



SELF CONFIDENCE PROFILE OF INTERCOLLEGIATE FEMALE HOCKEY PLAYERS OF CHHATTISGARH

Dr. Baid Chand Prakash¹ and Dr. Bhandeo Milind²

¹Assistant Professor, Deptt. of Physical Education, Vipra Arts, Commerce and Physical Education College, Raipur Chhattisgarh, India.

²Assistant Professor, Deptt. of Physical Education, Vipra Arts, Commerce and Physical Education College, Raipur, Chhattisgarh, India.



ABSTRACT :

The aim of the present study is to evaluate self-confidence of female hockey players of Chhattisgarh. To conduct the study, 100 intercollegiate female hockey players (Average age 21.10 years) were selected as sample. The selection of intercollegiate female hockey players was done from colleges coming under the jurisdiction of Pt. Ravishankar Shukla University, Raipur (C.G.). Random sampling was used in the present study. To assess self-confidence of female hockey players from Chhattisgarh, self confidence inventory prepared by Pandey (1983) was used. It was found that majority i.e. 52% female hockey players had low level of self confidence whereas 20% had moderate and 28% were high in self confidence at .01 level of statistical significance. It was concluded that intercollegiate female hockey players of Chhattisgarh lack confidence in their own abilities and needs to be psychologically trained so that they can excel at national level.

KEYWORDS : *Self-confidence, female hockey, Intercollegiate.*

INTRODUCTION

One derives confidence from achievements as well as its associated hard work and training for achieving the certain desired goals. When skill level in a particular task is enhanced, executing it properly also boost self-confidence. The self-confidence in a sportsperson is a result of his/her knowledge of factors that contribute to elevated or low level of confidence. Self-confidence often termed, as emotional and behavioral stability is a positive state of mindset. This positive set of mindset culminates into higher magnitude of person's belief in his abilities. Self-confidence is our self reassurance in trusting our capability and judgment which gives a positive mindset about doing certain things properly.

Scientific researches under the domain of sports psychology clearly suggesting the importance of self-confidence in terms of sports performance. With the help of scientific survey Woodman and Hardy (2003) contented, that self-confidence is one of the most important factor which affect sports performance. Bull et al. (2005) also voiced that removing self-doubts and self-focus generates mental toughness that allows sportspersons to tackle adverse situation during play or even in training.

Zellner (1970) considered self-confidence as the self-trust that in the prospect one can generally achieve what one wishes to do. Libby (2014), Bajpai and Nagma Sultana (2015) to name a few have documented the role of self-confidence in sports performance. According to Bull et al. (2005) overcoming self-doubts and maintaining self focus that generate tough thinking enables sportspersons to confidently tackle adverse situation. Jones and Hardy (1990) and Hemery (1986) in their studies also

shown that elite athlete possess high level of self-confidence. These athletes believe that sports performance is dependent upon how confident you are regarding to capabilities. Similar views were expressed by Covassin and Pero, 2004; Hays, Maynard, Thomas, and Bawden, 2007 in their scientific documentation of self-confidence in relation to sports.

Keeping the importance of self-confidence in sports performance, the researcher decided to assess self-confidence level of female hockey players of Chhattisgarh. Since researcher belongs to Chhattisgarh, he feels that exploring the self-confidence profile of female hockey players of Chhattisgarh will be useful in gaining knowledge towards their psychological potentiality.

AIMS & OBJECTIVE

The aim of the present study was to construct self-confidence profile of intercollegiate female hockey players of Chhattisgarh.

HYPOTHESIS

It was hypothesized that female hockey players of Chhattisgarh will show positive trend towards high level of self-confidence.

METHODOLOGY:-

The following methodological steps were taken in order to conduct the present study.

Sample:-

To conduct the study, 100 intercollegiate female hockey players (Average age 21.10 years) were selected as sample. The selection of intercollegiate female hockey players was done from colleges coming under the jurisdiction of Pt. Ravishankar Shukla University, Raipur (C.G.). Random sampling was used in the present study.

