coach to manage these sources to yield the best from all sources. Men and women differ in their physical, physiological and psychological aspects. So does their training demands. Understanding the difference in the sources of sports confidence between men and women players will enable the coaches to handle them accordingly.

2. Materials and Methods

For the purpose of the study 128 players were selected equally from both genders as subjects from the teams that played semi-finals in the South Zone Intersvarsity Handball Championship, 2016. Source of Sports Confidence Questionnaire (SSCQ) developed by Vealey, *et al.*, 1998^[3] was used. The questionnaire assessed nine sources of confidence namely: Mastery, Demonstration of Ability, Physical and Mental Preparation, Physical Self Presentation, Social Support, Coach's Leadership, Vicarious Experience, Environmental Comfort and Situational Favourableness. Descriptive Statistics like Mean and Standard Deviation were computed to understand the contribution of each source towards confidence. Difference between male and female players on different sources of confidence was statistically analyzed by independent

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T test. Data were analyzed using Statistical Package for Social Sciences (SPSS) 21.0 version.

3. Results and Discussion

Table 1: Mean, Standard Deviation, Mean Difference, Standard Error of Mean Difference and t Values of the Sources of Sports Confidence

Source of Sports Confidence	Gender	Mean	SD	MD	SEM	t	p
Mastery	Female	5.64	.975	0.21	0.17	1.21	0.23
	Male	5.43	.959				
Demonstration of Ability	Female	5.06	1.08	0.32	0.19	1.69	0.09
	Male	5.38	1.05				
Physical and Mental Preparation	Female	5.61	1.23	0.32	0.22	1.46	0.14
	Male	5.29	1.25				
Physical Self Presentation	Female	4.52	2.00	0.25	0.32	0.77	0.44
	Male	4.76	1.55				
Social Support	Female	5.94	.99	0.48	0.20	2.45*	0.01
	Male	5.46	1.22				
Coach's Leadership	Female	6.07	1.05	0.46	0.21	2.26*	0.02
	Male	5.60	1.26				
Vicarious Experience	Female	5.65	1.17	0.15	0.21	0.71	0.47
	Male	5.50	1.23				
Environmental Comfort	Female	5.71	1.88	0.56	0.28	2.03*	0.04
	Male	5.14	1.15				
Situational Favourableness	Female	5.45	1.02	0.68	0.19	3.52*	0.01
	Male	4.77	1.16				

*t_{0.05126} = (1.962)

From Table 1 it is obvious that the most contributing source of confidence for both male and female players is Coach's Leadership since their mean values are 5.6 and 6.07 respectively. Coach's Leadership concerns with the players belief about the coach's ability to take decisions and lead the team. The least contributing source for both male and female players is Physical Self Presentation since their mean values are 4.76 and 4.52 respectively. Physical Self Presentation refers to the feeling that the game is going in our favour.

Comparison of male and female players on different sources shown significant difference on Social Support, Coach's Leadership, Environmental Comfort and Situational Favourableness because the calculated t values 2.45, 2.26, 2.03 and 3.52 respectively were higher than the critical value (1.962). Social Support refers to the support from the coach, teammates, spectators etc. Environmental Comfort concerns with the ease with the competition venue or the officials preside over the match. Situational favourableness refers to the perceived strength of the opponents, executing pre-match rituals etc. This shows that female players give much importance to the above said aspects.

There was no significant difference between male and female

players on the level of confidence they gained from Mastery of Skills, Demonstration of Ability, Physical and Mental Preparation, Physical Self Presentation and Vicarious Experience because the calculated t values 1.21, 1.69, 1.46, 0.77 and 0.71 respectively were less than the critical value. Mastery of Skill refers to performing well. Demonstration of ability entails demonstrating the skill or showing off and thus gaining social support. Physical and Mental Preparation refers to be physically and mentally focused and prepared. Vicarious experience refers to getting motivated by seeing the teammate performing well. Both the male and female players have the same attitude towards the above aspects.

The study showed that from sources other than Demonstration of Ability and Physical Self Presentation female players drawn greater confidence than male players. The results of the study are partially in agreement with the findings of the study conducted by Kingston, Lane & Thomas (2010) where they concluded that female basketball players drawn greater confidence than male players from mastery, Physical self-presentation, social support, environmental comfort and coach's leadership.

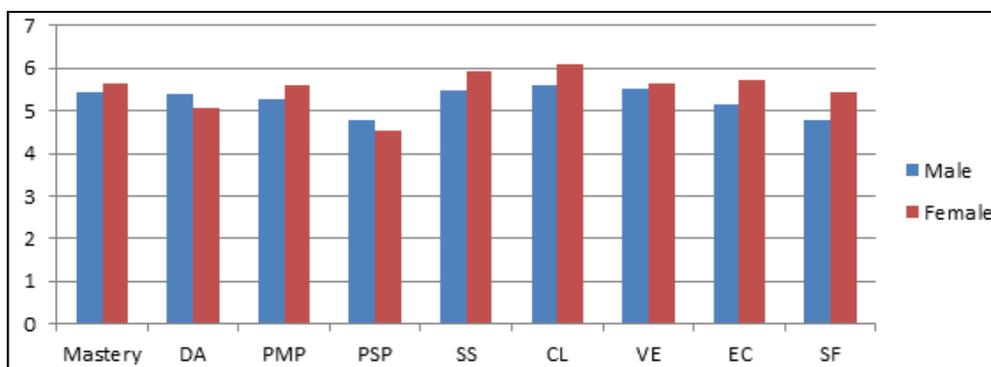


Fig 1: Comparison of Sports Confidence between Male and Female Handball Players

4. Conclusion

From the discussion of the findings of the study the following conclusions are drawn:

- The most contributing source for both male and female

players is Coach's Leadership

- The least contributing source for both genders is Physical Self Presentation
- There was significant difference between male and female

players on Social Support, Coach's Leadership, Environmental Comfort and Situational Favourableness.

- Only from Demonstration of Ability and Physical Self Presentation male players drawn greater confidence than female players.

5. Reference

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