



ISSN: 2456-0057
IJPNPE 2018; 3(1): 1663-1665
© 2018 IJPNPE
www.journalofsports.com
Received: 04-11-2017
Accepted: 05-12-2017

Satinder Kumar
Assistant Professor,
Department of Physical
Education, Apeejay College of
Fine Arts, Jalandhar, Punjab,
India

A comparative study of shyness between male basketball and football players

Satinder Kumar

Abstract

The purpose of the study was to find out the difference between Basketball and Football players on the variable Shyness. A total of 40 male inter-college level subjects were selected from the various colleges of Guru Nanak Dev University, Amritsar. Passion was assessed by using Passion questionnaire developed by Md. Rafi (2002). Data was analysed by applying unpaired t-test. Significant differences were found between the two groups and it was found that Basketballers were shyer than Football players.

Keywords: Shyness, football, basketball

Introduction

Shyness is a universal feeling present in all living beings on the basis of which social strata could be created. Shyness is a nervousness and embarrassment one experiences when talking to other people. Shyness is a catch situation in which the people with inferiority complex find themselves. Practically shyness is categorized by the following signs of frequent trouble while talking, stammering, stuttering, blushing, sweating hands with a mixture of fear, tension and worry.

Shyness is what causes that “funny” feeling one may get when one is with other people. Shyness can happen when we are nervous about meeting a new teacher (or becoming one you), scared about joining a new school or worried about being part of a drama troupe. Chronic shyness can clearly be distinguished from introversion. Introverts are people who prefer solitary to social activities but do not fear social inventors as do the Shy. Shy individuals have a wish for more contact with others and are not content with the degree of isolation that pervades their lives. Whether it is situational or chronic shyness that is experienced, the shy individual will report feeling some degree of disconnection with others and a longing for closer bonds with people in their lives.

Shyness is the fear to meet people and the discomfort in others’ presence. At its core is anxiety about being evaluated by others and consequently rejected. It is associated with excessive monitoring of behavior and takes the form of hesitation in making spontaneous utterances, reluctance to express opinions, and making responses to the overtures of others that reduce the likelihood of further interaction. Shy people suffer numerous disadvantages. Compared with others, they are more likely to regard their social networks as less supportive and less satisfying and are happy to be by themselves or to participate minimally in social encounters.

Shy people may feel they are alone, but they are part of a growing group who may be too timid to even go out to eat. It is a debilitating interpersonal problem that alters children’s and adult’s behaviour to such an extent that it can become a social phobia for them. Shyness in kids may be thought of as a variation of temperament. Research suggests that more than 50% of people think of themselves as shy.

Shyness that begins later in childhood is likely to be based on cognitive or environmental factors. Some of the environmental conditions related to shyness are abuse and neglect, moving to new town or school, authoritative parenting practices, family trauma, extreme teasing or criticism or experiencing a disability. Fear of embarrassment becomes strong in children a round ages 4-5 then again around 12. The feeling of being “different” is at the core of the shy child’s distress.

Correspondence
Satinder Kumar
Assistant Professor,
Department of Physical
Education, Apeejay College of
Fine Arts, Jalandhar, Punjab,
India

They are fearful of approaching new surroundings or people. They find it difficult to assert themselves in a group, though they like to watch others.

Methodology

For this purpose, the investigator had selected Forty (N=40) male inter-college level basketball and football players of 20 to 25 years of age to act as subjects. The purposive sampling technique was used to select the subjects. In order to measure the level of Shyness, a questionnaire prepared by Md. Rafi (2002) [11].

