

International Multidisciplinary Research Journal

Golden Research Thoughts

Chief Editor
Dr.Tukaram Narayan Shinde

Publisher
Mrs.Laxmi Ashok Yakkaldevi

Associate Editor
Dr.Rajani Dalvi

Honorary
Mr.Ashok Yakkaldevi

Welcome to GRT

RNI MAHMUL/2011/38595

ISSN No.2231-5063

Golden Research Thoughts Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial board. Readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

International Advisory Board

Flávio de São Pedro Filho Federal University of Rondonia, Brazil	Mohammad Hailat Dept. of Mathematical Sciences, University of South Carolina Aiken	Hasan Baktir English Language and Literature Department, Kayseri
Kamani Perera Regional Center For Strategic Studies, Sri Lanka	Abdullah Sabbagh Engineering Studies, Sydney	Ghayoor Abbas Chotana Dept of Chemistry, Lahore University of Management Sciences[PK]
Janaki Sinnasamy Librarian, University of Malaya	Ecaterina Patrascu Spiru Haret University, Bucharest	Anna Maria Constantinovici AL. I. Cuza University, Romania
Romona Mihaila Spiru Haret University, Romania	Loredana Bosca Spiru Haret University, Romania	Ilie Pinteaa, Spiru Haret University, Romania
Delia Serbescu Spiru Haret University, Bucharest, Romania	Fabricio Moraes de Almeida Federal University of Rondonia, Brazil	Xiaohua Yang PhD, USA
Anurag Misra DBS College, Kanpur	George - Calin SERITAN Faculty of Philosophy and Socio-Political Sciences Al. I. Cuza University, IasiMore
Titus PopPhD, Partium Christian University, Oradea, Romania		

Editorial Board

Pratap Vyamktrao Naikwade ASP College Devrukh, Ratnagiri, MS India Ex - VC. Solapur University, Solapur	Iresh Swami N.S. Dhaygude Ex. Prin. Dayanand College, Solapur	Rajendra Shendge Director, B.C.U.D. Solapur University, Solapur
R. R. Patil Head Geology Department Solapur University, Solapur	Narendra Kadu Jt. Director Higher Education, Pune	R. R. Yalikal Director Managment Institute, Solapur
Rama Bhosale Prin. and Jt. Director Higher Education, Panvel	K. M. Bhandarkar Praful Patel College of Education, Gondia	Umesh Rajderkar Head Humanities & Social Science YCMOU, Nashik
Salve R. N. Department of Sociology, Shivaji University, Kolhapur	Sonal Singh Vikram University, Ujjain	S. R. Pandya Head Education Dept. Mumbai University, Mumbai
Govind P. Shinde Bharati Vidyapeeth School of Distance Education Center, Navi Mumbai	G. P. Patankar S. D. M. Degree College, Honavar, Karnataka	Alka Darshan Shrivastava Shaskiya Snatkottar Mahavidyalaya, Dhar
Chakane Sanjay Dnyaneshwar Arts, Science & Commerce College, Indapur, Pune	Maj. S. Bakhtiar Choudhary Director, Hyderabad AP India.	Rahul Shriram Sudke Devi Ahilya Vishwavidyalaya, Indore
Awadhesh Kumar Shirottriya Secretary, Play India Play, Meerut (U.P.)	S. Parvathi Devi Ph.D.-University of Allahabad	S. KANNAN Annamalai University, TN
	Sonal Singh, Vikram University, Ujjain	Satish Kumar Kalhotra Maulana Azad National Urdu University

Address:-Ashok Yakkaldevi 258/34, Raviwar Peth, Solapur - 413 005 Maharashtra, India
Cell : 9595 359 435, Ph No: 02172372010 Email: ayisrj@yahoo.in Website: www.aygrt.isrj.org

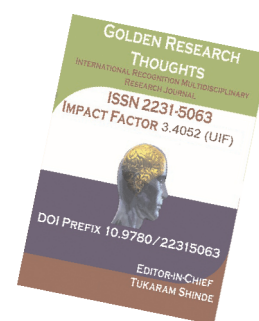


RELATIONSHIP BETWEEN SELF CONFIDENCE, SOCIO-ECONOMIC STATUS AND PHYSICAL FITNESS COMPONENTS



Rajkumar Karve

**UGC-Post Doctoral Fellow, Department of Physical Education,
Gulbarga University, Kalaburagi.**



ABSTRACT

When the individual was exposed to the different environment, atmosphere and socio-cultural conditions he would tend to develop different types of personality traits, the socio-economic status and self confidence are important factors, which would help him to excel in his sport performance.

