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A comparative study of self-confidence and aggressive behavior between sportsman and non-sportsman

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Abstract

The present study aimed to find out the level of self-confidence and aggressive behavior between sportsman and non-sportsman. Sample of the study consisted of 60 (N=30 sportsman and N=30 non-sportsman) were randomly selected as subjects from Rajarshi Shahu College Pathri, Dist. Chhatrapati Sambhajnagar, Maharashtra, India. The age of the subject ranged is between 18 to 25 years. For the purpose of present study Self-confidence Inventory made by Dr. Rekha Gupta and Aggression Inventory made by Anand Kumar & Prem Shankar Shukla was used for data collection. For comparing self-confidence and aggressive behavior between sportsman and non-sportsman, descriptive analysis and independent 't' test were applied at 0.05 level of significant. The result revealed that there were significant difference between self-confidence and aggressive behavior between sportsman and non-sportsman.

Keywords: Self-confidence, aggressive behavior, sportsman, non-sportsman

1. Introduction

Self-confidence is one of the psychological components that affect self-esteem, where the concept of self-esteem is defined as a person's perception of his own worth ^[1]. In addition, self-confidence has been proposed as a measure of an individual's perception of his ability, because individuals are able to regulate cognitively and the pressure they experience ^[2].

Glenda & Anstey (1990) explained that numerous experimenters used the terms self-confidence. Self-confidence is a positive station of oneself towards one's self-conception. It's a trait of perceived self. Self-confidence refers to a person's perceived capability to attack situations successfully without leaning on others and to have a positive self-evaluation. Self-confidence can be defined as positive passions about self and world that impact someone's conduct. Self-confidence high levels can enhance positive feelings, attention, setting further challenging goals, increasing effort and developing effective competitive strategies. Self-confidence is characterized by the high expectation of success ^[3].

Self-confidence is a simple trait of perceived self, it is neither a part of the self, nor it is independent from the self simply speaking self-confidence refers to in individual perceived capability to act effectively in a situation to overcome obstacles and to attain success. I do this work whether the given problem is simple or complex may attain success or not, all these distinguishable factors determine the affair. Rigorously speaking any kind of failure or success will be determined by the self-confidence. Self-confidence comes with good presentations, good medication distantly with success and vaticination of success, re-experiencing past success and giving the appearance of sureness.

The socio-psychological concept of self-confidence relates to self-assurance in one's particular judgment, capability, power etc. ^[4]. It is an essential part of humanity. A person with self-confidence likes themselves is willing to take pitfalls to achieve their particular and professional pretensions, and thinks appreciatively about the future ^[5]. Self-confidence in sports relies primarily on the athlete's ability to believe he can win and that he can be successful in his efforts.

Sport psychology is the science of human's behavior during sport training and competitions. Its objective is to improve the performance of athletes during competitions.

Aggression as there presentation of angry and hostile behavior is a factor effective in the performance of athletes in competitions. According to Kaufman H. (1970), aggression is emotional anger accompanied with physical arousal with the intention to injure and cause injury to the opposite individual. Aggression is exhibited by athletes in numerous forms as well as physical aggression, abusiveness, or perhaps encroach other's rights [6].

The world aggression comes from the Latin word Aggress, "ad (to or towards) and critic (walk) then the word suggests that to "to walk towards or approach" to maneuver against or to maneuver with intent to harm. Aggression in terms of behavior describe by most psychologists. Aggression is a negative personality trait that has been associated with sport participation [7].

Aggression is a characteristic that can have many negative as well as positive effects on performance in sports. Aggression is operationally defined as associate intentional physically or psychologically harmful behavior that's directed at another lived being who is inspired to avoid such treatment [8, 9]. Simultaneously the encyclopedic wordbook defines aggression as groups of hostile behaviour which may occur within the aware arrange, to destroy, depreciate, constrain, deny, or offend someone; an object invested social significance or self-oriented [10]. The many years relationship between aggression and sports has been a controversial subject. Within sport, aggression geste is deliberate and controlled by the raider but perception of aggression geste varies based on the sports and of the party [11].

