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A STUDY ON SELF-CONFIDENCE AND PERFORMANCE AMONG ALL INDIA INTERUNIVERSITY ATHLETIC MEET

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Short Profile

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ABSTRACT:

Sports activities are universal; these activities are carried on in every country. Sports means to attain physical and mental health. Sports activities are of different kinds, these activities need not be in the form of games only. Every individual will be active in one or the other way in his/her daily life. Normally physical activities are considered as sports, for e.g., Football, Volleyball, Hockey, etc. These activities will be carried on through individuals physical movements. Sports are an important and essential activity for each and every individual, because, to carry on the day-to-day's activities and responsibilities people need lot of physical energy and endurance. Therefore, every individual must try to cultivate one are the other sports activity in his/her life.

KEYWORDS

Self-Confidence ,Performance,attain physical and mental health.

INTRODUCTION

He will be trying to improve his physical and mental stamina and skills regularly before participating in any games, sports and competition. And the sportsmen need good physical health for which they have to have rich and highly nutritious and energetic food. They must also do regular exercises early in the morning in fresh air to develop sound physical and mental health.

The Self Confidence:

According to Dr. Keith Ball "confidence come with good goals, good preparation, familiarity with success, prediction of success, re-experiencing past success and giving the appearance of assuredness". Self confidence is a simple attribute of perceived self. It is neither a part of the self, nor it is independent from the self. Simply speaking self confidence refers to an individual perceived ability to act effectively in a situation to overcome obstacles and to attain successes.

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 performance. The higher confidence is always a boosting factor for given activity.

Rogers (1951), Allport (1961), Combs and Snygg (1959) and Wlyline (1961) have defined a self confident person as one who perceives himself as socially competent, emotionally mature, intellectually adequate, successfully satisfied, decisive, optimistic, independent, self assured, forward moving, fairly assertive, having leadership qualities and in general as having positive and constructive self feelings and evolution.

Statement of the Problem:

A study on self confidence on the performance in athletic events 100 mtr, 200 mtr and 400 mtr run.

OBJECTIVES:

The following are the objectives of the present study:

1.To study the influence of self confidence on the performance of athletes in 100 mtr, 200 mtr and 400 mtr events.
2.To examine sex and age differences in the performance of different age factors.

HYPOTHESES:

The following are the hypotheses of the study:

1.There is significant influence of self confidence on the performance of athlete's in 100, 200 and 400 mtr events.
2.There is sex and age difference in athletic performance of different age factors.

THE SAMPLE:

Keeping the major objectives of the study in view, appropriate design was followed. The study was conducted on the sample of 300 students (male and female) selected from all India inter university. Attempt was made to categorize the sample into equal subgroups based on sex and age. Further, the sample was categorized based on athlete's self confidence. Finally the student sample was given three track events like 100 mtr, 200 mtr and 400 mtr run to examine whether the selected independent variables like self confidence would exert their influence on these run.

TOOLS:

Self-Confidence Questionnaire (SCQ)

The self confidence questionnaire is developed by M. Basavanna (1971). This questionnaire consists of 100 items. The add-even split half reliability was calculated and reliability co-efficient as corrected by the Spearmen Brown properly formula was found to be 0.94.

STATISTICAL ANALYSIS:

The 't' test was to compare the sample subgroups on the performance in 100, 200 and 400 mtr run.

RESULTS AND DISCUSSION

The major objective of the present study has been to assess the effect of self confidence on performance of students sample in 100, 200 and 400 mtr speed events. The study also attempts to uncover gender and age differences in the sports performance of the respondents. The data of the study were subjected to t-test and the results are given in the tables.

Table – 1
Shows mean, SDs and t-values of students based on the sports performance in two categories of self confidence (N = 300)

Self confidence		100 mtrs.	200 mtrs.	400 mtrs.
High	M	13.73	30.82	59.56
	SD	1.09	2.20	3.97
	N	158	158	158
Low	M	15.98	33.20	63.46
	SD	10.21	2.83	4.80
	N	142	142	142
t-value		2.64*	8.14**	7.68**

** Significant at 0.05 level
* Significant at 0.01 level

The mead, SD and t-values of sports persons in different athletic events is presented in Table - 1.

It can be noticed that the athletes with higher self confidence have a mean of 13.73 while athletes with low self confidence have a mean of 15.98 in 100 mtr. race. This reveals that higher self confidence sample of group have significantly lower scores than that of low self confidence group as the t-value of 2.64 which is significant at 0.05 level indicates. Thus, self confidence is a factor found to produce the significant difference in the performances of athletics. In 200 meters event the mean score of low self confidence group is 33.20 while the higher self confidence group has a mean of 30.82. This reveals that the sample high self confidence taken significantly lower time in the run than that of lower self confidence as the t-value of 8.14 which is significant at 0.01 level indicates. Thus, self confidence is found to be a psychological factor that propels athlete's performance. It is true that certain amount of self confidence is an essential ingredient in the achievement of any speed task. It prepares the athlete with a spirit of excellence an makes to put appropriate efforts in order to achieve success. Any motor test requires the psycho-physiological organization that readies the athlete for participation and success. Obviously the improvement in the performance is governed by the psychological factor like self confidence. Many studies reviewed lend support to this factor. Similarly, the higher self confidence group has better performances than the low self confidence group in the other event of 400 meters as the t-value on this event which is significant at 0.01 level indicates.

