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ORIGINAL ARTICLE

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

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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.

Article Indexed in



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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.

A Good Introduction :-

Depict the significance (importance) of the study - why was this value doing in any case? Give a wide connection. Extremely briefly depict the exploratory configuration and how it achieved the expressed destinations.

Materials

Must add methods and materials in your article.

A Good Materials :-

Methods & Materials used to per research topic.

Result

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.

A Good Result :-

In content, depict each of your outcomes, guiding the per user toward perceptions that are generally significant. Give a setting, for example, by depicting the inquiry that was tended to by mentioning a specific observable fact.

Conclusion

- 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.

A Good Conclusion :-

The research have wider scope for new academician and research scholars.

References

- Bandura, A. (1977). Self efficacy: Towards a unifying theory of behavioral change. Psychological Review, 82(2), 199-215.
- Feltz, D. L. and Doyle, L. A. (1981). Improving self confidence in athletic performance, motor skills: Theory into practice 5(2), 89-96.
- Richard, J. Buttler, Sports psychology in performance.
- M. Basavanna "Self Confidence Inventory".
- Dr. Agya, Jit Singh, Sports psychology.

A Good References :-

There are Places where the Author Majeed and C. R. Bhairaddy Need to Cite a Reference, but Have Not

SUMMARY OF ARTICLE

No.		Very High	High	Average	Low	Very Low
1.	Interest of the topic to the readers		✓			
2.	Originally & Novelty of the ideas		✓			
3.	Importance of the proposed ideas	✓				
4.	Timelines			✓		
5.	Sufficient information to support the assertions made & conclusion drawn	✓				
6.	Quality of writing (Organization, Clarity, Accuracy Grammer)	✓				
7.	References & Citation (Up-to-date, Appropriate Sufficient)		✓			

FUTURE RESEARCH PLANNING:

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2. Academic Plan (<http://academicprofile.org/Professor/AcademicPlan.aspx>)
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Editor-in-Chief

CERTIFICATE OF EXCELLENCE IN REVIEWING

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Editor-in-Chief

REVIEWER COMMENTS

- This was a superb give an account of extremely intensive examination.
- The writing audit was careful, the approach was carefully exhaustive and fused the utilization of sufficient quantities of tests in dust size examination and blast tests.
- I discover no shortcoming at all with the routines, information examination, or conclusions.

Authorized Signature

Ashok Yakkaldevi

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Review Editor

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