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Saroj Malik
M.A. Physical Education

Meenakshi Yadav
Research Scholar
D.P.E.S.S., University of
Delhi, Delhi, India.

A study on assessment of self-confidence among female athletes of different levels

Saroj Malik, Meenakshi Yadav

Abstract
The purpose of the study was to assess self confidence among female athletes of different levels. A total of 60 athletes (30 each for inter college & inter university level) were selected for the purpose of the study. The psychological variable of self-confidence was assessed using TSCI. The data was computed and analyzed using descriptive statistics and t test. The result indicated that there were no significant difference between the inter college and inter university level female players on the variable of self-confidence.

Keywords: Self Confidence, Athlete.

Introduction
Success in sports depends on trust in your own strength and ability. If an athlete is well prepared for competition from the physical, technical and tactical point of view, then one of the most important factors deciding about his/her degree of success is Self-Confidence. Self-Confidence is considered to be one of the leading elements for a successful athlete. Belief in one's self is at the center of sports performance. One of the most important factors determining Self-confidence involves trust in our ability to execute a task. It is a part of a broader concept of the "ego", which is deeply connected to our self-evaluation or picture of us (Singh 2003) [4].

Self-confidence primarily refers to having a positive and realistic perception of ourselves and our abilities. Self-confidence is characterized by: assertiveness, optimism, eagerness, affection, pride, independence, trust, the ability to handle criticism, emotional maturity, and the ability to accurately assess our capabilities. A lack of Self-confidence, on the other hand, is characterized by: self-doubt, passivity, submissiveness, over-conformity, isolation, sensitivity to criticism, distrust, depression, and feelings of inferiority and being unloved (Biddle, 1995) [1].

Self-confidence is widely believed to be an important aspect of the psychological make-up of an individual athlete. A high level of self-confidence is one of the most consistently reported psychological characteristics of elite athletes, and research has shown that self-confidence often distinguishes highly successful athletes from the less successful ones (Rattanakoses, 2009) [3].

Self-confidence or lack of it is built based on our interpretation of our experiences. It can be influenced by people who wield authority in our lives, such as coaches, family, friends and even other competitors. These people can positively or negatively influence our perception of our experiences and can emerge, to change our level of Self-confidence. There is also room for outside influences on athletes' confidences through training, usually with help from a coach or sports psychologist. In fact, a big part of coach's responsibility should be to develop self-confidence in their athletes, throughout the developmental process using a variety of tools. Although it is always advisable to build on your own positive experiences, sometimes learning based on the observation of success by other athletes is a useful tool as well (Feltz 1988) [2].

Sports psychologist and coaches can assist athletes in the development of optimal level of Self-confidence. Because an athletes' optimal level of Self-confidence is based on his or her ability, it is important to develop individualized Self-confidence intervention programs.

Correspondence
Saroj Malik
M.A. Physical Education

Objectives
To compare the psychological variable of Self-Confidence among female University and college level athletes.

Hypothesis
It was hypothesized that there will be significant differences among the university and inter-collegiate female athletes with respect to their Self-Confidence.

Procedure and Methodology
For the purpose of the present study 60 subjects were selected. Further, these 60 female athletes were classified as 30 Inter-collegiate athletes and 30 Inter-University level athletes. The requirement of the study was explained to all of them and all agreed voluntarily to respond to the questionnaire.

Criterion Measures
For the purpose of the study Self Confidence was assessed by Trait sport-confidence Inventory developed by R.S. Vealey (1986) [5].

Statistical Analysis
A detailed descriptive statistics were calculated which included mean, standard deviation, minimum and maximum scores obtained. To find out the significant difference between Inter-collegiate and Intervarsity athletes 't' test was employed.

Results
The descriptive statistics and calculation of 't' value obtained are present in table-I.

Table 1: Descriptive Statistics and Mean Difference between Female Inter-College and Inter-University athletes on Self-Confidence

Groups	N	Minimum	Maximum	Mean	Std. Deviation	Std. Error Difference	t
Inter-University	30	53	100	74.07	10.09	2.793	1.015
Inter-College	30	51	93	76.90	11.48		

*significant at 0.05 level; t0.05 (58)=2.00

It is evident from table-I that the mean and S.D. values of TSCI for Inter University female athletes are 74.07 and 10.099 with the minimum and maximum values ranging from 53 to 100 respectively. Whereas, for Inter College female athletes are 76.90 and 11.487 with the minimum and maximal values ranging from 51 and 93 respectively.

Discussion of Findings
The result of the study shows that there is no significant difference between female Inter-University and Inter-Collegiate level athletes with respect to Self Confidence. The probable reason could be that the Self-confidence is widely believed to be an important aspect of the psychological make-up of an individual athlete. A high level of Self-confidence is one of the most consistently reported psychological characteristics of athletes participating in competitive sports. There were no significant difference obtained between Inter-University and Inter-College Female athletes since the value obtained of 't' is 1.01 whereas, the value needed to be significant was 2.00 at 0.05 level of significance. Thus it could stated that the University as well as Inter-College female athletes possessed various characteristics of Self-confidence namely assertiveness, optimism, eagerness, affection, pride, independence, trust, the ability to handle criticism, emotional maturity, and the ability to accurately assess our capabilities. However, no significant difference could be due to some other aspects of sports performance.

Conclusions
It was concluded that there were no significant difference on the psychological variable of Self Confidence among Inter-University and Inter-Collegiate athletes.

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