Shyness

This questionnaire has 25 items related to shyness. This questionnaire was constructed by the researcher based on the available questionnaires viz. 1) Shyness Scale by Md. Rafi (2002, 2) [11] Revised Check and Bush Scale (2008), 3) The Handerson Zimbardo Shyness Questionnaire (2008). A pool of around 34 questions was made. The data was analysed and reliability coefficient was calculated using split half method and was found to be 0.832. The items which were unanswered by all the students and which were marked as sometimes by

many were omitted. The items with poor discriminating value were also deleted. After deleting those items the research tool was validated by three subject experts for content and construct validity. The items which were identified as repeated vague or unclear were removed. The final tool has 25 items. 18 questions were of positive polarity (Q. No.'s 1, 3, 4, 5, 6, 7, 8, 11, 12, 14, 17, 18, 19, 20, 21, 22, 24 and 25) and 7 were of negative polarity (Q. No. 2, 9, 10, 13, 15, 16 and 23). The twenty five questions were on the Likert point scale with options being: a) Usually, b) Sometimes, c) Never. The scoring procedure was for positive items were option usually was awarded 3 marks, Sometimes was awarded 2 marks and option never awarded 1 mark. The scoring was reversed for negative statements.

Statistical Procedure

To determine the significant differences between basketball and football players, unpaired t-test was employed for data analyses. To test the hypothesis, the level of significance was set at 0.05.

Results

Table 1: Significant differences in the Mean scores of Basketball and Football players on the variable Shyness

Variable	Basketball Players (N=20)			Football Players (N=20)			t-value
	Mean	SD	SEM	Mean	SD	SEM	
Shyness	63.57	8.66	1.67	57.37	9.58	1.83	2.48*

*Significant at 0.05 level, Degree of freedom= 38 (2.0244)

Shyness

Table-1 presents the results of basketball and football players with regard to the variable Shyness. The descriptive statistics shows the Mean and SD values of basketball players on the variable shyness as 63.57 and 8.66 respectively. However,

football players had Mean and SD values as 57.37 and 9.58 respectively. The t'-value 2.48 as shown in the table above was found statistically significant (P<.05). It has been observed that basketball players have demonstrated higher shyness than the football players.



References

1. Blascovich J, Tomaka J. Measures of self-esteem. In J.P. Robinson, Shaver, P.R. & Wightsman, L.S. (Eds.) Measures of personality and social psychological attitudes, San Deiego, CA: Academic Press, 1991, 1.
2. Carducci BJ. Shyness a Bold New Approach. New York: Harper Collins Publishers, 1999.
3. Copper PJ, Eke M. Childhood Shyness and Meternal

4. Social Phobia a community Study. The British Journal of Psychiatry. 1999; 174:439-443. Retrived from <http://bjp.rcpsych.org/cgi/content/abstract/174/5/> on 21st Jan. 2009.
4. Cutolo Antonio. Inter-relationship of female competitive athletic participation, sex role self-concept and self-esteem. Dissertation Abstracts International. 1987; 47/10: 3661-A.

5. Daniels Devise, Robert Plomin. Origin of Individual Differences in Infant Shyness. *Developmental Psychology*. 1985; 21:118-121. Retrived from <http://www.cricdigests.org/pre-928/shy.htm> on Feb. 26, 2009.
6. Doganis G, Theodorakis Y, Bagiatis K. Self Esteem and Locus of Control in Adult Female Fitness Program Participants. *International Journal of Sports Psychology*. 1991; 22:154-164.
7. Foon, Anne E. Sports participation among adolescent females: effects on self-esteem, Affiliation Patterns and Locus of Control. *Journal of Human Movement Studies*. 1989; 16:225-231.
8. Graf RG. Induced self-esteem as a determinant of behaviour. *The Journal of Social Psychology*. 1971; 85:213-217.
9. Hodgins HS, Knee R, In Deci EL, Ryan RM. (Eds.) *The integrating self and conscious experience*. Rochester, NY: University of Rochester Press, 2002, 87-100.
10. Martin, Pear. *UNE - Psychology - Helping Young Children Overcome Shyness*, 1996. www.une.edu.au/css/psychology/john-malouff/shyness.php.
11. Md. Rafi. *Shyness and Self Esteem of High School Students*, unpublished M.Ed. Dissertation, Regional Institute of Education, Mysore, 2002.
12. Rey PD, Sheppard S. Relationship of psychology of psychological androgyny in female athletes to self-esteem. *International Journal of Sports Psychology*. 1981; 12:165-175.
13. Richman CL, Rehbarg H. The development of self-esteem through the martial arts. *International Journal of Sport Psychology*. 1986; 17(1):234-239.