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Comparative study on self-confidence and anxiety among male and female players

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Abstract

The main objective of the study was to compare the self confidence and anxiety level of male & female players. For this 60 players were selected in which 30 male and 30 female. The age range of the subjects was 16-20 years. All the samples were selected on random basis. To measure the self confidence level, self confidence inventory developed by R.K. Sharma was used, and for anxiety; Sports Anxiety Inventory prepared by Sinha was preferred. The scoring was done according to the rule laid down by the authors. These inventories are highly reliable and valid. The 't' test was used to find out the significance difference among male & female players. Results found that male players have higher self confidence as compared to female players, and female players have high anxiety level as compared to male players.

Keywords: Self confidence, anxiety, male players, female players

Introduction

Self-assurance is critical in practically every part of our lives, yet such a large number of individuals battle to discover it. Unfortunately, this can be an endless loop: individuals who need self-assurance can think that it's hard to end up successful. After all, the vast majority are hesitant to back an undertaking that is being pitched by somebody who was apprehensive, bobbling, and excessively remorseful. Then again, you may be influenced by somebody who talks obviously, who holds his or her head high, who answers addresses without a doubt, and who promptly concedes when he or she doesn't know something. Sure individuals motivate trust in others: their group of onlookers, their associates, their supervisors, their clients, and their companions. What's more, picking up the certainty of others is one of the key courses in which a fearless individual discovers achievement. Fortunately fearlessness truly can be learned and based on. Furthermore, regardless of whether you're taking a shot at your own particular certainty or building the certainty of individuals around you, it's definitely justified even despite the effort! Confidence can be an extreme thing to develop. We've assembled some convenient tips to enable you to out. In case regardless you're experiencing serious difficulties even in the wake of attempting these self improvement thoughts, don't stress! We've likewise recorded the ways you can discover additional help and work on boosting your certainty with the assistance of others.

Tips for building self-assurance

There are various things you can do to construct your certainty. Some of them are quite recently little changes to your attitude; others you'll need to take a shot at for somewhat longer to make them commonplace propensities.

Take a gander at what you've just accomplished: It's anything but difficult to lose certainty in the event that you trust you haven't accomplished anything. Make a rundown of the considerable number of things you're glad for in your life, regardless of whether it's getting a decent check on an exam or figuring out how to surf. Keep the rundown close by and add to it at whatever point you accomplish something you're glad for. When you're low in certainty, haul out the rundown and utilize it to help yourself to remember all the magnificent stuff you've done.

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Consider things you're great at: Everybody has qualities and gifts. What are yours? Perceiving what you're great at, and attempting to expand on those things, will help you to assemble trust in your own capacities.

Set a few objectives: Set a few objectives and set out the means you have to take to accomplish them. They don't need to be huge objectives; they can even be things like heating a cake or arranging a night out with companions. Simply go for some little accomplishments that you can tick off a rundown to enable you to pick up trust in your capacity to complete stuff.

Talk yourself up: You're never going to feel sure on the off chance that you have negative analysis going through your head disclosing to you that you're no great. Consider you're self-talk and how that may influence your fearlessness. Treat yourself like you would your closest companion and support yourself.

Get a diversion: Endeavor to discover something that you're truly enthusiastic about. It could be photography, game, cooking or whatever else! When you've worked out your enthusiasm, submit yourself to giving it a go. Odds are, in case you're intrigued or energetic about a specific action, will probably be inspired and you'll assemble aptitudes all the more rapidly.

Everybody feels restless sometimes: It's an ordinary feeling. For instance, you may feel anxious when looked with an issue at work, before taking a test, or before settling on an essential choice. Nervousness issue is extraordinary, however. They are a gathering of psychological sicknesses, and the pain they cause can shield you from going ahead with your life ordinarily. For individuals who have one, stress and dread are consistent and overpowering, and can incapacitate. Be that as

it may, with treatment, many individuals can deal with those sentiments and return to a satisfying life.

Nervousness issue is an umbrella term that incorporates distinctive conditions

Frenzy issue: You feel fear that strikes indiscriminately. Amid a fit of anxiety, you may likewise sweat, have chest agony, and feel palpitations (curiously solid or sporadic heartbeats). Now and then you may feel like you're stifling or showing at least a bit of kindness assault.

Social tension issue: Additionally called social fear, this is the point at which you feel overpowering stress and reluctance over ordinary social circumstances. You focus about others passing judgment on you or on being humiliated or mocked.

Particular fears: You feel extraordinary dread of a particular question or circumstance, for example, statures or flying. The dread goes past what's suitable and may make you maintain a strategic distance from standard circumstances.

Summed up tension issue: You feel unreasonable, implausible stress and pressure with practically no reason.

Methodology

For this 60 subjects were selected in which 30 male players and 30 female players. The age ranges of the subjects were 16-20 years. All the samples selected on random basis. To measure the self confidence level, self confidence inventory developed by R.K. Sharma was used, and for anxiety; Sports Anxiety Inventory prepared by Sinha was preferred. These tests are highly reliable and valid to measure the self confidence level and anxiety level of the selected players.

Results and discussion

Table 1: Showing the mean of self confidence level of male and female players

Item	Male Players		Female Players		MD	't'
	Mean	SD	Mean	SD		
Self Confidence	16.23	2.47	11.87	2.98	4.36	2.87*

*Significance at 0.05 level.

From table no. 1, results revealed that male players have high self confidence level (M=16.23, SD= 2.47) as compared to female players (M=11.8, SD=2.98). The calculated 't' value which is greater than the tabulated value, so both the group are differ at 0.05 levels.

Table 2: Showing the mean of sports anxiety level of male and female players.

Item	Male Players		Female Players		MD	't'
	Mean	SD	Mean	SD		
Sports Anxiety	20.07	3.02	24.98	3.98	4.91	5.34*

*Significance at 0.05 level.

From table no. 2, results revealed that female player have higher anxiety level (M=24.98, SD=3.98) as compared to male players (M=20.07, SD=3.02). The calculated 't' value which is greater than the tabulated value, so both the group are differ at 0.05 levels.

Conclusions

1. Male players have higher self confidence as compared to female players.

2. Female players have high anxiety level as compared to male players.

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