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Effect of self-confidence on different levels of participation in handball

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Abstract

The sample of the present study comprised of 60 male university Handball players of India. The purpose of the study they were divided into two groups West Zone intervarsity (N=30) and all India intervarsity (N=30) male handball players. The result indicated that insignificance difference between West zone intervarsity and all India male soccer players in the self-confidence level. It is evident that north zone intervarsity and all India intervarsity male Handball players in self-confidence insignificantly, as the obtained t -value of 0.468 is less than the tabulated value $t_{0.05}(58, 2) = 1.691$.

Keywords: Self-confidence, sports performance

Introduction

For many athletes, an explanation of the concept of self-confidence is hardly necessary as they know intuitively what it is. Indeed, self-confidence is so palpable in some athletes; one can almost reach out and touch it. Their confidence is reflected in everything they say and do, in what they wear and how they look.

A high level of self-confidence is one of the most consistently reported psychological characteristics of elite athletes, and research has shown that self-confidence often distinguishes highly successful athletes from the less successful ones.. (Weiss, Wiese & Klint, 1988)

Methodology

For the purpose of this study, both the samples were considered the true representative of the entire man Handball population of Indian at the time their assessment of the psychological variables was done.

The present study is a status study, which did not require the investigator basically to manipulate any of the variables included in it. Rather the collection of data became instrumental in providing correct insight into the sport confidence. Sport Confidence Inventory (SCI) prepared by Vealy (1986)^[8]. Sport confidence inventory has thirteen items. There is no right or wrong answer in the inventory. Every question has nine possible responses, i.e.1 to 3 low, 4 to 6 medium, 7 to 9 high. The subjects were instructed to respond to each question how they felt by placing a circle on the appropriate response.

The present study was conducted on 60 men Handball players of Pune University, India. Keeping in view the objectives, the players were categorized into two main groups: West zone intervarsity (N=30) and all India inter varsity (N=30) man soccer players. The sample representing the West zone intervarsity Men Handball players who participated in the West Zone intervarsity men Handball championship, 2016 held at JRN University, Udaipur 22/12/2016 to 24/12/2016 and The sample representing the all India intervarsity men Handball players who participated in the all India intervarsity men Handball championship, 2016-17 held at Selum, Periya University from 30/12/2008 to 2/1/2017

Results and Discussion

This was a comparative study of two level of team game players for finding out difference in criterion measure the mean difference of these groups were tested for significance by 't' test and level of significance was set at 0.05.

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Table 2: Significance of difference of mean in self-confidence on north zone and all india intervarsity soccer players

Level	Mean	σ	Mean Difference	SEM	t value
West Zone Intersivity	73.63	12.00	1.8	3.65	0.48
All India Intersivity	75.95	15.68			

*Insignificant at .05 level Tab t.0.5 (58, 2) = 1.671

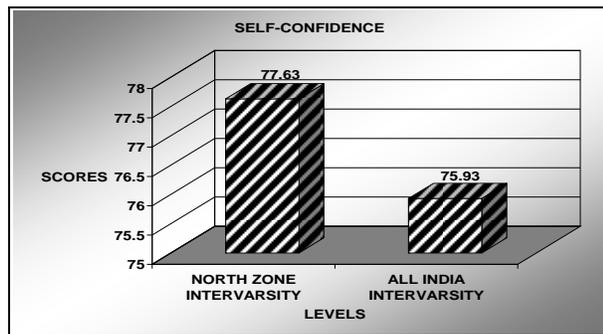


Fig 1: Comparison of Self-Confidence of North Zone Intersivity and All India Intersivity Soccer Players

It is observed from the Table-2 that means index score has increase by 1.8 after the test. Since calculated 't' < Tabulated 't' ($0.46 < 1.684$). The result indicated that insignificance difference between west zone intersivity and all India intersivity man Handballl players in the anxiety level. It is evident that west zone intersivity and all India intersivity handball players in anxiety test differed insignificantly, as the obtained t-value of 0.46 is less than the tabulated Value t 0.05 (58, 2) = 1.671

The result indicated that no significance difference between all India intersivity and west zone intersivity man handball players in the self-confidence level. It is evident from Table-2 that all India intersivity and west zone intersivity man Handball players on self-confidence is insignificant as the obtained t value of 0.46 less than the tabulated t 0.05 (58, 2) = 1.671.

That the reason may be the north zone intersivity players have high self-confidence in comparison with all India intersivity players because the north zone intersivity players are not much conscious regarding their winning or losing in matches and the reason may be, they play without pressure, whether they lose or win the match it doesn't matter.

Conclusion

All India intersivity players have low self-confidence in comparison with West zone intersivity players.

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