Aggression is physical or verbal behavior; it is not an attitude or emotion [12]. The frequency of aggression in sports on all levels has semiconductor diode to a good deal of educational analysis. Aggression is one amongst the foremost potential dangers to man. It's a greatest obstacle for one's self development and growth. Aggression is not only a behavior that hurt others; it is also complex emotional condition, with the specific cognitive structure and strong motivational base that involve the whole mental life [13]. Even the International Society of Sport scientific discipline recently recognized that sport aggression has become a social downside each on and off the taking part in field and has counseled ways in which to curtail this behavior [14]. The particulars of this position have recently been challenged [15], reaffirmed [16] and processed [17].

Two forms of aggression are outlined in sport analysis, hostile and instrumental. Hostile or reactive aggression is behavior performed with the only intention of inflicting damage on someone [18]. Instrumental aggression in sport is behavior that intentionally causes injury or harm to an opponent in pursuit of another non-aggressive goal such as scoring or winning [19]. Assertiveness is distinct from aggressiveness in this it's the non-hostile, no powerful tendency to behave with intense and energetic behavior to accomplish one's goal [20, 21].

Aggression in sport will be caused by variety of things. The most identifiable reasons are the principles of the sport (level of physical contact), frustration, instinct, presence, arousal, environmental cues, self-control and additionally the behavior of those around. Other factors in aggression include personality, media involvement, coaching, role models and the society we live in Psychology in sports is a broad church and it focuses on all the factors affecting participation and performance in sports and applied sports psychology, which focuses purely on applying psychology to enhance athletic performance [22]. Therefore, the aim of this present study was to examine the self-confidence and aggressive behavior

between sportsman and non-sportsman.

2. Review of Literature

Literature related to the present study has been presented as follows:

Tarakh S. S. (2016) conducted a comparative study of self-confidence between sportsman and non-sportsman. He was reported that there was found significant difference in self-confidence between college sportsman and non-sportsman [23]. Dr. Neeraj Dabas (2015) studied on self-confidence as a psychological characteristic between Indian Paralympics sportsmen and regular athletes. Results revealed that paralympics sportsmen as a whole showed advanced mean scores on particularity and state sport self-confidence than the other 3 groups namely athletics, power lifting and swimming. Significant differences were observed between different games of paralympics sportsmen in relation to trait and state sport self-confidence [24].

Padma J. *et al.*, (2020) conducted a comparative study on self-confidence level between female sports and non-sports persons. They were concluded that there's no significance difference between both sports persons and non-sports persons group [25]. Nazir (1995) revealed that there are significant differences in self-confidence among the high and low achievers also. The high achievers possess higher level of self-confidence in comparison to the low achievers [26]. Daithankar Sonali (2014) also examined self-confidence, emotional intelligence on athletic and non-athletic college students. She was reported that self-confidence level athletic students tend to show more than non-athletic student's. Intra-personal awareness levels of athletic students tend to show low than non-athletic students [27].

Durai & Anantharaj (2017) studied comparison of motivation and self-confidence between sportsman and non-sportsman. To achieve this purpose, 60 sportsperson's (30 athletes and 30 non-athletes) between the age group of 18 to 22 were randomly selected from various colleges of Manonmaniam Sundaranar University, Tirunelveli, Tamilnadu, India. Self-confidence was selected as dependent variables. The results revealed that, there was a significant difference on self-confidence between sportsman and non-sportsman [28].

Satyanarayana L. H. *et al.*, (2018) conducted a comparative study on aggression between individual game and team games inter collegiate men players of Kuvempu University. They are reported that there was found significant difference in aggression between individual and team game inter-collegiate men players [29].

