



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 4.69
IJPESH 2016; 3(1): 396-398
© 2016 IJPESH
www.kheljournal.com
Received: 16-11-2015
Accepted: 20-12-2015

Dr. Durgeshnandini Titarmare
L.A.D. and Smt. R.P. College for
Women, Nagpur, Maharashtra,
India

Evaluation of emotional and behavioural stability in international sportsperson

Dr. Durgeshnandini Titarmare

Abstract

The present study aims to evaluate emotional and behavioural stability i.e. self confidence in international sportspersons. This study was carried out on 50 international sportspersons (Average age 28.19 years) who represented Indian in international tournaments for sport namely kabaddi, hockey, basketball, volleyball, hockey and badminton. The sample selection was based on purposive sampling. Self-confidence inventory prepared by Pandey (1983) was used as a psychological instrument. Results reveal that an overwhelming percentage (92%) of international sportsperson possesses the highest level of self-confidence while 6% exhibited moderate level of self confidence and only 2% international sportsperson exhibited a low level of self confidence. Based on results it was concluded that international athletes have a strong belief about their ability and achieve the desired goals which reflect in their high degree of self confidence.

Keywords: International sportsperson, self confidence

Introduction

Confidence means the certainty of achieving or doing a thing by employing certain technique, behaviour or skill. The origin of the term confidence is rooted in Latin word *fidere* which means trust. So a person feels confident when he trust his abilities and actions. Self confidence is different from overconfidence which means over rating of one's capacities. Self confidence is based on self assurance regarding judgment and ability to execute certain things (Snyder *et al.* 2009) [16]. Self confidence enhances with experience and comes from doing things repeatedly and successfully. Self confidence is associated with a positive belief (Zellner, 1970) [18]. Bandura defined self confidence as belief in their own ability to succeed in a given circumstance or completing a particular task.

Importance of self confidence in participating and succeeding at the highest level in sports has also been documented by the sports psychologist. Craft *et al.* (2003) [4] and Woodman and Hardy (2003) [17] documented self confidence as one of the most influencing psychological factor associated with athletic performance. Bull *et al.* (2005) [2] and Connaughton *et al.* (2008) [3] opined that self confidence is strongly embedded in mental toughness, resilience and overcoming self doubts which is essential for an athlete to remain focussed during pressure situation in a match. Galli *et al.* (2008) [8] reported that the self confidence enables athletes to bounce back from tough situations in a match. Since elite athletes efficiently cope with stress, stress does not affect self confidence of athletes. In other words, the ability of a sportsperson to cope better than their opponents with many demands and remain determined focused and in control under pressure is a hallmark of high self confidence.

Several studies have conducted in various sports regarding self confidence and its effect on sports-specific issues. In Indian context Devaraju and Needhiraja (2013) [5], Ghosh *et al.* (2014) [9], Bajpai and Nagma Sultana (2015) [1], Rajesh Kumar (2015) [15], Murtaza and Shirbhayye (2016) [14] studied self confidence while foreign studies contain research work by Kais Kristjan and Raudseplennart (2004) [10], Mamassis and Docjanis George (2004) [13], Freeman Paul and Rees Tim (2009), Libby (2014) [11] are important in sports psychology.

To continue the research work on self confidence under the domain of sports psychology, the present work evaluated the self confidence of international sportsperson of India.

Correspondence
Dr. Durgeshnandini Titarmare
L.A.D. and Smt. R.P. College for
Women, Nagpur, Maharashtra,
India

Hypothesis

Emotional and behavioural stability in international sportsperson from India will be of the highest order.

Methodology

The following methodological steps were taken in order to conduct the present study.

Sample

This study was carried out on 50 international sportspersons (Average age 28.19 years) who represented Indian in international tournaments for sport namely kabaddi, hockey, basketball, volleyball, hockey and badminton. The sample selection was based on purposive sampling.

Tools

Self confidence inventory in Hindi prepared by Pandey (1983)

was used to evaluate the emotional and behavioural stability of international sportsperson. This inventory is made up of 18 positive worded and 42 negative worded statements. Lower the score better will be the self confidence is the interpretation of scores on this inventory as per nature of this inventory. This inventory is highly reliable and valid.

Procedure

Following ethical issues and consideration, the selected subjects were subjected to self confidence inventory. Responses were evaluated as per directions given in manual of this inventory. High, moderate and low level of self confidence is assessed by the categorical scores given in the manual. To compare the frequency distribution in various categories of self confidence, χ^2 test is used. Results depicted in table 1.