To achieve the purpose of the study hundred (76) men cricketers, participated in inter-collegiate cricket tournament, served as subjects for the present study. All the selected subjects were administered to SES scale and Self confidence questionnaire (SCQ). After the scoring the subjects were divided into "High" and "Low" groups in both the variables according to the key manual and then the A.A.H.P.E.R. and French Bobbing physical fitness tests were administered for both the groups. The results had shown a significant difference in physical fitness components between high and low self

confidence groups and also between high low SES groups. There is a positive and significant correlation between the self confidence, socio-economic status and physical fitness components.

KEYWORDS :Socio-economic status, Self confidence, Physical fitness, Performance.

INTRODUCTION :

Sports are highly specialized activities, the participation in sports warrants a fundamental desire to compete and surpass others in performance, and since any sports activity involves competition. However, winning in a competition surely

depends on performance. Better the performance, greater the chance of winning. Nevertheless, the quality of performance displayed by the athletes in competitive events is determined by the several aspects. In modern competitive sports, psychological preparation of a team is as important as teaching them the different skills of a game with scientific methods. In these days, the teams are prepared not only to play, but to win the games. And for winning the games, it is not only the proficiency in the skills, which matters, but also the spirit and attitude of the players with which they play.

The mental attitude of each individual player as well as of the team can help or hinder their performance. Most of the coaches agree that the physical characteristics, skills and training of the



players are extremely important, but they also feel that good mental or psychological preparation for competition is a necessary component for success.

Self confidence

Self confidence is an attitude, which all individuals have positive yet realistic views of themselves and their situations. Self confidence people trust their own abilities have a general sense of control in their lives and believe that, within reason, they will be able to do what they wish, plan, and expect.

Like self esteems, self confidence refers to individual's perceived ability to act effectively in a situation to overcome obstacles and to get things goes all right. Hence self-confidence is believed to increase one's performance. The higher level of confidence generates enthusiasm for the given activity. It is the variation in confidence that makes differences in performance of sports activity. Therefore studying the influence of confidence assumes importance.

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

Socio-Economic Status (SES)

The socio-economic status is recognized as important factor which plays a major role in shaping the performances of an individual sports person and achievement in sports. The social class to which the youngster belongs definitely influences both his sports activity and psychologically speaking his personality development.

Suidontop (1984) states in his study, that the social level influences the acquisition of motor skills. More than that, it affects the youngsters of the middle socio-economic level directly influences the acquisition of motor skills. There is a deep and inalienable connection between the socio-economic background and the performance of the sports persons in their sports activities.

Physical fitness

Physical fitness is defined as "a set of attributes that people have or achieve that relates to the ability to perform physical activity" (USDHHS, 1996). Physical fitness is used in two close meanings: general fitness (a state of health and well-being) and specific fitness (a task-oriented definition based on the ability to perform specific aspects of sports or occupations).

Concept of performance

The nature of sports performance has been insufficiently explored because sports performance is a complicated multi-dimensional process of tackling a sports task. Its exploration further needs an integrated effort on the part of various science disciplines theory and methods of specific sports.

Objectives of the study

The following are the objectives of the present study:

- To assess the effect of socio-economic status (SES) on the performance of cricketers.
- To study the impact of self confidence on the performance of cricketers.
- To analyze the correlation between self confidence, socioeconomic status and physical fitness components.

MATERIALS AND METHODS

The purpose of the present work was to study the relationship of socio-economic status, self confidence and physical fitness components. The investigator has come across many questionnaires that would measure the level of socio-economic status and self confidence. After a thorough search and examination of the literature on the various psychological studies, it was decided by the investigator to administer the SES scale was constructed by Bharadwaj (1989), Self confidence questionnaire (SCQ) developed by Basavanna (1971), A.A.H.P.E.R. and French Bobbing physical fitness tests.

Sample

Hundred (76) men cricketers, participated in inter-collegiate cricket tournament, served as subjects for the present study. These 76 subjects together represented the sample for the present study.

Test Administration and Collection of Data

To collect necessary data pertaining to the present study, all the selected subjects were administered to SES scale and Self confidence questionnaire (SCQ) during the inter-collegiate wrestling competitions. The data were in the form of answer given by the subjects in response to the various questions of the questionnaire. The subjects completed answering the questionnaire within the stipulated time after which the questionnaires were collected back and the standard scoring manual was used to get the score. After the scoring of the completed questionnaire the subjects were divided into "High" and "Low" groups in both the variables according to the key manual and then the A.A.H.P.E.R. and French Bobbing physical fitness tests were conducted for both the groups.

Tools

1. Socio-Economic Status Scale (SESS)
2. Self Confidence Questionnaire (SCQ)
3. A.A.H.P.E.R. and French Bobbing physical fitness tests.