Thus, the higher performance is found to be determined by the self confidence that a sports man posses and express. The self confidence is therefore, an essential factor in any sports competition. As a psychological factor the self confidence of sports man helps in the achievement of higher athletic scores. Therefore, it can be said that the self confidence in sport has an instrumental value is enhancing the sports performance.

An attempt is also made in the present study to examine the sex deference in the performance of the sample in different athletic events.

Table – 2 demonstrates the means, SD, and t-values of sports performance in three events of 100 meters, 200 meters, and 400 meters speed of sports persons in two age factors (18 years and above and 28 years and below). It can be noticed that in the event of 100 meters run the performances of 18 years and above is better than those of 28 years and below athletes. The 18 years and above have scored a mean of 12.60 while the 28 years and below have a mean of 16.91. It is clear that the 18 years and above have taken less time in the event of 100 meters run. The obtained t-value of 2.83 that is significant at 0.01 level which reveals that there are significant differences in the athletic performance between the two age factors. Obviously the athletes belonging to the age group of 18 years and above have significantly higher performance than their counterparts.

Table – 2
Shows mean, SDs and t-values of sports performance of students in two categories of age (N = 300)

Category		100 mtrs.	200 mtrs.	400 mtrs.
18 years and above	M	13.60	30.69	59.12
	SD	0.99	2.19	3.76
	N	151	151	151
28 years and below	M	15.91	33.22	63.72
	SD	9.96	2.75	4.61
	N	149	149	149
t-value		2.83**	8.78 **	9.45**

** Significant at 0.01 level

It can be seen that the 18 years and above group has taken a mean of 30.69 in 200 meters event while the 28 years and below have scored a mean of 33.22. This reveals that 18 years and above have taken relatively lesser time in the completion of given sports task than those of 28 years and below. The obtained t-value of 8.78 which is significant at 0.01 level clearly reveals that there are significant differences in the sports performance between the athletes belonging to different age factors. The 18 years and above with lot of spirit and enthusiasm have surpassed their older counterparts in the run. Therefore, it appears that age is a prominent factor in producing more differences in the sports performance between the athletes belonging to different age factors: 18 years and above the age 28 years and below is sports performance. Earlier studies have noticed the similar results where in 18 years and above always are ahead of their 28 years and below in the given sports competition.

In a similar way the 18 years and above has surpassed the 28 years and below in 400 meters speed test. In this event also the 28 years and below has significantly lower performance than the 18 years and above counterparts, as the obtained the mean scores reveal. The t-value on this event is significant at 0.01 level which, clearly indicates the significant differences between age factors on 400 meters run.

The means SD's and t-values of sports performance is presented in the Table – 3. As can be seen, the mean score of male athletes in 100 meters event (13.93) is lower than the mean score of females (15.75). This shows that the males have taken significantly lower time than their counterparts in this event as the t-value of 2.606 which is significant at 0.05 level implies. Thus, the performance of male athletes is found to be higher than that of females.

Table – 3
Shows mean, SDs and t-values of sports performance of male and female students (N=300)

Gender		100 mtrs.	200 mtrs.	400 mtrs.
Male	M	13.93	30.95	59.84
	SD	1.15	2.69	4.45
	N	150	150	150
Female	M	15.57	32.95	62.67
	SD	9.97	2.15	4.61
	N	150	150	150
t-value		2.606**	6.660*	5.985*

* Significant at 0.05 level
* Significant at 0.01 level

In 200 meters event, it is observed that the mean score of male athlete's is 30.95 and that of females in 32.95. The t-value (6.66) is significant at 0.01 level. This clearly reveals that males have taken significantly lesser time than females in the performance. Thus, males are found to excel the females in the athletic performance. It is universally accepted that males takes always lesser time than female in the given athletic event. Event the world record established in the athletic events speaks about the fact that the achievement of men and women in such speed test is different. Thus, the result categorically speak that there are significant sex differences in the sports performances between the male and female athletes. The same thing is true in case of 400 meters event also. The earlier studies also confirm

this. Hence, the results of speed pronounce that sex belong ness is also a factor that causes difference in the performance of given sports event.

Hence, all the factors like self confidence, gender and age have exerted their significant influence on the performance of the students sample in all 100 mtr, 200 mtr and 400 mtr run.

CONCLUSIONS:

The following are the conclusions of the study:

1.Higher athlete's self confidence has a significant influence on the performance of athletes: High self confidence group displayed significantly higher performance in 100, 200 and 400 meter speed tests.
2.There is a significant gender difference in sports performance: males excelled females.
3.There is a significant difference in sports performance between higher and lower age groups: Higher age group exhibited higher sports performance than lower age.

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