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## Comparative study on self-confidence between Kabaddi and kho-kho intercollegiate male players of Kuvempu University

**Bharath Raj N and Chethan Ram P**

### Abstract

The Purpose of the present study was to compare the psychological variable namely self-confidence between Kabaddi and Kho-Kho intercollegiate male players of Kuvempu University. To achieve the purpose of the study sixty subjects (n-60) out of thirty players from Kabaddi and thirty players from Kho-kho discipline who were participating in intercollegiate tournaments were selected. The purposive simple random technique was used for selection of subjects. The age of the subjects chosen for this study were ranging from 18-28 years. The study focused on psychological variable namely self-confidence. The standardized Sports competition self-confidence questionnaire prepared by Gayton and Richmond was used to assess the level of self-confidence among kabaddi and kho-kho male players of Kuvempu University. The collected data was statistically analysed by using percentage values.

**Result:** The result reveals that there is a significant difference between Kabaddi and kho-kho intercollegiate male players of Kuvempu University in the level of self-confidence. Compared to kho-kho players, Kabaddi players were found better in the level of self-confidence.

**Keywords:** Self-Confidence, kabaddi, kho-kho

### 1. Introduction

In modern competitive sports, the Self confidence in sportsmen has affected their performance. As the physical load during the training of sportsman for international competitions is also intensified, the sportsmen like other athletes are anxiety prone while participating in competitive sports (Sigh, 5 July 1982). Each self is unique as it develops on the basis of unique organism, and the reactions to the various forces in the physical and social environment. There is a constant and continuous activity of adjustment and re-adjustment to the changing conditions. Thus, there is stability as well as change in the self. Right through the growth processes, in all the physical, physiological and psychological aspects, the self is a constant but ever growing organization. Change in self is revealed in the change in the ways one sees one self and the world as one acquires knowledge, skills, attitudes and various roles.

Self-confidence plays a central role in the development and adjustment of self; it is through confidence that meanings are acquired and meaningful interaction between the individual and the environment take place. There is an increasing awareness of one's self as the child grows up into adolescence and mature adulthood. Hence the study focuses on to know the level of self- confidence of the Kabaddi and Kho-Kho male players of Kuvempu University.

#### 1.1 Objective of the Study

The main objective of the study was to compare the psychological variable namely self-confidence between Kabaddi and Kho-Kho male players of Kuvempu University.

### 2. Methodology

For the study the investigator was selected sixty subjects (n-60) out of thirty players from Kabaddi and thirty players from Kho-kho discipline who were participating in intercollegiate tournaments for the year of 2014. The purposive simple random technique was used for selection of subjects. The age of the subjects chosen for this study were ranging from 18- 28 Years. The study focused on psychological variable namely self-confidence.

The standardized sports competition self-confidence questionnaire prepared by Gayton and Richmond was used to assess individual differences in competitive self-confidence or the tendency to propose competition situation on threatening and/or to respond to these situations with elevated self-confidence.

**2.1 Scoring**

The rating scale of self-confidence is as follows:

Sl. no	Score	Self confidence level
1.	10-35	Low level self confidence
2.	36-65	Medium self confidence
3.	66-90	High self confidence

**3. Analysis of Data**

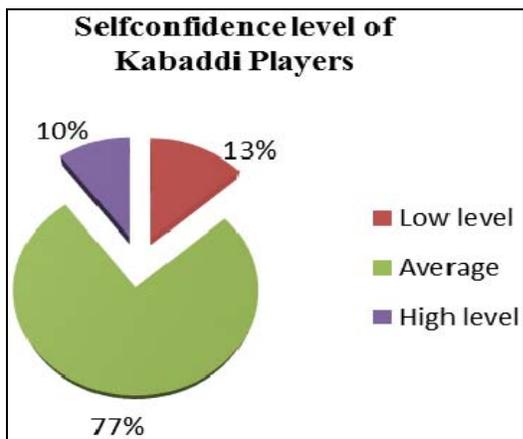
The data thus collected was statistically analysed by using Percentage values. The results pertinent to self-confidence were compared with the use of percentages and pie-charts.

**Table 1:** showing the Self Confidence Level of Kabaddi and Kho-kho Male Players

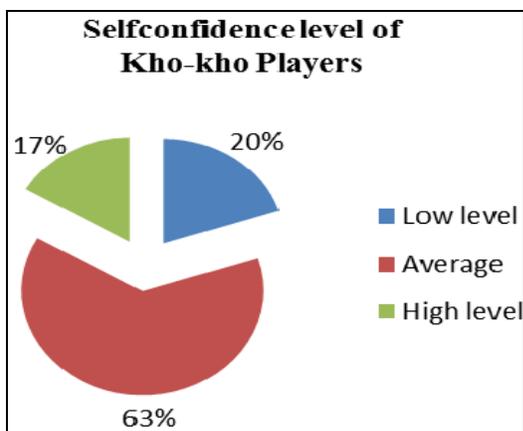
Self-confidence of Kabaddi Players	No. of Players	%	Self-confidence of Kho-kho players	No. of Players	%
Low level	04	13.3%	Low level	06	20%
Average	23	76.6%	Average	19	63.3%
High level	03	10%	High level	05	16.6%

The perusal of table 1 depicts that four Kabaddi and six Kho-kho players in low level of self-confidence. Twenty three Kabaddi and nineteen Kho-kho players showed medium self-confidence level and three Kabaddi and five Kho-kho players having high level of self-confidence.

The levels of self-confidence in respect of Kabaddi and kho-kho players are depicted diagrammatically in following pie charts respectively.



Pie chart graphical representation of level of self-confidence, the Kabaddi players have 10% of high level and also 76.6% of average level and finally 13.3% have low level in self-confidence.



Pie chart graphical representation value of self-confidence, the kho-kho players have 16.6% high level confidence and also 63.3% average level and 20% will very low level of self-confidence among Handball players.

**4. Result and Dissections**

The results in respect of self-confidence levels of Kabaddi and kho-kho players seems to be moderate specially that of Kabaddi players, whereas the kho-kho players lack confidence level (20% - low level self-confidence). Over all the Kabaddi players are better in self-confidence when compared to kho-kho players. High level self-confidence is seen only in five kho-kho players and three Kabaddi players respectively.

**5. Conclusions**

Based on the results following conclusions were drawn:

1. There is significant difference between Kabaddi and kho-kho intercollegiate male players of Kuvempu University in the level of self-confidence.
2. Compared to kho-kho players, Kabaddi players were found better in the level of self-confidence.

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