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A study of self confidence among female university level cricket players from North India

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Abstract

A Total of sixty (N=60) female university level players, twenty (20) from each state i.e. Delhi, Punjab and Haryana (Mean Age 22) were volunteered in this study. Standard Hardy and Nelson (1992) questionnaire for self-confidence was used to measured the self confidence level of the subjects. The test consists of four questions with six levels of responses. The levels of changes from strongly disagree to strongly agree. The respondents were made to encircle the appropriate number, which suited their attitude. The scale was revalidated by administering the questionnaire on 54 active players of North Bengal University. This scoring range of this questionnaire was 4 to 24. The higher score indicate the high level of self confidence. One- way analysis of variance (ANOVA) was used to find out the overall mean significance difference of three groups and least significance difference (LSD) post-hoc test was used to measure the paired mean significance difference. The results revealed that Female cricket players from Haryana state possessed higher self-confidence than the Punjab and Delhi players.

Keywords: self confidence, cricket

Introduction

Self-confidence has been defined as the belief that you can successfully perform a desired behavior. High levels of self-confidence can enhance positive emotions, concentration, setting more challenging goals, increasing effort and developing effective competitive strategies. Self-confidence is characterized by high expectancy of success. It can help individuals to arouse positive emotions, facilitate concentration, set goals, increase effort, focus their game strategies and maintain momentum. Self confidence is widely believed to be an important aspect of the psychological make-up of the individual athlete. Research studies indicate that the most consistent factor distinguishing highly successful from less successful athletes is confidence. For many athletes, an explanation of the concept of self-confidence is hardly necessary as they know intuitively what it is. Indeed, self-confidence is so palpable in some athletes; one can almost reach out and touch it. Their confidence is reflected in everything they say and do, in what they wear and how they look. 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. Understanding the psychological processes that emphasize self- confidence in sports has been of significant importance to the theorists in the field of sport psychology. Research has established a firm connection of self confidence in sports over the years. It also contains three more features of behavior called the stimulating, directing and sustaining the ability. Most sport psychology researchers, applied consultants, coaches, and athletes agree that self-confidence is an essential contributor to optimal sport performance. Research has identified self-confidence as a characteristic that clearly distinguishes between successful and unsuccessful athletes. The self-confidence in sport has been examined as critical things deeply impact on sport performance.

Self- confidence is another one of the most important characteristics a player must possess during a match, even the most successful professionals experience fluctuations in their level of self- confidence. Self- confidence is a person's inner belief or conviction in his ability to perform well regardless of the external environment. Self- confidence in sports signifies an

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athlete's expectation for success. The expectation varies from person to person. These expectations mainly depend upon the sources of self-confidence. The sources of self-confidence are divided into two, i.e., sources in the control of sportsman and the sources outside the control of sportsman. Whereas some sources like climatic conditions, opponent's performance, ground condition etc. may be outside the control of the sportsman, others like their own performance level, fitness level, hard work etc. may be within the control of the sportsman. As a coach it is very important to emphasize on the source of self confidence which are within the control of sportsman (Cox, 2002) [2].

Self-confidence is an attitude which allows individuals to have positive yet realistic view of themselves and their situations. Self-confident people trust their own abilities, have a general sense of control on their lives, and believe that they will be able to do what they wish, plan, and expect. Having self-confidence does not mean that individuals will be able to do everything. Self-confident people have expectations that are realistic. Even when some of their expectations are not met, they continue to be optimistic and accept the reality. People, who are not self-confident, depend excessively upon the approval of others in order to feel good about them. They tend to avoid taking risks because they fear failure. They generally do not expect themselves to be successful. They often put themselves down and tend to discount or ignore compliments paid to them. By contrast, self-confident people are willing to risk the disapproval of others because they generally trust their own abilities. They tend to accept themselves; they don't feel they have to conform in order to be accepted. Self confidence is not necessarily a general characteristic which pervades all aspects of a person's life. Typically, individuals will have some areas of their lives where they feel quite confident, e.g., academics, athletics, while at the same time they do not feel at all confident in other areas, e.g., personal appearance, social relationships etc (Beattie, 2004) [1].

Author views self-confidence as both a trait and a state. Self-confidence as a trait is defined as a belief or degree of certainty individual usually possess about his abilities to be successful. On the other hand, self-confidence as a sports state is the belief of certainty that the individual possesses at a particular moment about his ability to be successful in his sports. Based on the recent literature on sports psychology, today, athletes are being taught to have an optimistic mindset in order to achieve high performance in sports. They are always advised to think positively to win the game because when they think like losers, they face failures. But athletes must be able to differentiate between self confidence and lack of confidence on one hand and self-confidence and over confidence on the other (Voight, 2000) [6].

If an athlete is less confident about his capabilities, he lacks confidence, on the other hand if he over estimates his capabilities, he is over confident. Both of these states would affect his performance. To perform better in sports, athlete requires an optimum level of self-confidence. Both over confidence or lack of confidence also called 'diffident' leads to poor performance. True, self-confidence is an athlete's realistic expectation about achieving success. Self-confidence is an accumulation of the athlete's unique experiences in achieving many different things, which results in the specific expectations he or she has about achieving success in future activities. It's not pride in what they have done, but their

considered judgment of what they will be able to do (Robert, 1994) [4].