Dr. Sanjay Choudhary (2020) studied on aggression of state level men kho-kho and kabaddi players. For the present study total 100 male players, 50 each participated in the state level kho-kho and kabaddi tournament were selected. He also reported that there is significant difference in the aggressions [30]. Similar result also found by Mahesh Kumar (2015) on aggression among the sports person of different semi-content games [31].

Dinesh Kumar (2016) conducted a comparative study of aggression between team and individual game players. Total 100 male players (18 to 28 aged) from team game (Kho-Kho, Handball, Basketball, Softball, Baseball and Volleyball) and individual game (Boxing, Weight Lifting, Power Lifting, Taekwondo, Badminton, Chess, Judo and Yoga) were conveniently selected for this study. He was reported that team game players were more aggressive as compare to the individual game players [32]. Dr. Rajkumar P. Malipatil (2017) studied aggression behavior between individual and team

game players participated in inter collegiate tournament of Gulbarga University. He was also reported that team game players had more aggressive nature comparing to individual players of Gulbarga University inter collegiate players [33].

Vileep K. S. (2017) conducted a comparative study on aggression between individual and team game men players. Total 60 inter collegiate men players of which 30 players were individual and 30 players were team game player's age ranged between 18 to 28 years. On the basis of findings he was concluded team game men players are significantly better than individual game inter collegiate men players in aggression [34].

Sukashant *et al.*, (2014) studied of aggression level among contact and non-contact sportsmen. 30 sportsmen of contact sports (Rugby, American football, Water-polo, Wrestling, Sumo, Handball and Ice-hockey) and 30 sportsmen of non-contact sports (Badminton, Golf, Curling, Body building, Tennis, Cricket, Volleyball, Swimming, Sprinting and Gymnastics) were selected as a samples. It may be concluded that sportsmen of contact game will have significantly higher aggression than the non-contact sportsmen. According to literature contact in the game may increase the aggression level between players and influences on performance while in non-contact game only aggression is limited to objective with they play [35]. Similar result also found by Kanthraj S. (2016) on comparative study of aggression between contact game and non-contact game players of Karnataka [36].

3. Materials and Methods

3.1 Subject

Sample of the study consisted of 60 (N=30 sportsman and N=30 non-sportsman) were randomly selected as subjects from Rajarshi Shahu College Pathri, Dist. Chhatrapati Sambhajnagar, Maharashtra, India. The age of the subject ranged is between 18 to 25 years.

3.2 Measuring tools

For the purpose of present study Self-confidence Inventory made by Dr. Rekha Gupta (2006) [37]. The scale consists of 56 items in which 44 are positive statements and 12 are negative statements also. The answers of the questions were scored according to the prepared for the purpose. All the positive particulars answered negatively and the negative particulars answered positively were given one point each. The positive items answered positively and the negative items answered negatively received a zero score. This scoring procedure yielded each individual a score that was indicative of his level of self-confidence.

Aggression inventory made and standardized by Srivastava Anand Kumar and Shukla Prem Shankar (1988) [38]. The Sports Aggression Questionnaire was consisting of twenty five (25) questions during which thirteen (13) questions are keyed 'yes' and twelve (12) questions are keyed 'no'. The score is one (1) for every correct item whereas twenty five (25) is also the utmost score and zero (0) because the minimum score. A score starting from 12-13 is taken as average aggression, the score that vary on top of 12-13 are

considered as high aggression and therefore the scores the under 12-13 are considered as low aggression.

3.3 Procedure for test administration and collection of data

The experimenter personally meets the subjects and requests them to gather in a class room, experimenter will explain their study and were given individual questionnaires to fill. They had to fill their personnel information details on the questionnaire. The doubts in regard to understanding the questions were cleared by the researcher before attempting to fill the questionnaire by the above subjects. The subjects were given ample time to fill in the questionnaire and were not allowed to discuss the questionnaire.

