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## Comparative study of self-confidence levels between tribal and non-tribal national junior hockey players

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### Abstract

The present study to see the difference between tribal hockey players and non-tribal hockey players on self-confidence, 50 non-tribal junior national hockey players (Average age 19.16 yrs.) and 50 tribal junior national players (Average age 18.84 yrs.) were selected as sample Canter part of India 2024. The self-confidence inventory prepared by Panday (1983) was administered to each subject during rest time of tournament. The  $t=2.07$  shows significant difference, therefor it can be conducted that the tribal junior hockey players having more magnitude of self-confidence in compared to non-tribal junior hockey players.

**Keywords:** Self-confidence, junior hockey players, tribal and non-tribal

### Introduction

Self Confidence is self-belief, which is the ability of an individual to succeed. Self-confidence is faith in himself, his knowledge, and his abilities. Recently, strengthening self-confidence has received much attention from sports scientists. Confidence is one of the most commonly reported psychological factors influencing athletic performance and has also been cited as the most crucial factor in sports.

With "mental hardiness," or the ability to manage better than your opponents with many demands, remain determined, pay attention, and be in command of being under pressure, Self-confidence is the inner feeling of certainty; it is a feeling of certainty about who you are and what you have to offer to the world, and it also provides the feeling that you are worthwhile and valuable. Everyone craves self-confidence because it makes life much easier and more fun. Self-confidence is a knowledge factor that may enhance or improve athletic skills. Most sporting programs consist of mental practice, which has been found to help the essential development of athletes at lower skill levels. Athletes need to practice both imagery and self-confidence mentally. Many factors influence imagery, including somatic anxiety, motivation, emotions, and confidence.

### Hypothesis

It was hypothesized that there would be significant differences in self-confidence between Tribal and Nontribal junior national hockey players.

### Methodology

To test the abovementioned hypothesis, following methodological steps were taken.

### Sample

To conduct the present study, 50 non-tribal junior national hockey players (Average age 19.16 yrs.) and 50 tribal junior national players (Average age 18.84 yrs.) were randomly selected, were selected as center part of India 2024.

### Tools

The self-confidence inventory prepared by Pandey (1983) <sup>[12]</sup> was used to assess the self-confidence of selected subjects. This inventory is in Hindi, and it consists of 60 questions. The nature of questions in the inventory is mixed, i.e., 18 questions are positively worded while 42

are negatively worded. The reliability and validity of the inventory is satisfactory.

### Procedure

For the present study based on Self-Confidence, the data has been collected by questionnaire method & scoring has been done according to the procedure prescribed by the author.

### Result

After scoring, the data were tabulated according to their

respective groups. The 't' test was used to determine the differences between these two groups.

Results are presented in table 1.

The reported value is 2.07 in Table No. 1, which is statistically significant at 0.01 level of significance and mean values. This indicates that tribal junior national hockey players (Mean=27.72) are significantly more self-confident about their abilities than their counterparts, i.e., Non-Tribal junior national hockey players (Mean=25).

**Table 1:** Comparison of Self Confidence between non-tribal and tribal junior national players

Variable	Non-tribal junior national hockey players		Tribal junior national hockey players		t	Level of Significance
	Mean	S.D.	Mean	S.D.		
Self-confidence	25	7.47	27.72	7.11	2.07	0.01

### Discussion

In today's sports world, psychology plays a decisive role in making or breaking an athlete. Among all psychological traits, self-confidence is paramount in leading an athlete to achieve success. Without confidence, consistently performing at high levels is not possible. Self-confidence is defined as the belief that you can successfully perform a desired behavior.

The proposed study aims to explore the analogy between Tribal and Non-tribal national hockey players concerning their self-confidence levels. This study shows that Tribal players possess significantly higher self-confidence compared to Non-tribal national hockey players. This finding is crucial as most previous studies have concluded that Non-tribal players generally have higher confidence levels than their counterparts (Gamit & Makvana, 2021) [5]. However, B. & P. (2022) [4] found that Non-tribal students tend to have a higher self-concept than Tribal students. The present study contributes by highlighting that central Indian Junior Tribal national hockey players are more confident, which may be attributed to the facilities provided to them or various government schemes. This reflects the positive outcomes of societal development.

### Conclusion

The examination of psychological attributes is gaining significant traction in the realms of sports science and performance. Scrutinizing the psychological trait disparities between National-level Tribal and Non-tribal players assumes paramount importance. The findings of the study reveal that Tribal national junior hockey players are more confident than Non-tribal players.

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