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Comparative study on self-confidence between state level weightlifters and power lifters

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Abstract

The purpose of the study was to assess the self-confidence among the state level weight lifters and power lifters. To achieve the purpose of the present study 30 weight lifters and 30 power lifters were selected from various districts in Tamil Nadu. The reliability of data was established by subject's reliability, tool reliability and tester's reliability. Prior to the administration of the test items, the important of this study and were clearly explained to the subjects. Subjects are motivated to perform better during the test. The recording of the each test items will know to the subjects to familiarize them about their performance. 30 weight lifters and 30 power lifters were given self-confidence questionnaire at two different time. The researcher found correlation between the two set of answer script taken at two different time and the found the significant correlation between the scores of both and it was found that 0.76. Split half method was used to find the reliability of the tool and it was found that 0.82. The scoring sheets were scored by two testers and the researcher found correlation between the scores of two evaluators and it was found that 0.9.

Keywords: Comparative, self-confidence, weightlifters, power, lifters

Introduction

Sport is commonly defined as an organized, competitive and skilful physical activity requiring commitment and fair play. Some view sports as differing from games based on the fact that there are usually higher levels of organization and profit (not always monetary) involved in sports. Sports commonly refer to activities where the physical capabilities of the competitor are the sole or primary determinant of the outcome (winning or losing), but the term is also used to include activities such as mind sports (a common name for some card games and board games with little to no element of chance) and motor sports where mental acuity or equipment quality are major factors.

Weightlifting

Weightlifting is a "generic" meaning which refers to the activity of lifting weights. To those who are well versed in the use of weights, the word weightlifting has a particular meaning. It refers to the Olympic sport of Weightlifting, which tests strength a power through two methods of lifting a barbell overhead - the Snatch and the Clean and Jerk. Weightlifting is the only Olympic sport involving weights, which is why it is sometimes referred to as Olympic lifting or as Olympic-style lifting, or Olympic-style weightlifting.

Weightlifting consists of two movements executed in a standard order: first the snatch and then the clean jerk. There are both men and women Weightlifting events. Each athlete has the right to three attempts for each movement. The athlete's best performances in both movements are put together to determine the final placement. Athletes compete in categories according to their body weight. According to International Weightlifting Federation (IWF) rules, in competitions the athlete's performances in both movements are put together to determine the final placement.

Power Lifting

Power lifting is a great sport that was conceived as a pure test of strength. And it tests strength about as well as Olympic-style Weightlifting. The sport that consists of three events: squat, bench press and dead lift.

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Power lifters are very strong because they focus on developing that capacity exclusively. Overall, the strength of power lifters very close to that of Olympic-style weightlifters. Power lifting is also not practiced as widely as weightlifting. For all these reasons, the level of competition tends not to be as high in power lifting as it is in weightlifting, which is why competitive Weightlifters, as a group, have earned the right to call themselves the strongest athletes alive. More importantly, no other athletes approach the strength of weightlifters and power lifters, as the men and women who compete in these sports are totally focused becoming the strongest athletes in the world.

Psychology

Psychology is the study of the mind, occurring partly via the study of behavior. Grounded in scientific method, psychology has the immediate goal of understanding individuals and groups by both establishing general principles and researching specific cases, and for many it ultimately aims to benefit society. In this field, a professional practitioner or researcher is called a psychologist, and can be classified as a social scientist, behavioral scientist, or cognitive scientist. Psychologists attempt to understand the role of mental functions in individual and social behavior, while also exploring the physiological and neurobiological processes that underlie certain cognitive functions and behaviors.

Self Confidence

According to Susan Milam an athlete's level of self-confidence is often a determining factor of whether or not he or she has a peak performance. However, an athlete's positive self-confidence doesn't just happen; it has to be developed over many years. It is often the result of a positive learning environment and positive self-talk. A positive learning environment is important in the development of self-confidence because people learn by watching. One way to start building self-confidence is to improve physical skill. Physical skill typically improves through practice. There are two general types of practice that can be used, blocked practice and random practice. With blocked practice, the athlete practices the skills over and over. It is a great technique used for beginners to help build self-confidence.

Objective

To assess the self-confidence among the state level weight lifter and power lifters.

Hypotheses

- It was hypothesized that there would be significant difference in self-confidence between state level weight lifters and power lifters.
- It was hypothesized that there would be significant difference in self-confidence between men and women weight lifters and power lifters.

Samples

To achieve the purpose of the present study 30 weight lifters and 30 power lifters were selected from various districts in Tamil Nadu.

Criterion variables: Self confidence

Self – Confidence

The Standard psychological tool constructed by Mukta Rani

Rastogi's (1979) was used to measure the self-concepts. This test consists of 51 statements. It includes both positive and negative statement. It is like 't' undecided, disagree and strongly disagree. The response that fit to them best. The scale was revalidated by the researcher by administrating it on 20 students. Reliability was computed by using test and re-test method and reliability obtained was '83'. Hence the scale in its original form was made use of in this study.

