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## A comparison of self-confidence between senior and junior level female volleyball players

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### Abstract

The present study is based on the assessment of self-confidence between senior and junior level female volleyball players. The purpose of the study is to measure the assessment of self-confidence of senior and junior level female volleyball players. In this study the scholar used the random sampling method. 60 senior volleyball players and 60 junior 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 drawn as there was no significant difference found in senior and junior level female volleyball players.

**Keywords:** Assessment, Volleyball, Self-confidence and district players

### Introduction

In the field of education, the intelligence is defined as the capacity to learn which is judged by the quickness with which can learn the activity. Intelligence is a complex function that has been defined as the ability to learn useful information and skills to adapt to new problem and conditions of life, profit from past experience, engage in abstract creative thinking, employ initial judgment, avoid errors and difficulties. Intelligence is an all-round mental efficiency which enables the individual to act equally well in all situation and all types of activities. The ancient Greek Philosophers believed that body and mind were not separate entities but two sides of the same coin. The mind consists of independent faculties or elements and the body of independent organs and processes. The organization is a simple body mind relationship.

### Review of Related Literature

Kumari & Mangayarkarasi (2010) <sup>[3]</sup> compared the self-confidence between male and female hockey players of different age categories. For the purpose of the study, 300 hockey players were selected as subjects. Among them, 75 males Hockey players and 75 females Hockey players with age ranged from 15 to 17 years and 75 males Hockey players and 75 females Hockey players with age category 18 to 20 years were selected. They observed significant difference between male and female Hockey players in different age categories.

Lauren (2004) <sup>[5]</sup> examined the predictive qualities of physical self-confidence and body image dissatisfaction for competitive trait anxiety in female aesthetic and non-aesthetic athletes. Female athletes from gymnastics and diving represented aesthetic athletes (n=52) and female athletes from swimming, volleyball, basketball, cross country, track, and golf represented non-aesthetic athletes (n=45) were taken as subjects. Results revealed insignificant difference between sports types regarding physical self-concept and body image dissatisfaction; however, aesthetic athletes reported significantly higher levels of competitive trait anxiety than non-aesthetic athletes. A moderate negative correlation was found among the five subscales of physical self-concept, body image dissatisfaction, and competitive trait anxiety in aesthetic athletes. Physical self-concept was shown to have stronger causal paths to competitive trait anxiety, as well as body image dissatisfaction in aesthetic athletes than in non-aesthetic athletes.

### Objective of the study

To compare the self-confidence between senior and junior level female volleyball players.

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### Hypothesis

It was hypothesized that there will be significant difference in the self-confidence of senior and junior 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 120 volleyball different districts of Punjab only.
3. Further the study was delimited to 60 senior volleyball players and 60 junior 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 60 senior female volleyball players and 60 junior 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 and junior 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 self-confidence of level of senior and junior volleyball players

Sr. No.	Level	N	Mean	SD	t-value
1	Senior	60	36.84	7.56	1.88*
2	Junior	60	34.42	6.48	

\*Significant at 0.05

Table: 1 reveals that the mean value of self-confidence of senior female volleyball players was 36.84 with S.D. 7.56. The mean value of junior female players is 34.42 with S.D. 6.48. The t-value 1.88 was found not significant at 0.05 level of confidence.

### Conclusion

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

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