Here are some questions regarding the way you feel right now, that is at these moments. There are rights or wrong answers of questionnaire. Don't spend to so important time on any statement but give the answer which seems to describe your present feeling better also. Convenience your subjects and make them fully comfortable on filling for the question.

The answered questionnaires were collected then and there. There after the collected response of subjects were converted into scores as per instructions mentioned in the manual of the questionnaire. The data collected was tabulated and analyzed also.

3.4 Data analysis

The collected data regarding self-confidence and aggression behavior in this study were analyzed by statistic program version 25.0 of the Statistical Package for Social Science (SPSS) software. Descriptive Statistic (Mean and Standard Deviation) and Independent 't' test was applied to comparison between both groups. The level of significance was set as 0.05 levels ($p < 0.05$).

4. Results

The findings with regards to the present study have been presented in Table No. 1. Further in Fig. No. 1 the graphical representation is presented.

Table 1: Mean comparison of self-confidence between sportsman and non-sportsman

Variable	Groups	Mean	Std. Deviation	DF	T-value
Self-confidence	Sportsman	30.13	1.27	29	3.45
	Non-Sportsman	28.60	1.71		

*Significant on 0.05 level of confidence

Table No. 1. indicates that the level of self-confidence between sportsman and non-sportsman. The Mean and Standard Deviation of sportsman is 30.13 and 1.27. Where, as the Mean and Standard Deviation of non-sportsman is 28.60 and 1.71. The 't' value is 3.45 which is more than tabulated value. It means there is significant difference between sportsman and non-sportsman with regards to their self-confidence.

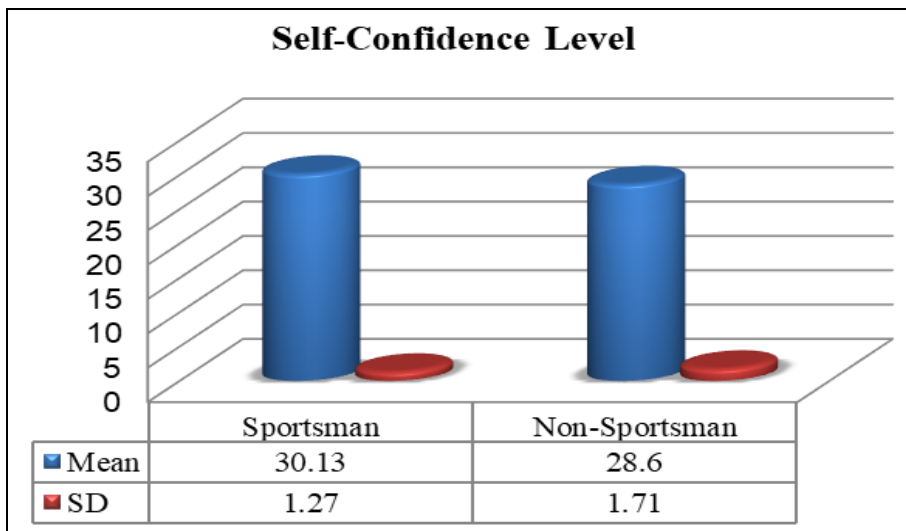
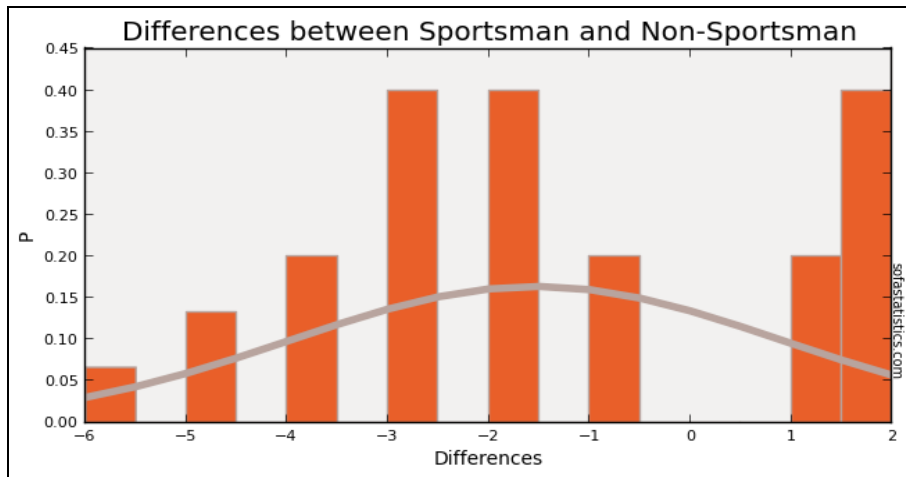


