



P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 5.38  
IJPESH 2020; 7(5): 01-03  
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[www.kheljournal.com](http://www.kheljournal.com)  
Received: 01-07-2020  
Accepted: 04-08-2020

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## Level of self-confidence among football and volleyball players of Kashmir division

**Akash Ahmad Mattoo and Manoj Kumar Pathak**

### Abstract

Present study was carried with the intention to analyses level of self-confidence among football and volleyball players of Kashmir division. The study was carried in context of descriptive researcher. Self-confidence Inventory developed by Rekha Gupta was used for data collection. Whole data was selected with the help of Convenient Sampling Technique (CST). The data for the present study consists of 400 respondents. The collected data was subjected to statistical treatment by using Mean, Standard Deviation and 't' test. In context to same, it was found that there exists no significant difference volleyball and football player on their level of self-confidence. Thus, the impact of game played by respondents was reported insignificant on the level of self-confidence of the respondents.

**Keywords:** Self-confidence, volleyball players, football players

### Introduction

Self means one's opinion about oneself, self is expressing in term of mine and it is a product of social interaction. It may be pointed out that the concept of self is analogous to the concept of ego, in that both represent sub-systems which are concerned with evaluation, decision making, planning and coping. Roger's new point however extends further to include self-identity in an individual towards growth and self-confidence. The extent to which an individual is confident of his abilities also seems to be an important factor in conformity to social pressures persons who have confidence in their own judgments are more resistant to pressures to conform than those who do not have this confidence Intelligence and confidence in one's own abilities determine the extent of conformity. According to Join, student confidence is process of becoming the best possible person one can become at achieving one's own goals in life. It is highest human motive. It is, need for 'Self-fulfilment' in the sense one becoming everything that he or she capable of being. Until one has achieved self-esteem, he will not full secure enough to become a fully actualized person that is unless one has confidence in himself he will not dare to express in his own unique way and make his own contribution to society each person's self is different because genetic and socio - cultural in heritage are different. Large number of the research studies has been conducted in the domain of self-confidence; however, diversified results has been reported. Like the studies conducted by; Aeida, K. (2013) [1], Ahamad E. (2015) [4], Faheem, A. S. (2014) [5], Flook *et al.* (2005) [7], Freeman (1975) [8], Garima Gupta and Sushil Kumar (2010) [9]. Keeping the results of the above studies under consideration the investigator explored the below mentioned research study:

**Research Problem:** The statement of problem for the present study is as under:  
“Level of Self-Confidence Among Football and Volleyball Players of Kashmir Division”

**Objectives of the study:** The objectives of the present study are and under:

1. To explore the level of self-confidence of Volleyball and Football Players of Kashmir division.

**Hypothesis of the study:** On the basis of richness background of the knowledge the investigator speculated the bellow mentioned hypothesis.

1. There exists no significant difference between volleyball and football players on their level of level of self-confidence.

**Operational definitions of terms and variables:** For clear understanding of the terms and variables, the investigator itemized the below mentioned definitions for understanding the conceptualization of the variables and terms:

- 1. Self-confidence:** In the present study, self-confidence refers to the scores obtained by the respondents on self-confidence inventory developed by Rekha Gupta.
- 2. Volleyball players:** Volleyball player in the present study refers those university or college students who are selected as volleyball players in their university or college squad. Besides, it is pertinent to mention here that only male players were selected with playing experience more than four years.
- 3. Football players:** Football players in the present study refer those university or college students who are selected as football players in their university or college squad. Besides, it is pertinent to mention here that only male players were selected with playing experience more than four years.

**Delimitations of the study:** The budget, time and economic limitations were prevailing in the whole research process. However, the investigator made the intensive efforts to reduce the whole limitations. In pursuance to same, the investigator delimited the present study to following considerations:

1. The present study will be confined to University players only who are selected as football players in their university squad.
2. The present study will be delimited universities and colleges of Kashmir division.
3. The present study will be delimited to those Male university players with the age group of 21-27 years only.

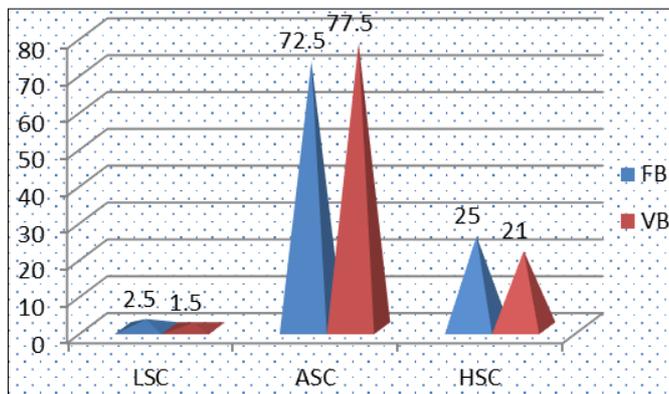
**Methodology:** The study was carried in context of descriptive researcher. The parameters involved in the study are reported as under:

- **Sample:** A representative sample of 400 football and volleyball players were selected by using convenient sampling technique. It is pertinent to mention her that whole sample will be selected from all Districts of Kashmir divisions of union territory of Jammu and Kashmir.
- **Samplng Technique:** For selecting the required sample convenient sampling technique will be used by the investigator.
- **Instrument used:** self-confidence inventory developed by Rekha Gupta was used for data collection.