Result and discussion

Table 1: Distribution of International Sportsperson According to their Score on Self Confidence Inventory

Categories of Self Confidence	Frequency	Percentage (%)	χ^2
High (Less than 23)	46	92.0	$\chi^2 = 77.56 (p < .01)$
Moderate (Between 24-37)	03	6.0	
Low (More than 38)	01	2.0	
Total	50	100.0	

χ^2 (df=2) = 5.99 at .05 level and 9.21 at .01 level

Analysis of frequency distribution related to various categories of self confidence revealed that 92% subjects score was less than 23 and hence denote that an overwhelming majority of international sportspersons were highly self confident.

Analysis of frequency distribution related to various categories of self confidence revealed that 6% subjects score was between 24 and 37 and hence possess a moderate level of self confidence.

Analysis of frequency distribution related to various categories of self confidence revealed that 2% of subjects score more than 38 and hence possess a low level of self confidence.

The results once again establish the need of self-confidence for superior sports performance and testify the previous finding in this regard.

Conclusion

Results and its associated discussion leads to the conclusion that an overwhelming percentage of international sportsperson possess a high level of self confidence. It may also be concluded that to reach and perform at an international level, a sportsperson needs to have emotional and behavioural stability of the highest level.

References

- Bajpai S, Nagma Sultana. A Study of Self Confidence in Female Volleyball Players: with Reference to Sports Achievements. *Research Journal of Physical Education Sciences* 2015;3(8):9-11.
- Bull SJ, Shambrook CJ, James W, Brooks JE. Towards an Understanding of Mental Toughness in Elite English Cricketers. *Journal of Applied Sport Psychology* 2005;17(3):209-227.
- Connaughton D, Wadey R, Hanton S, Jones G. The development and maintenance of mental toughness: Perceptions of elite performers. *Journal of Sports Sciences* 2008;26(1):83-95.
- Craft LL, Magyar TM, Becker BJ, Feltz DL. The relationship between the Competitive State Anxiety Inventory-2 and sport performance: A meta-analysis. *Journal of Sport and Exercise Psychology* 2003;25(1):44-65.
- Devaraju K, Needhiraja A. Prediction of playing ability in Kabaddi from selected anthropometrical, physical, physiological and psychological variables among college level players. *Elixir Psychology* 2013;56:13212-13215.
- Devaraju K, Needhiraja A. Prediction of playing ability in Kabaddi from selected anthropometrical, physical, physiological and psychological variables among college level players. *Elixir Psychology* 2013;56:13212-13215.
- Freeman P, Rees T. Perceived social support from teammates: Direct and stress-buffering effects on self-confidence. *European Journal of Sport Science* 2010;10(1):59-67.
- Galli N, Vealey RS. Bouncing back from adversity: Athletes' experiences of resilience. *The Sports Psychologist* 2008;22(3):316-335.
- Ghosh M, Kamrul Hassan M, Ghosh A. Comparative Study on Self Confidence among University Level Football, Kho-Kho and Kabaddi Players. *IOSR Journal of Sports and Physical Education (IOSR-JSPE)* 2014;1(3):16-18.
- Kais K, Raudsepplenart. Cognitive and Somatic Anxiety and Self-Confidence in Athletic Performance of Beach Volleyball, *Onions Publication* 2004;98(1):439-449.
- Libby J. The Importance of Self-Confidence to a Batsman in Cricket. Unpublished Dissertation, Department of Sport and Exercise Science, Cardiff Metropolitan University 2014.
- Mahoney MA, Avenier M. Psychology of the elite athlete: An exploratory study. *Cognitive Therapy and Research* 1977;1(2):135-141.
- Mamassis, Docjanis G. Effects of a Mental Training Program on Juniors Pre Competitive Anxiety Self Confidence and Tennis Performance, *Journal of Applied Psychology* 2004;16(2):118-137.
- Murtaza A, Shirbhayye A. Comparative study of self

Confidence of State level Volleyball players. Online International Interdisciplinary Research Journal 2016;VI(I):153-155.

15. Rajesh Kumar. A Comparative Study of Self Confidence among Boxers and Wrestlers of Hyderabad in India. AASCIT Journal of Psychology 2015;1(1):1-4.
16. Snyder CR, Lopez SJ. Oxford Handbook of Positive Psychology. Oxford University Press 2009.
17. Woodman T, Hardy L. The relative impact of cognitive anxiety and self-confidence upon sport performance: a meta-analysis. Journal of Sports Sciences 2003;21(6):443-457.
18. Zellner M. Self COnfidence. Journal of Personality and Social Psychology. Journal of Personality and Social Psychology 1970;15(1):87-93.