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Relative study of self-confidence of high and low level senior female volleyball players

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Abstract

This study was based on the assessment of Self Confidence of high and low senior level female volleyball players. The purpose of the study was to measure the assessment of Self Confidence of high and low senior level female volleyball players. In this study the scholar used the random sampling method. 30 high level senior volleyball players and 30 low level senior volleyball players were selected from different districts of Punjab. T test was employed to compare the two groups of volleyball players. The statistical package SPSS was utilized for analysis. Within the limitations of the present study, the conclusion was showed that there was no significant difference found in high and low level of senior female volleyball players.

Keywords: Assessment, volleyball, self-confidence and district players

Introduction

A self-confident person perceives himself to be socially competent, emotionally mature, intellectually adequate, successful, satisfied, decisive, optimistic, independent, self-reliant, self-assured, forward moving, fairly assertive and having leadership qualities. Confidence is learned, it is not inherited. If one lacks confidence, it probably means that, as a child, one was criticized, undermined or suffered an inexplicable tragic loss, for which one either blamed one or were blamed by others. Confident people have deep faith in their future and can accurately assess their capabilities. They also have a general sense of control in their lives and believe that, within reason, they will be able to do what they desire, plan and expect, no matter what the foreseeable obstacle. This faith is guided by more realistic expectations. Even when their goals are not met, those confidences continue to be positive, believe in themselves and they accept their current limitations with renewed energy.

Review of Related Literature

Shaikh (2011) ^[1] examined the anxiety and self-concept among 50 junior and senior level Ball Badminton players. Findings showed that junior Ball Badminton players have significantly higher level of anxiety than the senior Ball Badminton players. Further senior Ball Badminton players have significantly higher self-concept than the junior Ball Badminton players.

Khan, & Ahmed (2011) ^[2] studied the self-concept among All India Inter- varsity and All India Football players. For the purpose of the study 24 North Zone and 24 all India Inter- varsity Soccer players were selected as subjects. The results of the study revealed that there was an insignificant difference between the North Zone and All India Football players on self-concept.

Objective of the study

To compare the Self-confidence of high- and low-level senior level female volleyball players.

Hypothesis

It was hypothesized that there will be significant difference in the Self-confidence of high- and low-level senior level female volleyball players.

Delimitation

1. The study was delimited to female volleyball players of different districts of Punjab.
2. The study was delimited to 60 volleyball different districts of Punjab only.
3. Further the study was delimited to 30 senior high-level volleyball players and 30 senior low-level volleyball players.

Research methodology

The present study was survey type research. In this methodology the following procedures were adopted for the selection of subjects, selection of variable, selection of test, description of test, scoring of questionnaire and statistical techniques were elaborated.

Samples

The subjects for the study were 30 senior high level female volleyball players and 30 senior low level female volleyball players from different districts of Punjab.

Tool used

For the collection of the data required for the study the M. Basavanna's questionnaire test was used.

Statistical Procedure

To check the significant difference of Self-confidence of senior high- and low-level female volleyball player's T test was used to compare the groups at 0.05 levels of significance.

Results and Discussion

The finding of the various parameters is discussed as under:

Table 1: Comparison of mean, S.D. and t-value of senior high and low level female volleyball players

Sr. No.	Level	N	Mean	SD	t-value
1	Senior (High)	30	38.07	7.23	1.39*
2	Senior (Low)	30	35.58	6.46	

*Significant at 0.05

Table: 1 reveals that the mean value of self-confidence of senior high level female volleyball players was 38.07 with S.D. 7.23 and mean of senior low level female volleyball players is 35.58 with S.D. 6.46. The t-value 1.39 was found non-significant at 0.05 level of confidence.

Conclusion

There was no significant difference in the level of self-confidence of senior high and low level female volleyball player. So, hypothesis was rejected.

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