Study of Self-Confidence of Intercollegiate Basketball Players of Meerut

Anurag Sharma and Dr. Rakesh Gupta

Abstract
A self-confidence profile of intercollegiate basketball players was constructed in the present study. To conduct the study 80 intercollegiate male basketball players were selected as sample. The age range of selected male basketball players was between 18 to 25 years. Purposive sampling was used in the present study. Pandey's Self-confidence Inventory was used to evaluate self-confidence of the selected subjects. The chi square test result indicates that majority of the male intercollegiate basketball players of Meerut did not have belief in their own abilities. It was concluded that psychological counselling may be needed to enhance self-confidence of intercollegiate male basketball players Meerut.

Keywords: self-confidence, Basketball

1. Introduction
Historically, it has been understood that the “natural order of the universe” consisted of man to the market place, woman at home with her family, woman the mistress of domesticity, man the master of all else, man the rational thinker, woman the guardian of morals, man dominant, and woman subordinate. The injection of equality between the two genders challenged the foundation of the social order. In 1916 the Amateur Athletic Union (AAU) holds its first national championship for Women.

Women’s competition in sports has been frowned upon by many societies in the past. The increase has been partly related to the drive for more women’s rights. In the United States, female students participation in sports was significantly boosted by the Act in 1972, preventing gender discrimination and equal opportunity for women to participate in sport at all levels. Pressure from sports funding bodies has also improved gender equality in sports. Female participation in sport has come a long way. Efforts have been and are being made in getting more females to participate in sports. However, a lot more effort is still required to generate greater female participation in the world of sports. Attitudes regarding female sport participation are changing as there are females who have made sport part of their daily lives. Focusing on the above dimensions will reveal positive reasons that cause girls to participate in sport and negative reasons that cause many girls to choose not to participate in sports. In 1896, Baron Pierre de Cubertin, founder of the modern Olympics, stated: “No matter how toughened a sportswoman may be, her organism is not cut out to sustain certain shocks.” Such stereotypes fuelled gender-based discrimination in physical education and in recreational and competitive sport, sporting organizations and sport media. There are many reasons to play sports, including fun, fitness, social interaction and stress relief. Participating in sports is especially important for women because it has a number of mental and physical benefits that can significantly improve women’s health and enhance their quality of life. Any sport can be beneficial, including fun, fitness, social Sport psychology is an interdisciplinary science that draws on knowledge from many related fields including biomechanics, physiology, kinesiology and psychology. It involves the study of how psychological factors affect performance and how participation in sport and exercise affect psychological and physical factors (Snyder, Lopez, Shane, 2009). [1] Sport psychologists teach cognitive and behavioural strategies to athletes in order to improve their experience and performance in sports. In addition to instruction and training of psychological skills for performance improvement, applied sport psychology may include work with athletes, coaches, and parents regarding injury, rehabilitation, communication, team
Building and career transitions (Zellner, 1970) [2], Self-confidence is an attitude about your skills and abilities. It means you accept and trust yourself and have a sense of control in your life. You know your strengths and weakness well, and have a positive view of yourself. You set realistic expectations and goals, communicate assertively, and can handle criticism. On the other hand, low self-confidence might make you feel full of self-doubt, be passive or submissive, or have difficulty trusting others. You may feel inferior, unloved, or be sensitive to criticism. Feeling confident in yourself might depend on the situation. For instance, you can feel very confident in some areas, such as academics, but lack confidence in others, like relationships (Judge, Timothy, Erez, Amir, Bono, Joyce, Thoresen, 2002) [3].

Having high or low self-confidence is rarely related to your actual abilities, and mostly based on your perceptions. Perceptions are the way you think about yourself and these thoughts can be flawed (Barber, & Odean, 2001) [5]. Low self-confidence might stem from different experiences, such as growing up in an unsupportive and critical environment, being separated from your friends or family for the first time, judging yourself too harshly, or being afraid of failure. People with low self-confidence often have errors in their thinking (Bandura, Albert, 1997) [6].

Objectives
The objective of the present study was to prepare self-confidence profile of intercollegiate male Basketball players of Meerut.

Methodology
The following methodological steps were taken in order to conduct the present study.

Sample
To conduct the study 80 intercollegiate male Basketball players (Average age 20.21 years) were selected as sample. The sample for the present study was chosen purposively. The selected male Basketball players belonged to various colleges affiliated to Meerut university.

Tools
Pandey’s Self-confidence Inventory The self-confidence in intercollegiate male Basketball players was evaluated with the help of PSCI prepared by Pandey (1983). This Hindi inventory is made up of 60 questions with positive and negative worded questions. This inventory met the criteria of statistical reliability and validity. Due to nature of scoring pattern, lower scores denoted better self-confidence and scores on higher side of scale denotes lack of self-confidence. Scores less than 23 indicate high self-confidence, scores between 24 to37 denotes average self-confidence level while scores over 37 denotes low self-confidence in subjects.

Procedure
80 intercollegiate male Basketball players were selected purposively. The usual ethical procedure along with written consent for voluntary participation was followed prior to administration of Pandey's Self-confidence Inventory to selected male intercollegiate Basketball players. Scores were obtained by calculating the numerical weight for every response. To assess high, average and low level of self-confidence in intercollegiate male Basketball players, author's manual was used. χ² test is used for data analysis and the same being presented in table 1

Result and Discussion

Table 1: Chi Square Statistics on the Basis of Frequency Distribution

<table>
<thead>
<tr>
<th>Categories of Self-confidence</th>
<th>Frequency</th>
<th>Percentage (%)</th>
<th>χ²</th>
</tr>
</thead>
<tbody>
<tr>
<td>High (Less than 23)</td>
<td>16</td>
<td>.0</td>
<td></td>
</tr>
<tr>
<td>Moderate (Between 24-37)</td>
<td>18</td>
<td>22.5</td>
<td></td>
</tr>
<tr>
<td>Low (More than 38)</td>
<td>46</td>
<td>57.5</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>80</td>
<td>100.0</td>
<td></td>
</tr>
</tbody>
</table>

$\chi^2 (df=2) = 6.14$ at.05 level and 8.98 at.01 level

Frequency distribution shown in table 1 reveal that 57.5 % intercollegiate male Basketball players had lower level of self-confidence, 22.5 % had moderate level of self-confidence while 20% exhibited higher degree of self-confidence. The calculated $\chi^2 = 2.36$ although statistically non-significant indicate that self-confidence in intercollegiate male Basketball players was somewhat lower.

It has been propagated by sports psychologist that self-confidence is related to sports performance. Hence intercollegiate male Basketball players from Meerut lack essential psychological element in the form of self-confidence to excel at highest level.

Conclusion
On the basis of results, it was concluded that intercollegiate male Basketball players of Meerut are low in self-confidence and needs psychological counselling to utilize their full potential by increasing the self-belief in their abilities.

References