



INFLUENCE OF SPORTS PARTICIPATION ON THE SELF CONFIDENCE AMONG SCHOOL STUDENTS

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ABSTRACT :

The present study focused on the influence of sports participation on the self confidence among the school students of kalaburagi district, the researcher wanted to reveal the influence of sports participation on the self confidence of school student in this study the researcher tried to find out the importance of sports and games in the school arena for the development of students personality. The major objectives of the study- to measure the self confidence among the school students, to find out the positive effect of sports participation on the self confidence of sample group. The hypothesis of the study – there would be significance effect of sports participation on the self confidence of students. There would be positive effect of sports and games participation to boost self confidence level among the school students. The sample was consisted thirty sports participated and thirty non sports participated students of the sharnabasaveshwar public school kalaburagi, karanataka, ninth standard boys were randomly selected for the study and made two groups sports participated group and non sports participated group. Research tool used - The self confidence questionnaire is developed by M. Basavanna (1971). This questionnaire consists of 100 items. The items are scored according to scoring key. Accordingly the one who scores high is said to have lower self confidence and vice-versa. The add-even split half reliability was calculated and reliability co-efficient as corrected by the Spearman Brown properly formula was found to be 0.94. The data was collected by the both respondents and analysis through the statistical tests like mean, SD, t tests to prove the research hypothesis of the study.



KEYWORDS : sports participation, self confidence.

INTRODUCTION:

Self confidence is individual's perceived ability to act effectively and to attain success. It is the perception of a person about himself. Any act of success or failure is largely determined by self confidence. Therefore it is believed that self confidence increases one's potential to perform. The higher confidence is always a boosting factor for given activity initially most of the research works in physical education and sport was carried out in science - related disciplines like exercise physiology, bio-mechanics, nutrition, physical fitness and anthropometry. Researchers in these fields were of the opinion that factors present in these areas were chiefly responsible for performance of a sportsman in competitive sport.

The role of psychological factors like personality aggression, anxiety, achievement, motivation, self confidence, stress etc. have been investigated by various researchers for their possible contribution in performance of an individuals.

When the desire for achievement becomes a dominant concern for the person, it is expressed in restless driving energy aimed at achieving excellence, getting ahead, improving on past records, defeating competitors, doing things better and faster more efficiently and finding unique solutions to difficult problems. People with strong achievement generally are self-confident individuals who are at their best taking personal responsibility in situation where they can control what happens to them.

The job status also has the influence on the self confidence of an individual, many private school teachers having the lower confidence level than the government school teachers of the area. The socio economic status of the teachers having the influence on the psychological factors of the sample.

Method

The major objectives

- To measure the level of self confidence of school students who participated in sports and games.
- To compare the self confidence level among sports participated and non participated students.

The hypothesis

- There would be significant influence of sports participation on the self confidence of students.
- There would be significant difference in self confidence among sports participated and non participated student.

Sample of the study

The sample was selected through the simple random method of sampling technique. The sample selected in the high school (9th standard) of Kalaburagi city, the sample was divided in two groups, thirty sports participated and thirty students group who never participated in sports and games.

Research tool used

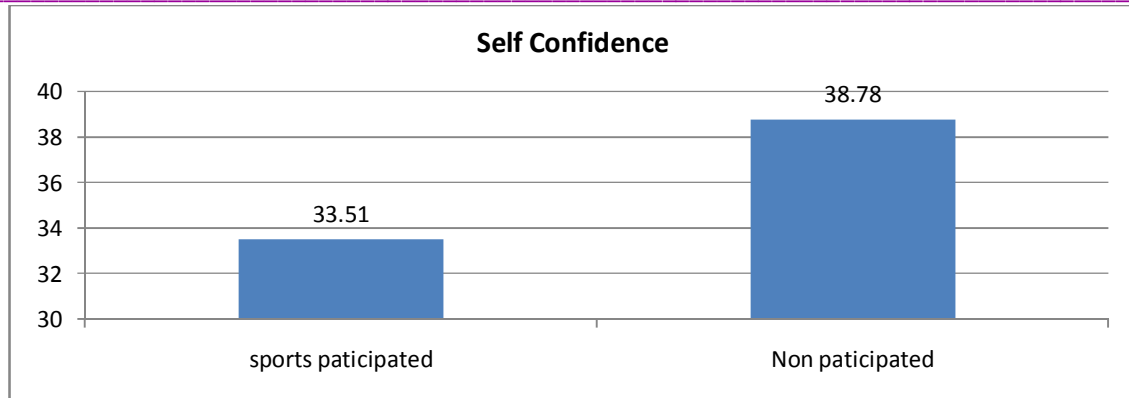
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Data Analysis

Table No 1 showing Means, SDs and t-value of self confidence among sample groups of the study.

Sample	N	MEAN	SD	t-value
Sports participated	30	33.51	2.40	2.575**
Non participated	30	38.78	3.49	

**Significant at 0.01 level.



The table and graphs are showing that the students who have participated in sports and games are having more self confidence than the non participated students of the study. The group of the students who have participated in sports and games have scored 33.51 in the self confidence inventory and the non sports participated group of the students scored mean is 38.78. according to manual sports participated group has the higher self confidence than the non participated group of the study. The t value significant at 0.01 levels

FINDINGS

- ❖ The study revealed that there is a significant difference in self confidence among sports participated and non participated groups.
- ❖ The study also revealed that there is positive influence of sports involvement on the self confidence of students.
- ❖ The study also showing that sports participation boost the self confidence among the students.

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