Tool: Questionnaire was used to collect data.

Reliability of Data

The reliability of data was established by subject's reliability, tool reliability and tester's reliability.

Subject Reliability

30 weight lifters and 30 power lifters were given self-confidence questionnaire at two different time. The researcher found correlation between the two set of answer script taken at two different time and the found the significant correlation between the scores of both and it was found that 0.76.

Tool Reliability

Split half method was used to find the reliability of the tool and it was found that 0.82.

Tester's Reliability

The scoring sheets were scored by two testers and the researcher found correlation between the scores of two evaluators. And it was found that 0.9

Orientation of the Subjects

Prior to the administration of the test items, the important of this study and were clearly explained to the subjects. Subjects are motivated to perform better during the test. The recording of the each test items will know to the subjects to familiarize them about their performance.

Method of Scoring

There are five alternative responses to each item. There are

- a. Strongly agree
- b. Agree
- c. Undecided
- d. Disagree
- e. strongly disagree

The Subject is to check one of the given as it suits him in accordance which the idea expressed in the respective statement. There are both positive and negative item in the test.

For positive statements, responses alternatives are weighted from 5 (strongly agree) to 1 (strongly disagree) for the negative items the weight are just the reverse. The individual score is the sum total of the weighted responses endorsed b him. The minimum score is 51 in this test and maximum score is 255. The minimum score indicates the students negative attitude where as the graded high scores indicated positive attitudes towards physical education sports.

Statistical Technique

For finding the status of self-confidence mean, median and standard deviation were found. The statistical analyzed by using 'ratio. 0.05 level of confidence was used to test level of significance.

Results and Discussion

Table 1: Mean, standard deviation, and t-ratio on self-confidence power of weight lifters and power lifters

Group	No. of subjects	Mean	SD	Standard difference between the mean	Mean difference	t-ratio
Weightlifters	30	69.36	2.52	6.56	2.48	2.64*
Power lifters	30	66.86	2.63			

*significant at 0.05 level.

The table –1, shows that the calculated mean value on self-confidence of weight lifters and power lifters, are 69.36 and 66.86 respectively. The obtained “t”-ratio value of self-confidence is 2.64 is greater than the required table value 2.021 for significance with degrees freedom 58 at 0.05 level

of confidence, the result of the study shows that there is a significant difference in self-confidence between weight lifters and power lifters. Comparing the mean value of self-confidence among weight lifters and power lifters, weight lifters have more self-confidence than the power lifters.

Table 2: Mean, standard deviation, and t-ratio on self-confidence power of weight lifters and power lifters with respect to gender

Group	Gender	No. of subjects	Mean	SD	t-ratio
Weightlifters	Men	18	65.24	2.12	9.019*
	Women	12	73.48	2.89	
Power lifters	Men	18	64.46	1.99	5.8900*
	Women	12	69.26	2.46	

*significant at 0.05 level.

Table-2, Shows that the calculated mean value on self-confidence of weightlifters for men and women are 65.24 and 73.48 respectively. The obtained “t”-ratio value of self-confidence is 9.019 is greater than the required table value 2.045 for significance with degrees freedom 29 at 0.05 level of confidence, the result of the study shows that there is a significant difference in self-confidence between men and women weightlifters.

Table-2, Shows that the calculated mean value on self-confidence of power lifters for men and women are 64.46 and 69.26 respectively. The obtained “t”-ratio value of self-confidence is 5.89 is greater than the required table value 2.045 for significance with degrees freedom 29 at 0.05 level of confidence, the result of the study shows that there is a significant difference in self-confidence between men and women powerlifters.

Comparing the mean value of self-confidence among weight lifters, women have more self-confidence than the men weightlifters. Comparing the mean value of self-confidence among power lifters, women have more self-confidence than the men weightlifters.

Discussion of Findings

The purpose of the study was to compare the self-confidence of state level men and women weight lifters and power lifters. The finding shows that there was a significant difference in self-confidence among weight lifters and power lifters. And also there was a significant difference in self-confidence between men and women

Discussion on Hypothesis

The self-confidence of weightlifters is high, when compared with power lifters. And it also found that the women weight lifters and power lifters have more self-confidence when compare with their counterpart.

Conclusions

Within the limitation of the present study the following conclusion are drawn.

1. There is a significant difference between weight lifters and power lifters on self-confidence. Weight lifters have high self-confidence than the power lifters.
2. There is a significant difference between men and women

weight lifters on self-confidence. Women weight lifters have high self-confidence than the men weigh lifters.

3. There is a significant difference between men and women power lifters on self-c confidence. Women power lifters have high self-confidence than the men power lifters.

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