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Assessment of self confidence level of national level wrestlers

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Abstract

Wrestling in India is considered as one of the most ancient and oldest sports, and has glorious past. The purpose of the study was to compare the Assessment of Self Confidence of National Level Male Wrestlers (sub-junior, junior and senior). For the present study, total 60 male Wrestling players, 20 from each level of participation i.e. Sub-junior, junior and senior were selected as subjects from different clubs in India. Data was collected through the Sports Confidence Inventory Self Confidence of National Level male wrestling players of different levels. Descriptive statistics was used and analysis of variance was used at .05 level of significance and to compare the Self Confidence of wrestling players of different level of participation. The result revealed that there was insignificant difference found among wrestling players of different levels (sub-junior, junior and senior) in relation to Self Confidence and on the basis of result it was concluded that senior wrestling players were having greater Self Confidence in comparison to sub-junior, junior wrestling players.

Key words: Self-confidence, national level, wrestlers, questionnaire

1. Introduction

With the rise of education many new terms in sports have been found which directly or indirectly influence the performance of wrestlers. They also influence the participation and performance of wrestlers in competitive tournaments. This is true that the wrestling is a game of physically strong persons. The player which wants to participate in wrestling should be physically strong, having a solid physique, developed muscles, high stamina, having strong body structure etc. So this is to be considered that only the strong person should participate in this game. But as being the important factors in any activity being done by a person, psychological factors also play important role in wrestling like other games.

Every human being has fundamental right of access to physical education and sports which are essential for full development of personality. The freedom to develop physical, intellectual and moral power through physical education and sports must be guaranteed both within the education and system and in other aspects of social life.

Nowhere is an individual more closely scrutinized by so many people than in the world of sports. The result of an athlete's efforts are immediately available to be judged against the clearest of criteria by sometimes as many as thousands of people, with millions more watching on television and listening to radio.

Considered as one of the most ancient and oldest sports in the world, wrestling in India has a glorious past. Wrestling has been a popular sport in India since ancient times. Wrestling is counted amongst the most prestigious and oldest events in the Olympic Games, as it was included in the Olympics in 708 BC.

In the recent years, Wrestling in India is watching the rising of some wrestlers, who have a high potential to revive the dominance of India in the international Wrestling arena. The famous Indian wrestler, Sushil Kumar has won Bronze medal in the 2008 Beijing Olympic Games. Confidence is critically important to performance. It tends to act as a self-fulfilling prophecy. If one does not believe in his ability to perform well or the probability that he will, he probably will fall short of his goal, whereas if one thinks one can do well, he is more likely to come through.

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Self confidence

“Self-confidence is state of a person which makes him cognizant about his positive abilities making him to feel with full of energy for executing any work successfully undertaken by him in any situation. (Keih F. Bell, 1983)

Self-confidence involves thoughts and images reflecting the beliefs that one has the capacity to perform the actions required for success. Self-confidence is an important antecedent to good performance. It tends to act as a self-fulfilling prophecy. If one does not believe in his ability to perform well he probably will fall short of his goal. Where as if he thinks he can do well then he is more likely to come through.

Self-confidence is defined as the strength of or is communication that he or she can successfully execute a behavior required to produce a certain outcome. (Silva III and Weinberg, 1984).

To be successful in wrestling, one must be confident that one have the ability to beat any opponent. Many wrestlers do not start out with this confidence. Rather, they find it within themselves with time and experience. Confidence is an important antecedent to good performance. If a player is confident he is more likely to do well. But there is nothing magical about the effects of confidence, nor its acquisition. Behavior is consistent whit what we think we are qualified to do, deserve to do, are capable of doing, and are likely to do. As long as expectancies remain high, we are likely to exert a concentrated effort and to persist in the face of adverse circumstances.

Approaching competition confident of victory makes a great deal of sense. It aids performance. Uncertainty and doubt only hinder functioning. And there is no reason to doubt the likelihood of the success in upcoming performances.

Objectives of the Study

The main objective of the study was to assess the self-confidence of national level male wrestlers. Along with sub objective to find out comparison between sub-junior, Junior and Senior national level wrestlers in relation to self-confidence.

Delimitations

1. The study was delimited to the psychological variable of Self Confidence.
2. The study was delimited to 60 male national level wrestlers (20 from each i.e. sub-junior, junior and senior).
3. The study was further delimited to age range between 14-30 years.

Limitations

Factors, which researcher can't control in the study, were as follow:-

1. The true response of the wrestlers in the questionnaires was considered as a limitation of this study.
2. Daily routine, diet, habits, facilities etc. were come under limitations.

Significance of the Study

The present study may be of great importance for physical education teacher and coaches in understanding the self confidence level of national level wrestlers.

