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Comparative study of self confidence among team game and combat game player

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Abstract

The purpose of the study was to find out the difference between selected psychological variables between team game and combat game players. For this purpose the self confidence were selected as the dependent variables. To achieve the purpose of the study, the investigator had used the the questionnaire of self confidence by 3rd semester MA psychology students under the guidance of Dr. H. Sylaja (2015), Dept. of psychology, SSUS, Kalady. The subjects were selected from vimala college team game and combat players. The subjects were selected on a random basis. The collected data was analyzed statistically by using t-ratio to find out the significant difference between means.

The result of the study reveals the there were no significant difference in self confidence of different game level players.

Keywords: Comparative study, self confidence among team, combat game player

Introduction

The World Combat Games were initiated by Sport Accord the umbrella organisation for international sports federations and organizers of sports events, in order to bring these sports closer to a worldwide public. The World Combat Games are accompanied by a cultural program that reflects the ancient traditions and values of martial arts as well as their contribution to modern society.

A combat sport, or fighting sport, is a competitive contact sport with one-on-one combat. Determining the winner depends on the particular contest's rules. In many fighting sports, a contestant wins by scoring more points than the opponent or by disabling the opponent. Boxing, wrestling, Muay Thai, Tae Kwon Do, Judo, Brazilian Jiu-jitsu, Sambo, and Mixed Martial Arts are examples of combat sports.

Statement of the problem

The purpose of the study is to compare the self confidence among combat game and team game players.

Delimitations

- The study will be delimited to 50 subjects 25 of them will be combat game and 25 of them team game.
- Subjects ranging from age 18-25.
- The study will be delimited to the subjects of Vimala College, SSUS Kalady, State sports hostels around Kerala.
- The study will be delimited to psychological variables self confidence and motivation only.
- The study will be delimited selected combat game judo and team game handball only.
- The study will be further restricted to the self confidence questionnaire and motivation questionnaire
- The study was confined to women only.

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Limitations

- The subjects were from different social cultural and economical status which is taken a limitation of this study
- We have to get correct answers otherwise it is wrong.
- No other motivational techniques were followed to assess selected psychological variable.
- Heredity and environmental factors which contribute to psychological factors have been controlled.

Hypothesis

It is hypothesised that different significantly the team game and combat game.

Significance of the study

- The study may help to the subject to have a feedback of their psychological status.
- The study may help to know the self confidence and motivation of two different groups. It shows the importance of the sports psychology in different sport and games.

Definitions and explanation of terms

The following terms, pertinent to the study are defined for clarification and avoid possible difficulty and confusion in understanding.

Sports Psychology

Sports psychology is the study of a person's behaviour in sport.

Self Confidence

Self confidence as an athlete realistic expectations about achieving about success and stated that self confidence is not what athletes "hope" to accomplish, but rather what they realistically "expect" to accomplish. (Rainer martens)

Methodology

In this chapter, the method adopted for the selection of subject, collection of data, administration of questionnaire and methods employed for statistical treatment of data have been explained.

Selection of Subjects

The 50 persons were selected as the subjects to this study. these subjects were selected from Vimala College, SSUS kalady, state sports hostels around kerala.

Selection of Variable's

The investigator has selected the following psychological variables
Self confidence

Statistical Technique

The data collected from the subjects were treated statistically. To find out the relationship between psychological variables of vimala college, ssus kalady, state sports councils around kerala team game players and combat players 't' ratio was used.

Analysis of data and result of the study

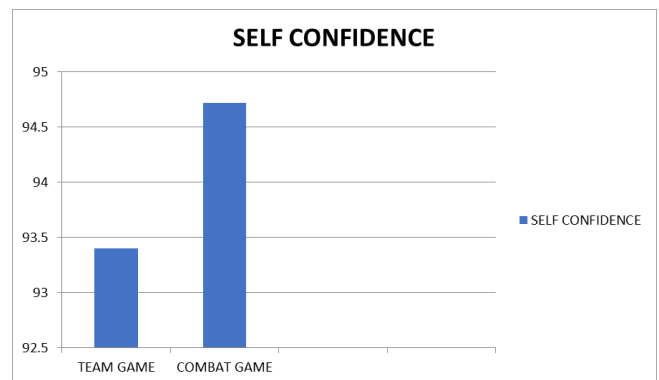
This chapter deals with the analysis and interpretation of data collected from the samples under study. This research was to make a comparison of self confidence between team game and combat game players. To achieve the purpose of study, the investigator assessed self confidence by using the self

confidence questionnaire by 3rd semester MA psychology students under the guidance of Dr. H. Sylaja (2015), Dept. of psychology, SSUS, Kalady. The questionnaires were administered to 40 college level (vimala college) team game players and combat game players to measure of the psychological variable like self confidence. The subjects were selected at random. The collected data on self confidence from selected college were subjected to statistical treatment by using t-ratio. Table I shows the results obtained.

Table 1

Category	Number	Mean	Standard Deviation	T-Value
Team Game	25	93.40	8.727	0.48716
Combat Game	25	94.72	10.36	

Significant at 0.05 level. (table value required for significance at 0.05 level for 't' test is 2.94)



Summary

The purpose of the study was to find out the difference between selected psychological variables between team game and combat game players. For this purpose the self confidence were selected as the dependent variables. To achieve the purpose of the study, the investigator had used the questionnaire of self confidence by 3rd semester MA psychology students under the guidance of Dr. H. Sylaja (2015), Dept. of psychology, SSUS, Kalady. The subjects were selected from vimala college team game and combat players. The subjects were selected on a random basis. The collected data was analyzed statistically by using t-ratio to find out the significant difference between means. The result of the study reveals there were no significant difference in self confidence of different game level players.

Conclusion

- It was concluded that there were no significant difference between college level team game and combat game players.
- The scores of self confidence was higher among team game players than the combat game players but not at significant level.

Recommendations

- Similar study may be conducted male players.
- Similarly study may be conducted on other selected psychological variables.
- Similarly study may be conducted for university level team game and combat players of different states.
- Similar study may be conducted for different age groups.

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