**Analysis and interpretation of the data:** The collected data was analysed and interpreted. Bothe descriptive analysis as well as comparative analysis was calculated. The detailed analysis and interpretation is reported as under:

**Table 1:** Showing frequency and percentage analysis of the football and volleyball players on the basis various levels of self-confidence. (N=200 each)

Category	FB		VB	
	F	Percentage	F	Percentage
LSC	05	2.50	03	1.50
ASC	145	72.50	155	77.5
HSC	50	25.00	42.00	21.00
Total	200	100	200	100



**Fig 1:** Showing the graphical representation of the football and volleyball players on the basis various levels of self-confidence.

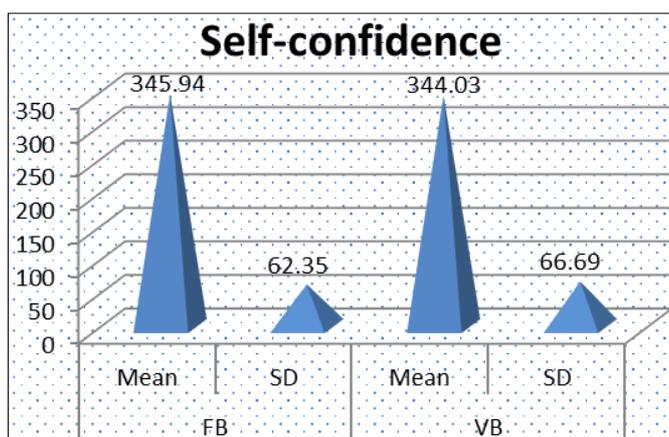
**Interpretation:** The results presented in the above reported table (Please Refer, Table 1. Fig. 1), gives information about the frequency and percentage wise distribution of football and volleyball players on various level of self-confidence. 2.50% (F=5) football players was reported low level of self-confidence. In context to same, 72.50% (F=145) football players was reported high level of self-confidence Besides, the results reveal that 25% (F=50) football players was reported high level of self-confidence. Coming towards the volleyball players, it was seen that 1.50% (F=03) volleyball players was reported low level of self-confidence. Further, 77.5% (F=155) volleyball players was reported average level of self-confidence. 21% (F=42) volleyball players was reported high level of self-confidence.

**Table 2:** Showing the mean significant difference between football and volleyball players on their level of self-confidence (N= 200 each).

Category	FB		VB		't' value
	Mean	SD	Mean	SD	
Self-Confidence	345.94	62.35	344.03	66.69	0.29***

**Index**

- FB= Football players
- VB= Volley ball players
- \*\*\*=insignificant at 0.01 level of confidence.



**Fig 2:** Showing the graphical representation of football and volleyball players on their level of self-confidence.

**Index**

- FB= Football players
- VB= Volley ball players

**Interpretation:** The perusal of the above reported table

(Please Refer, Table 2. Fig. 2), gives information about the mean comparison of football and volleyball players on their level of self-confidence. The mean score of football players was reported 345.94, whereas the mean score of volleyball players was recounted 344.03. When the both group of players (Football and volleyball players) were comparatively analysed, the independent 't' value came out to be 0.29, which is lower than table value at 0.01 level of confidence. Thus, from the above reported results, the investigator can infer that there exists no significant difference between football and volleyball players on their level of self-confidence.

Indeed no significant difference has been reported by the investigator on their level of self-confidence. Accordingly the status of the hypothesis is reported as under:

**Hypothesis:** There exists no significant difference between volleyball and football players on their level of self-confidence.

**Status:** Accepted

The results are carried in consonance of the host of the researchers like, Aida, K. (2013) <sup>[1]</sup>, Ahmad E. (2015) <sup>[4]</sup>, Faheem, A. S. (2014) <sup>[5]</sup>, Flook *et al.* (2005) <sup>[7]</sup>, Freeman (1975) <sup>[8]</sup>, Garima Gupta and Sushil Kumar (2010) <sup>[9]</sup>.

### Conclusion

The aim of the study was to explore the level of self-confidence of volleyball and football players. In context to same, it was found that there exists no significant difference volleyball and football player on their level of self-confidence. Thus, the impact of game played by respondents was reported insignificant on the level of self-confidence of the respondents.

**Conflict of Interest:** During the entire research process no any conflict of interest was declared.

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