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A comparative study of self confidence among female track and field athletes of different events

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Abstract

The purpose of the study was to assess the level of self confidence among female track and field athletes of different levels and to meet this purpose a total of 60 track and field athletes, i.e., 30 each of inter university level and national level were selected. The variable "self-confidence" considered for the study was assessed using The Trait Sport Confidence Inventory by Vealey (TSCI, 1986). The computation and analysis of data was done using descriptive statistics and t-test in order to compare between the inter university level and national level track and field athletes on the variable of self-confidence. The result indicated that there is no significant difference between the considered two level female athletes in the study.

Keywords: Female track, physical education, physical performance, the pathway

Introduction

In the recent trends of physical education and sports indicates that physical performance in sports is the combined result of physical, psychological and environmental factors. It is a well-recognized fact that modern sports are more than muscle strength. Apart from genetically endowed physical qualities, a psychological trait plays a significant role in making participants to give performance in competitive sports (Kamlesh, 2006) [4]. An athlete's performance is the mirror image of his/her condition of self-confidence. His/her self-perception will be perceptible without him/her even knowing it. It shows in his/her behavior, in his/her blows, in the pathway. Self confidence in sports may have negative or positive impacts, both on the athlete and the crowd watching him/her. Self-confidence primarily refers to having a positive concept of ourselves and our abilities. It is characterized by traits like optimism, pride, independence, trust, eagerness, affection, emotional maturity and ability to handle criticism and many more positive traits (Biddle, 1995) [2]. Today, these psychological aspects of sports are gaining extreme attention among sports scientists and sports organizations because competition can cause athlete to react in two ways- physically and mentally in a manner which can positively and negatively affect their performance abilities. Track and field is a highly competitive and aggressive sport in the world which requires high level of physical, physiological and psychological fitness. The present study encircles with the assessment and comparison of the psychological variable self-confidence of national and inter-university level track and field athletes.

Objective of the study

The objective of the study was to compare the variable of self confidence among the female track and field athletes of university and national level.

Procedure and Methodology

In order to meet the purpose of the present study a total of 60 students were selected who were further classified into 30 each female track and field athletes for university and national levels. The need and prerequisite of the study was briefed to the respondents who voluntarily agreed to act in response to the questionnaire.

To assess the variable "self-confidence" considered for the study the Trait Sport Confidence Inventory (TCSI) developed by R.S. Vealey (1986) [6].

Statistical Analysis

In context to the computation and analysis of data, maximum and minimum scores were obtained and descriptive statistics including mean, standard deviation were calculated.

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The t-test was employed in order to find out the significant difference between the university level and national level female track and field athletes.

Results

The descriptive statistics and calculation of t-value are presented in table-I.

Table 1: Descriptive Statistics and Mean Difference and t-value of University and National Level Female Track and field athletes on Self Confidence

| Groups | N | Minimum | Maximum | Mean | S.D | Std. Error Difference | t-value |
|------------------|----|---------|---------|-------|-------|-----------------------|---------|
| National | 30 | 53 | 100 | 74.07 | 10.09 | 2.793 | 1.020 |
| Inter-university | 30 | 51 | 93 | 76.90 | 11.48 | | |

*Significant at 0.05 level; t 0.05(58) =2.00

From table-I, it is apparent that the maximum and minimum scores ranges from 53 to 100 with mean and standard deviation 74.07±10.09 for the female track and field athletes of national level and the maximum and minimum scores

ranges from 51 to 93 with mean and standard deviation 76.90 ±11.48 for the players of university level. The mean and standard deviation values are further depicted below in figure-1.

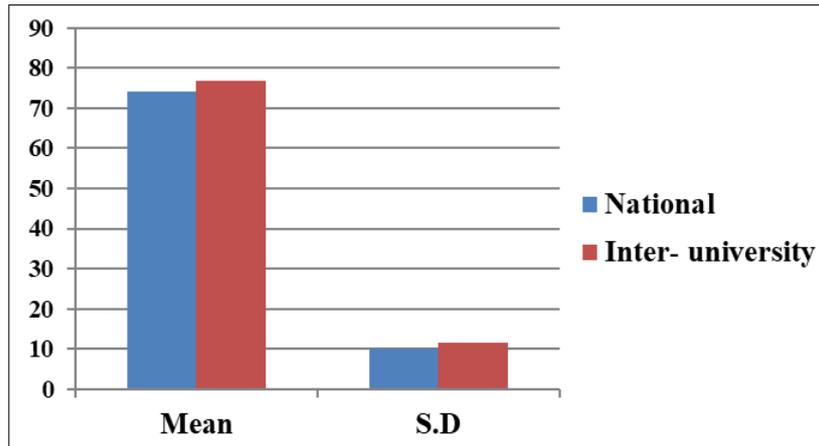


Fig 1: Descriptive Statistics (Mean and Standard Deviation) of University and National Level Female Track and field athletes on Self Confidence

Discussion and Conclusions:

On the basis of the data analysis, the result of the study depicts that there was no significant difference between national and inter-university level female track and field athletes in terms of the assessed variable “self-confidence” since the obtained t-value (1.02) was much lesser than the tabulated value (2.00) at 0.05 level of significance. Thus, it could be stated that there were no significant difference in self-confidence between the national and inter-university level track and field athletes as the cause might be that self-confidence is believed to be a central aspect of psychological structure of any athlete. It is a consistent feature of the athlete participating in any competitive sports. Therefore, to conclude on the basis of data analysis there was no significant difference on the variable of self-confidence between the national and inter university level female track and field athletes.

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