Confident athletes believe in themselves. Most importantly, they believe in their ability to acquire the necessary skills and competencies, both physical and mental, to reach their potential. Less confident players doubt whether they have the capabilities needed to be successful. When athletes doubt their ability to succeed or expect something to go wrong, they are creating a 'self-fulfilling prophecy' which means expecting something to happen actually cause it to happen. Negative self-fulfilling prophecies are a psychological barrier that leads to a vicious cycle. The expectation of failure leads to actual failure, which lowers self image and increases expectations of future failure (Jeffrey, 1991) [3].

Mental components of sports performance is given very less attention as compared to physical skills. Yet, in the highly pressurized situation of international sport, it is accepted that, when the players are equal on technical, tactical and physical levels, the one having the strongest mental level will succeed. In this study, an attempt is made to explore some of the components that help in making soccer players "mentally strong", particularly when under pressure. Mental skills are internal capabilities that help athletes control their minds efficiently and consistently as they execute sport-related goals. Mental skill training provides the methods and techniques not only to develop skills such as concentration and positive body language, but also to foster personal characteristics such as self-esteem and positive competitive skills and behavior. Mental skills techniques help athletes adjust their actions, thoughts, feelings, and physical sensations in order to improve their games (Taylor, 1987) [5].

Objectives and Hypotheses

Following objectives were framed for the study:

- To assess the level of self confidence of female cricket players from different states of North India.
- To compare the self confidence of female cricket players from North India.

Based on the objectives following hypothesis is framed for the study:

- There would be no significant difference in the self confidence of female cricket players from North India.

Procedure and Methodology

A Total of sixty (N=60) female university level players, twenty (20) from each state i.e. Delhi, Punjab and Haryana (Mean Age 22) were volunteered in this study. Standard Hardy and Nelson (1992) questionnaire for self-confidence was used to measured the self confidence level of the subjects. The test consists of four questions with six levels of responses. The levels of changes from strongly disagree to strongly agree. The respondents were made to encircle the appropriate number, which suited their attitude. The scale was revalidated by administering the questionnaire on 54 active players of North Bengal University. This scoring range of this questionnaire was 4 to 24. The higher score indicate the high level of self confidence. One-way analysis of variance (ANOVA) was used to find out the overall mean significance difference of three groups and least significance difference (LSD) post-hoc test was used to measure the paired mean significance difference.

Results and Discussions

Table 1: Descriptive analysis of self confidence of female cricket players from different state

S. No.	State	N	Mean	Standard Deviation	Minimum	Maximum
1	Delhi	20	19.83	1.33	17	21
2	Punjab	20	17.65	1.89	16	20
3	Haryana	20	20.73	1.44	17	23

Table no. 1 clearly indicates the values of descriptive analysis of self confidence of female cricket players from different state, which shows that the mean and standard deviation values of cricket players for self confidence from Delhi, Punjab and Haryana are found to be 19.83 ± 1.33 , 17.65 ± 1.89 and 20.73 ± 1.44 respectively. The graphical representation has been shown in fig no. 1

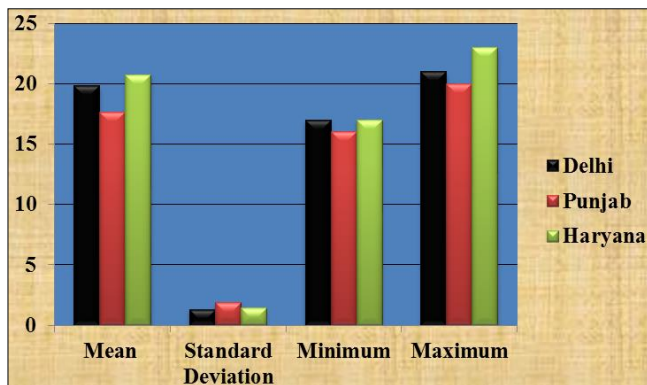


Fig 1: Graphical representation of Descriptive analysis of self confidence of female cricket players from different state

Table 2: One way analysis of Variance among the Female cricket players of different state for self confidence

	Sum of Square	df	Mean Square	OF	TF
Between Groups	77.22	2	38.72	14.75*	5.15
Within Groups	144.61	57	2.73		
Total	221.83	59			

Table no. 2 clearly indicates the values of one way analysis of variance, which shows that a significant difference has been found in the self confidence of female university level cricket players from different states of North India, as the value is found to be 14.75, which is significant at 0.05 level.

Table 3: LSD Post- Hoc Test for Self-Confidence among female cricket players from different state

Groups (I)	Groups (J)	Mean Difference (I-J)	Std. Error	P-Value	95% Confidence level	
					Lower Bound	Upper Bound
Delhi	Punjab	1.89*	0.53	0.002	0.78	2.08
Punjab	Haryana	0.67	0.53	0.81	0.11	2.89
Delhi	Haryana	1.99*	0.53	0.001	-2.11	-1.25

Table No. 3 clearly indicates the post hoc values, which shows that a significant difference has been found in the self confidence of Delhi and Punjab (1.89^*) female cricket players and Delhi and Haryana (1.99^*) players, whereas no significant difference has been found in the self confidence of Punjab and Haryana (0.67) cricket players.

Conclusions

On the basis of the results it may be concluded that:

- Female cricket players from Haryana state possessed higher self-confidence than the Punjab and Delhi players.

- In sports competition, self-confidence is an important aspect needs for every player which may vary player to player and event to event but it depends upon a lot of psychic factors.

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