Sl.No.	Components	Test	Unit of Measurement
1.	Speed	50 yard dash	Time
2.	Endurance	12 min. Run & Walk	Distance
3.	Agility	Shuttle run 10x4 yards	Time
4.	Strength	Pull Ups	Score
5.	Flexibility	Sit & Reach test	Inches

The procedure and scoring of selected physical fitness tests are done as per the norms given in the manual of tests and scales.

Statistical Analysis

To meet the objective of the study mean, standard deviation, t-value and correlation were used to calculate and analyze the data.

INTERPRETATION OF DATA AND RESULTS

Table1
Physical Fitness Performance of Cricketers in Two Levels of SES

Components	SES	Mean	SD	t- value
Endurance	Low	2124.2	168.3	5.83**
	High	2328.5	152.9	
Speed	Low	12.31	1.11	8.92**
	High	11.02	1.36	
Agility	Low	15.45	2.43	9.13**
	High	13.32	1.31	
Strength	Low	12.56	2.69	8.63**
	High	16.42	2.52	
Flexibility	Low	2.32	1.02	5.81**
	High	3.65	1.42	

**Significant at 0.01 level

Table 1 shows the mean scores of five physical fitness components of cricketers in two levels of SES. It can be observed that the mean score in low SES is lower than the high SES. This shows that the high SES participants have taken less time to complete the given task (Speed and Agility test) than the low SES. In endurance test the high SES participants have covered more distance in the given task than the low SES. In pull-ups (Strength) test the high SES participants have scored more in the given task than the low SES. In flexibility test the high SES participants have reached more range of motion or scored more in the given task than the low SES. The t-values were significant at 0.01 level which states that there is a significant difference in the physical fitness components between the two SES levels.

The higher SES has facilitated the higher performance of the cricketers. This clearly indicates that the physical fitness of high SES cricketers is comparatively higher than the low SES.

Table 2
Physical Fitness Performance of Cricketers in Two Levels of SC

Components	SES	Mean	SD	t- value
Endurance	Low	2025.9	161.9	7.83**
	High	2312.8	164.6	
Speed	Low	11.42	1.77	5.62**
	High	10.12	1.43	
Agility	Low	15.32	1.82	6.53**
	High	12.41	1.69	
Strength	Low	11.47	2.78	7.90**
	High	15.60	2.18	
Flexibility	Low	2.14	1.69	4.02**
	High	3.52	1.76	

**Significant at 0.01 level

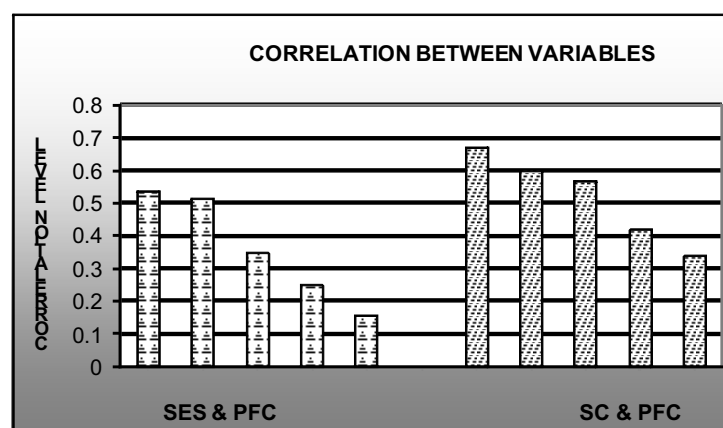
Table 2 gives the mean scores of five physical fitness components of cricketers in low and high self confidence. It can be observed that the mean score in low self confidence is lower than the high self confidence. This shows that the high self confidence participants have taken less time to complete the given task (Speed and Agility test) than the low self confidence participants. In endurance test the high

self confidence participants have covered more distance in the given task than the low self confidence participants. In pull-ups (Strength) test the high self confidence participants have scored more in the given task than the low self confidence participants. In flexibility (French Bobbing) test the high self confidence participants have reached more range of motion or scored more in the given task than the low self confidence participants. The t-values were significant at 0.01 level which states that there is a significant difference in the physical fitness components between the two self confidence levels. Thus the self confidence proves to be significant influencing factor in increasing performance. Therefore, the results indicated that there is an influence of self confidence on the physical fitness components.