Fig 1: Graphical representation in self-confidence between sportsman and non-sportsman

The findings with regards to the present study have been presented in Table 2. Further in Fig 2 the graphical representation is presented.

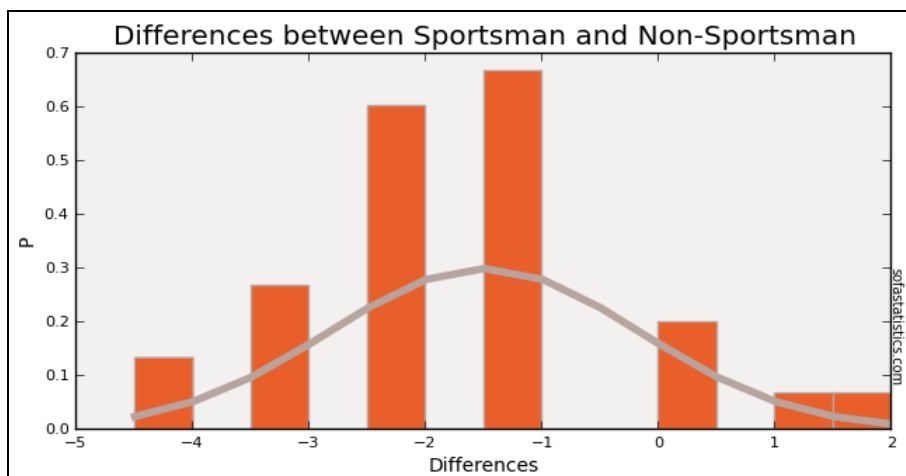
Table 2: Mean comparison of aggression between sportsman and non-sportsman

Variable	Groups	Mean	Std. Deviation	DF	T-Value
Aggression	Sportsman	13.70	1.02	29	6.16
	Non-Sportsman	12.20	1.09		

*Significant on 0.05 level of confidence

Table 2 indicates that the level of aggressive behaviour between sportsman and non-sportsman. The Mean and Standard Deviation of sportsman is 13.70 and 1.02. Where, as the Mean and Standard Deviation of non-sportsman is 12.20

and 1.09. The 't' value is 6.16 which is more than tabulated value. It means there is significant difference between sportsman and non-sportsman with regards to their aggression.