Tools:

Self Confidence Inventory

To assess self-confidence of selected intercollegiate female hockey players of Chhattisgarh, self confidence inventory prepared by Pandey (1983) was used. 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 questions are negatively worded. The test has high face and constructs validity and it is highly reliable. Lower the score better will be the self-confidence is the direction for interpretation of scores.

Procedure:

100 intercollegiate female hockey players were selected from Chhattisgarh. After giving brief explanatory note on objectives of the present study, Pandey's self confidence inventory was administered. The response obtained was scored off as per author's manual. Afterward subject were divided into three categories i.e. high, moderate and low level of self-confidence respectively. Subjects whose scores were below 23 were considered as highly self confident, scores between 24-37 were treated as moderately confident while scores over 38 were treated as low self confidence. χ^2 test was used to compare distribution of subjects in three groups. Results depicted in table 1.

RESULT AND DISCUSSION

Table 1
Distribution of Female Hockey Players of Chhattisgarh on the Basis
of Various Categories of Self Confidence

Categories of Self Confidence	Frequency	Percentage (%)	χ^2
High (Less than 23)	28	28.0	$\chi^2 = 16.64$ ($p < .01$)
Moderate (Between 24-37)	20	20.0	
Low (More than 38)	52	52.0	
Total	100	100.0	

χ^2 (df=2) = 5.99 at .05 level and 9.21 at .01 level

Results presented in table 1 indicate that majority i.e. 52% female hockey players possess low level of self confidence while 20% had moderate level of self confidence. Only 28% subjects exhibited higher magnitude of self-confidence in their abilities. The calculated $\chi^2 = 16.64$ which is statistically significant at .01 level confirms the above finding. Theory of self confidence as mentioned in sports psychology literature clearly indicate that self confidence is the key as far as sporting excellence is concerned. Hence, in this regard female hockey players are lacking in one of the most suggested psychological variable i.e. self confidence.

CONCLUSION

On the basis of results, it was concluded that majority of the female hockey players of Chhattisgarh have no belief in their abilities that they possess the required abilities and skill to excel in the field of hockey.

REFERENCES

- Bajpai, S. and Sultana Nagma (2015). A Study of Self Confidence in Female Volleyball Players: with Reference to Sports Achievements. Res. J. of Physical Education Sci., Volume 3, Issue (8), Pages 9-11.
- Zellner, M. (1970). Self Confidence. "Journal of Personality and Social Psychology". Journal of Personality and Social Psychology. 15(1): 87-93.
- Bull, S. J.; Shambrook, C. J.; James, W. and Brooks, J. E. (2005). Towards an Understanding of Mental Toughness in Elite English Cricketers. Journal of Applied Sport Psychology. 17 (3): 209-227.
- Covassin, T., Pero, S. (2004) The relationship between self-confidence, mood state, and anxiety among collegiate tennis players. Journal of Sport Behavior, 27(3), 230-242.
- Hays, K., Thomas, O., Maynard, I. and Bawden, M. (2009). The role of confidence in world class sport performance. Journal of Sport Sciences, 27 (11), 1185-1199.
- Hemery, D. (1986). The Pursuit of Sporting Excellence. London: Collins.
- Jones, J.G. and Hardy, L. (1990). Stress in sport: Experiences of some elite performers. In G. Jones and L. Hardy (eds), Stress and Performance in Sport, Wiley, Chichester, pp 247-277.
- Libby, J. (2014). The Importance of Self-Confidence to a Batsman in Cricket. Unpublished Dissertation, Department of Sport and Exercise Science, Cardiff Metropolitan University.
- Woodman, T. and Hardy, L. (2003). "The relative impact of cognitive anxiety and self-confidence upon sport performance: a meta-analysis". Journal of Sports Sciences. 21 (6): 443-457.



Dr. Baid Chand Prakash

Assistant Professor, Deptt. of Physical Education, Vipra Arts, Commerce and Physical Education College, Raipur Chhattisgarh, India.