Table 3
Correlation between the Variables

Sr.No.	Variables	r-values
1	SES and Strength	0.532**
2	SES and Flexibility	0.510**
3	SES and Endurance	0.345**
4	SES and Speed	0.248**
5	SES and Agility	0.156**
6	SC and Strength	0.673**
7	SC and Speed	0.598**
8	SC and Endurance	0.567**
9	SC and Flexibility	0.422**
10	SC and Agility	0.341**

****Significant at 0.01 level**



SES- Socio economic status, SC- Self confidence, PFC- Physical fitness components

Table 3 and graph shows the r-values of the variables. It can be seen that all the r-values were significant at 0.01 level to indicate the significant relationship between the variables. Thus the results clearly speak the fact that there is a positive and significant relationship between the SES, self confidence and physical fitness components.

CONCLUSIONS

- ❖ The significant difference in physical fitness components between high and low SES. High SES

sample has significantly higher performance in physical fitness tests than the Low SES.

- ❖ The positive and significant relationship between the SES and all the physical fitness components.
- ❖ The significant difference in physical fitness components between high and low SC. High SC sample has significantly higher performance in physical fitness tests than the Low SC.
- ❖ The positive and significant correlation between the self confidence and all the physical fitness components.

When an individual was exposed to the different environment, atmosphere and socio-cultural conditions would tend to develop different types of personality traits. The socio-economic status and self confidence are important factors helps to excel in his sport performance.

RECOMMENDATIONS

- ❖ 1.The findings of the present study can be utilized by the HRD (Human Resource Development) experts and Ministry of Sports and Youth Affairs, and Sports Councils while formulating the policies and implementing the same at levels.
- ❖ 2.Attitudes, perceptions and interpersonal relations of the players should be studied in the future investigation.
- ❖ 3.Endeavors need to be undertaken in the direction of studying comprehensively, the psychological correlates of high achievers at the national and international level.
- ❖ 4.Cross sectional studies need to be conducted at the inter-university, regional and national levels.
- ❖ 5.Large sample need to be taken for the effective generalizations about the findings of the study.
- ❖ 6.Results of study are capable of strengthening athletic performance in the form of 'sports package' to be used by coaches and trainers in the field of physical education and sports science.

REFERENCE

- 1.Alderman, R.B (1974), Psychological Behavior in Sports. W.B. Saunders, Philadelphia.
- 2.Paul Hunsicker and Guy. G. Reiff (1976), AAHPER Youth Fitness Test Manual, AAHPER Publication, Washington, D.C., U.S.A.
- 3.Barrow, H.M (1964), An Introduction to Motivation, Van Nostril and Reinhold Company, New York.
- 4.Bhardwaj (1984), The Socio-Economic Status Scale, N.P.C. Agra.
- 5.Brown, William (1926), Mind and Personality, University of London Press Ltd, London.
- 6.Butt, D Susan (1976), Psychology of Sports, Von Nostrand Reinhold Co; New York.
- 7.Clarke, H.H (1973), Individual Difference, their Nature, Extent and Significance: Physical Fitness Research Digest, President's Council on Physical Fitness and Sports-3 No. 4.
- 8.Clarke, H.H (1971), Basic Understanding of Physical Fitness, Physical Fitness Research Digest, 1 (1), President's Council on Physical Fitness and Sports, Washington, D.C., U.S.A.
- 9.Cooper, L (1969), Athletes, Activity and Personality, Review of the Literature.
- 10.Cratty, Brayant, J (1989), Psychological in Contemporary Sports (Third Edition), Englewood Cliffs, New York.
- 11.Dorothy, H.V (1978), The Achievement Motivation Test of Psychology, An Analysis of Athletic Behavior, Mc. Graw Hill, New York.
- 12.M. Basavanna (1971), Self confidence Inventory, R.P.C. Varanasi.

Publish Research Article

International Level Multidisciplinary Research Journal

For All Subjects

Dear Sir/Mam,

We invite unpublished Research Paper, Summary of Research Project, Theses, Books and Book Review for publication, you will be pleased to know that our journals are

Associated and Indexed, India

- ★ International Scientific Journal Consortium
- ★ OPEN J-GATE

Associated and Indexed, USA

- ✍ EBSCO
- ✍ Index Copernicus
- ✍ Publication Index
- ✍ Academic Journal Database
- ✍ Contemporary Research Index
- ✍ Academic Paper Database
- ✍ Digital Journals Database
- ✍ Current Index to Scholarly Journals
- ✍ Elite Scientific Journal Archive
- ✍ Directory Of Academic Resources
- ✍ Scholar Journal Index
- ✍ Recent Science Index
- ✍ Scientific Resources Database
- ✍ Directory Of Research Journal Indexing

Golden Research Thoughts
258/34 Raviwar Peth Solapur-413005, Maharashtra
Contact-9595359435
E-Mail-ayisrj@yahoo.in/ayisrj2011@gmail.com
Website : www.aygrt.isrj.org