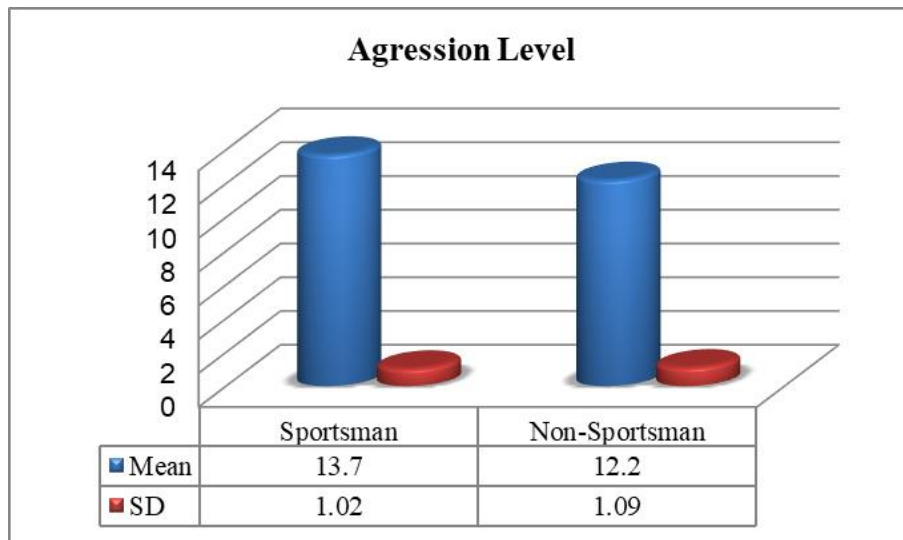


Fig 2: Graphical representation in aggression between sportsman and non-sportsman

5. Discussions

The present study aimed at compare the level of self-confidence and aggression behavior in sportsman and non-sportsman. The finding of present study there were significant difference between sportsman and non-sportsman in self-confidence and aggression.

Many studies have been carried out on the self-confidence and aggression of sports participants. Dr. Bharambe KD (2021) conducted study on self-confidence among sportspersons and non-sportspersons. She was reported that sportsperson students have better self-confidence than non-sportsperson students^[39]. Another study has shown that there was significance difference between sportsman and non-sportsman in self-confidence done by Tarakh S. S. (2016). He was also reported that sportsman and non-sportsman college students significantly difference on self-confidence^[23].

The finding of Srinivas P (2015) also reported that there was found significant difference between trained and untrained swimmers on self-confidence. The findings of this study show that the trained swimmers are significantly better than untrained swimmers in self-confidence^[40].

In a previous study by Dr. Durai C & Anantharaj G (2017) on comparison of self-motivation and self-confidence between sportsman and non-sportsman. The finding of this study shows that there was significance difference on self-confidence between sportsmen and non-sportsman^[28].

The findings of this study show that there was significant difference between individual and team game players. Similar results were found in previous work carried out by Satyanarayana LH, *et al.*, (2018) to determine the aggression between individual and team game men players of Kuvempu University. He was reported that there was significant difference exist between individual and team game men players in aggression^[29].

Another study has also shown that there was significant difference between team game and individual game players done by Dinesh Kumar (2016). He was concluded that the players of the team games were highly aggressive than the players of the individual games^[32]. Dr. Rajkumar P. Malipatil (2017) conducted study on the comparisons of aggressive behavior between individual and team game players participated in inter collegiate tournament of Gulbarga University. He had also reported there was found significant difference between individual and team game players also^[33]. In a previous study by Sukashant & Patil S. (2013) on a

comparative study of aggression level among contact and non-contact sportsmen. The finding of this study shows that the sportsmen who are participating in contact sports are having higher aggression than non-contact sportsmen^[35]. The result of the study also supported by the previous study conducted by Kanthraj S (2016) on assessment of aggression between contact and non-contact game players of Karnataka. He was reported that there is a significant difference in aggression between contact and non-contact game players wherein contact game players possess a higher level of aggression^[36].

The finding of Vileep KS, (2017) also reported that there was found significant difference between individual and team game men players on aggression. The findings of this study shows that the team game men players are significantly better than individual game inter collegiate men players in aggression^[34]. The finding of the study was in line with and fully supported with the findings of Khetmalis MS (2012) and Trivedi & Pinto (2015) also^[41, 11].

6. Conclusions

On the basis of results of the present study it can be concluded that the level of self-confidence of sportsman is high than the non-sportsman. It means there was found significant difference in self-concept between sportsman and non-sportsman. While taking aggression part in to consideration sportsman highly aggressive than the non-sportsman of Rajarshi Shahu College Pathri, Dist. Chhatrapati Sambhajanagar, Maharashtra, India. It means there was significant difference between both groups on aggression.

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