



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (RJIIF): 5.38
IJPESH 2024; 11(3): 326-328
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<https://www.kheljournal.com>
Received: 05-04-2024
Accepted: 06-05-2024

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An examination that involves analysis and comparison of confidence within the context of both Individual and Team sports

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Abstract

Study Aim: The aim of this study was to find out the significant difference of confidence between individual and team sports.

Material and Methods: This cross-sectional study involved 620 male participants, all between the ages of 18 and 25. The participants were from the Individual Sports (Archery, Gymnastics, Badminton, Chess, and Athletics) and Team Sports (Volleyball, Basketball, and Cricket). The Social Intelligence Scale, developed in 1986 by Ms. Usha Ganesan and N.K. Chadda, was used to assess confidence.

Statistical Technique: For this study, an unpaired t-test was utilized.

Results: There were significant differences ($0.0001 < 0.05$) in scores for individual sports ($M = 19.2677$, $SD = 3.0299$) and team sports ($M = 20.2581$, $SD = 3.1966$).

Keywords: Confidence, individual sports, team sports, athletics, archery, gymnastics, badminton, chess, cricket, basketball, volleyball

Introduction

Sports psychology is the science of human's behavior during sport trainings and competitions, and its objective is to improve the performance of athletes in competitions [1]. The study of sports psychology, nowadays, has evolved as a promising discipline like study of child psychology, clinical psychology, industrial psychology, and educational psychology etc. Athletes need to keep their body and mind stable and balanced during games [2]. Sport psychology academics have conducted quantitative reviews on much studied constructs since the 1980s, with the first two appearing in 1983 in the form of Feltz and Landers' meta-analysis on mental practice [3]. Advances in the science of sport performance increasingly demonstrate the importance of integrating mental attitude and physical skills [4]. Such empirical evidence has led to the development of sport psychology as an integral aspect of coaching and health care for teams and athletes [5]. Sport psychology can help an athlete to perform at a level closer to their absolute potential on any given day and this has seen a marked increase in the number of sport psychology consultants working with athletes [6, 7]. In addition, a confidence is one of the personality traits which is a composite of a person's thoughts and feelings, strivings and hopes, fears and fantasies, his view of what he is, what he has been, what he might become, and his attitudes pertaining to his worth [8]. Self-confidence is dependent on various factors including a person's temperament, society and culture, educational level, wealth, trends of successes and failures etc. [9]. Self-confidence is characterized by high expectancy of success. It can help individuals to arouse positive emotions, facilitate concentration, set goals, increase effort, focus their game strategies and maintain momentum. Self-confidence is widely believed to be an important aspect of the psychological make-up of the individual athlete [10]. Sports, games and physical education activates are looked upon an avenue for achieving and establishing supremacy, prestigious social recognition and etc., the achieve this recognition; one requires extraordinary talent, skill, sustained interest, determination, training and so on [11]. Self-confidence is sometimes equated with freedom from doubt; however, when confidence is needed is usually when the outcome is uncertain so that true confidence is actually about feeling comfortable with uncertainty and knowing what

the outcome will be [12]. Self-efficacy" refers to the confidence one has in their ability to carry out the behavior (such as a sporting performance) necessary to produce a specific result (such as a trophy or self-satisfaction), and is, therefore, a situation-specific form of confidence [13].

Material and Methods

Participants

The male participants in the cross-sectional study ranged in age from 18 to 25. The sports that the participants were involved in included Team Sports like Volleyball, Basketball, and Cricket, as well as Individual Sports like Athletics, Archery, Gymnastics, Badminton, and Chess. For this investigation, the following universities were chosen:

1. Guru Nanak Dev University, Amritsar
2. Punjabi University, Patiala
3. Panjab University, Chandigarh
4. Lovely Professional University, Phagwara

Research Design

This is an exploratory study that collects and analyses data using quantitative approaches. Its goal is to find out how individual and team sports differ significantly from one another when it comes to the confidence variable.

Statistical Analysis

Using the Shapiro-Wilk test for normality, the data's normality was investigated. Both descriptive statistics and graphical analysis were used to examine the data throughout the data analysis phase. An unpaired t-test was used in this experiment. SPSS (Statistical Package for the Social

Sciences) version 20.0 was used for all analyses. For the purpose of conducting hypothesis testing, a significance level of 0.05 was set.

Results

Table 1: Descriptive statistics and independent samples t-test result comparing individual sports and team sports on confidence.

	Confidence	
	Individual Sports	Team sports
Sample size	310	310
Arithmetic mean	19.2677	20.2581
95% CI for the mean	18.9291 to 19.6064	19.9008 to 20.6153
Variance	9.1805	10.2180
Standard deviation	3.0299	3.1966
Standard error of the mean	0.1721	0.1816
Mean Difference	0.9903	
Pooled Standard Deviation	3.1144	
Standard Error	0.2502	
95% CI of difference	0.4991 to 1.4816	
Test statistic t	3.959	
Degrees of Freedom (DF)	618	
P value	0.0001	

An independent-samples t-test was conducted to compare the confidence for individual sports and team sports. There were significant differences ($0.0001 < 0.05$) in scores for individual sports ($M = 19.2677$, $SD = 3.0299$) and team sports ($M = 20.2581$, $SD = 3.1966$).

The magnitude of the differences in the means (mean difference = 0.9903, 95% CI: 0.4991 to 1.4816) was significant.

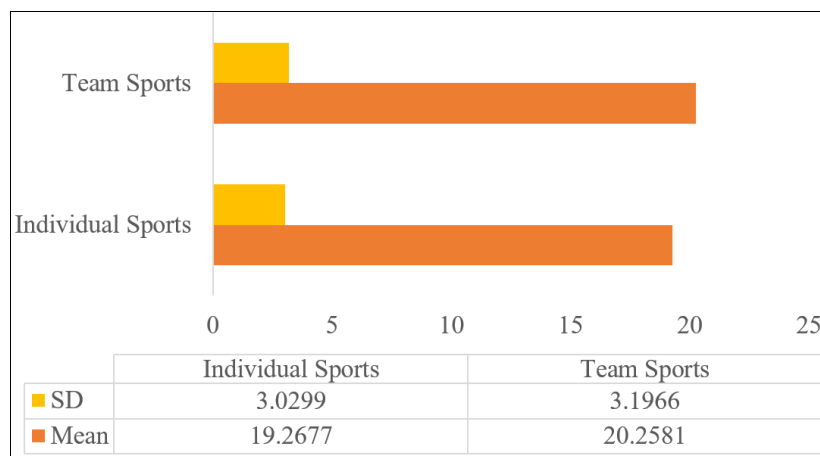


Fig 1: Mean and standard deviation scores for individual sports and team sports on confidence.

Acknowledgement

A special acknowledgement of appreciation for this work in preparing the original manuscript is due to assistance from Guru Nanak Dev University, Amritsar, Punjab, India.

Conflict of interest

The authors declare no conflicts of interest.

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