



EFFECT OF SELF CONFIDENCE ON SPORTS PERFORMANCE AMONG SPORTS PLAYERS

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ABSTRACT:

The self confidence is the one of the most powerful psychological factor effecting on the sports players performance in the sports field. Many research studies have been proved that the psychological factors influence on the sports performance. The present study intended to reveal the effect on self confidence on the sports performance of the players or sample of the study. The investigator interested to test the research hypothesis of the study 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: self confidence, sports performance.

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 level of self confidence among the sports players has the impact on the speed test among the sample of the research study. the investigator has taken the speed test of two groups, the sports players groups of high and low self confidence levels.

Basavanna (1971) studied self-confident in relation with self and ideal found that self-confidence people particularly who were capable. Successful and adjusted, had significantly higher self-ideal self-confidence than those who were low in their level of self-confidence.

METHODOLOGY

The major objectives of the study -

- To measure the level of self confidence among the sports players
- To divide the high and low self confidence sports players groups
- To compare the sports performance among high and low self confidence groups of sports players.
- To compare the speed ability among high and low self confident sports players.

The hypothesis of the study -

- There would be significant difference in the self confidence among the sports players.
- There would be significance difference among high and low self confidence sports players.
- There would be significance difference in the speed ability among the high and low self confident sports players of the study.

Sample of the study

The investigator have been selected the one hundred sports players from the Kalaburagi district, the sample divided into two groups one group of low self confidence and one with high self confidence sports players of the study. The investigator intended to find out the effect of psychological factor self confidence on the sports performance, the speed test measured between the both groups to find out the effect of psychological factor on sports performance.

Research tool used

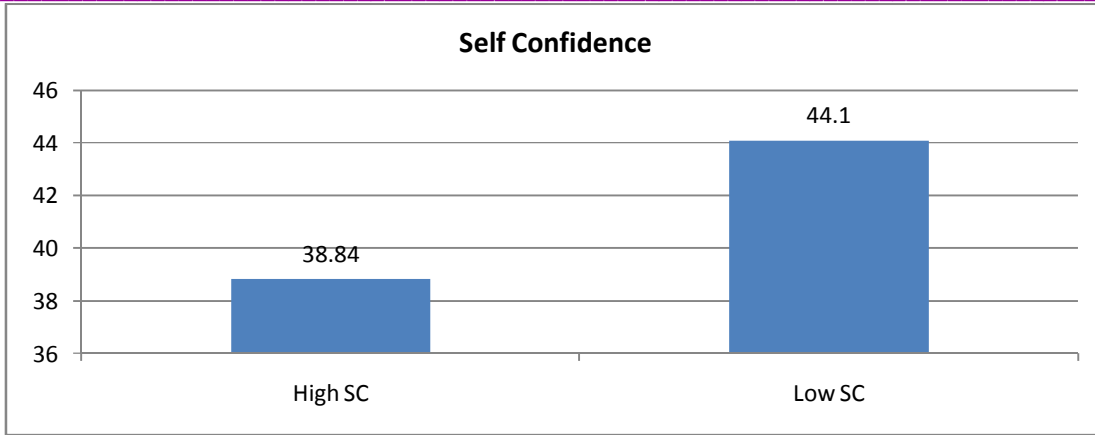
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Data Analysis

Table No 1 showing Means, SDs and t-value of Self Confidence among sports players

Sample	N	MEAN	SD	t-value
High Self Confidence	50	38.840	5.698	2.451**
Low Self Confidence	50	44.101	8.206	

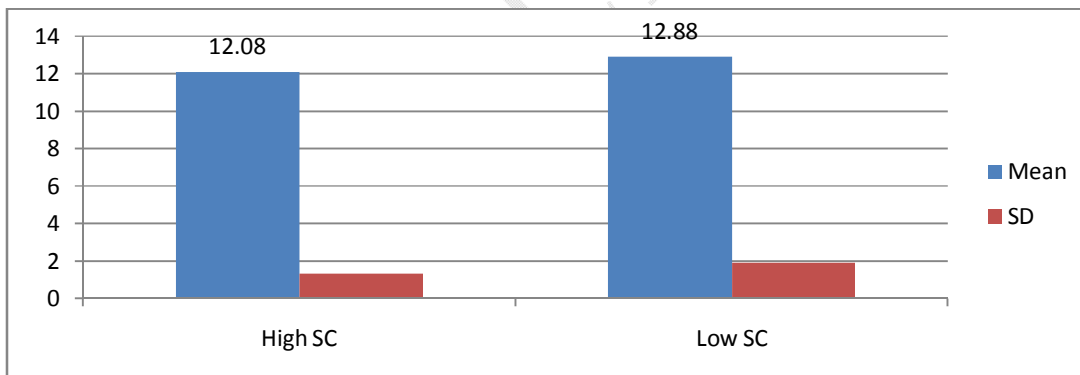
**Significant at 0.01 level.



The table and graphs are representing the data of the sports players on their self confidence levels, the table showing the high and low self confidence groups among the sports players of the Kalaburagi district.

The table No 2 - showing the effect of Self confidence on the speed test among the sports players.

Sample	N	MEAN	SD	t-value
High Self Confidence	50	12.080	1.351	1.457**
Low Self Confidence	50	12.882	1.911	



The table showing the effect of self confidence among the sports players speed ability, the high self confident sports players group mean score in 100 mtrs speed test is 12.08, the standard deviation is 1.351, the low self confident group mean score is 12.882, the standard deviation is 1.911, the calculated t value is 1.457, which is significant at 0.01 levels.

CONCLUSION OF THE STUDY

The present study showing the significant difference in self confidence among the sports players of the Kalaburagi district, the investigator divided the sports players groups on the bases of high and low self confidence group, the high and low self confidence groups speed ability was measured through the standard tests method of 100 meters test measured time in seconds to find out the impact of self confidence on the sports performance among the sports players.

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- ❖ There is significance difference in the self confidence among the sports players
 - ❖ There is significant difference in the speed ability test among the high and low self confidence sports players of the study.
 - ❖ The study showing that higher self confidence levels boosting the sports performance among the sports players,

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