It may also help the players to know the causes of loss of self-confidence which play an important role in their success.

It may also help physical education teacher and coaches of different university teams in understanding self confidence level of their players and then improve upon these factors for better performance.

Selection of Subjects

Sixty (20 sub-junior, 20 junior and 20 senior level) wrestlers of different weight categories were selected to serve as subjects for this study. Subjects were selected randomly from sub-junior, junior and senior national level players. The data was collected from these different national level players.

Criterion Measures

The self-confidence scores were obtained through the Sports Confidence Inventory

Sports Confidence Inventory.

Purpose

To measure sports self-confidence.

Facilities and Equipment

Sport confidence inventory.

Procedure

In this inventory questions were based on how confident players generally felt when they competed in sports. They compared their self-confidence to the most confident athlete they knew.

Sports confidence inventory has thirteen items. There is no right or wrong answers in the inventory. Every question has nine possible responses, i.e. 1 to 3 low, 4 to 6 medium, and 7 to 9 high. The subjects were instructed to respond to each question how they felt by placing a circle on the appropriate response.

Scoring

The completed questionnaires were scrutinized by the scholar in order to ensure that the subjects had responded to every item and there is no question left unanswered.

Responses obtained from the subjects on each statement of sports confidence inventory were recorded for analysis of data.

Statistical Technique

To analyze the level of self confidence among sub-junior, junior and senior national level male wrestlers, **Descriptive statistics was used.**

To compare the level of self-confidence between sub-junior, junior and senior national level male wrestlers, **ANOVA was used.**

Table 1: Mean and Standard Deviation of self-confidence of Male wrestling players of Different levels (N=60)

		Mean	Std. Deviation
Self confidence	Sub-Junior	74.25	10.68
	Junior	79.05	8.36
	Senior	81.55	8.05
	Total	78.28	9.46

Self Confidence, *sub-junior* (74.25 ±10.68), *Junior* (79.05±8.36), *Senior* (81.55 ±8.05), **Total** (78.28 ±9.46); Sub-Junior players were having lesser mean in comparison to junior and senior level in relation to self-confidence. (Fig. 1)

Fig 1: Mean and Standard Deviation of National wrestling players of different level in relation to Self-confidence.

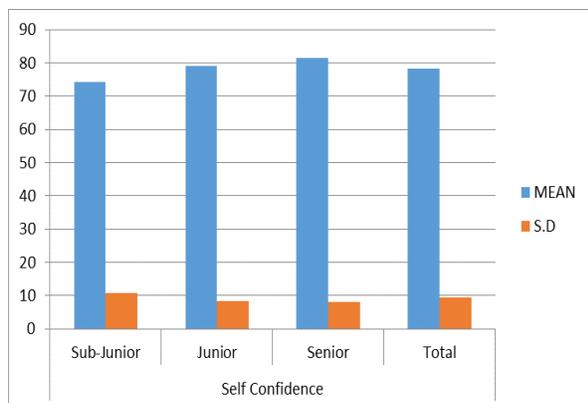


Table 2: Analysis of Variance of sub-junior, junior and senior National wrestling Players in relation to Self-confidence.

Source of Variance	Sum of squares	d.f.	Mean Square	F
Between Groups	550.533	2	275.267	.043
Within Groups	4729.650	57	82.976	
Total	5280.183	59		

*Significant at .05 level of significance

F.05 (2, 57) = 2.021

Table-2 revealed that there was insignificant difference in sub-junior, junior and senior National wrestling Players in relation to Self-confidence as obtained F- ratio was .043 which was Less than the tabulated value 2.021,required for F ratio to be insignificant at .05 level with (2,57) degree of freedom.

The result of present study reveals that the mean score of the senior wrestling players of different levels i.e. sub-junior, junior and senior is greater mean in relation to self-confidence, because they are heaving long experience as compared to sub-junior and junior wrestling players. Sub-Junior players were having less mean in comparison to junior and senior wrestling players in relation to self-confidence because, they are heaving very short experience as compared to junior senior. There is insignificant difference in sub-junior, junior and senior National wrestling Players in relation to Self-confidence. It is clearly revealed that the self-confidence of sub-junior, junior and senior level wrestling players were not significantly differ, it might be because participation level of competition (i.e. national) of all wrestling players were same.

Conclusions

Within the limitations of the present study, the following conclusions may be drawn in different levels of sub-junior, junior and senior of National wrestling Players-

- ✓ Senior Level wresting Players were having greater Self-confidence (81.55) in comparison to sub-junior level (74.25) and junior level (79.05) of Wrestling Players.
- ✓ Insignificant difference was found in sub-junior, junior and senior of wrestling Players in relation to Self-confidence.
- ✓ The observed sequence was found senior Players> junior Players>sub-junior Players in case of Self-confidence.

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