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## Contrasting of sports confidence among under 19 cricket teams: A comparative study

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### Abstract

In this study the sample consist of 60 male Cricketers (15 Cricketer from each team) from 4 different 'Under 19' teams (Madhya Pradesh, Himachal Pradesh, Punjab and Saurashtra) from J.Y. LELE Trophy held at Vadodara (Gujarat) in 2017. In the procedure researcher visited coaches from the various teams that has been selected and explained the nature of the study in the second stage we explained the questionnaire detail to the subjects. At the third stage Trait Sport Confidence Inventory (TSCI) was distributed among subjects approximately 24 hours before the first competition. At the fourth stage State Sport Confidence Inventory (SSCI) was administered to the subjects within 2 hours prior to the start of the competition. The researcher intension was to find out the difference in the cricket teams in there Trait and State Sports confidence, but after the findings the results found in significant in both the inventories i.e. Trait Sports confidence inventory and State Sports confidence inventory. By the help of SPSS software the researcher applied one way ANOVA statistical technique to interpret the results. The calculated value.517 is much lesser than the critical value 2.77 in the Trait Sports confidence inventory, whereas in State Sports confidence inventory the calculated value.298 is much lesser than the critical value 2.77 in both the conditions the null hypothesis is accepted.

**Keywords:** inventory, self-confidence, cricket etc.

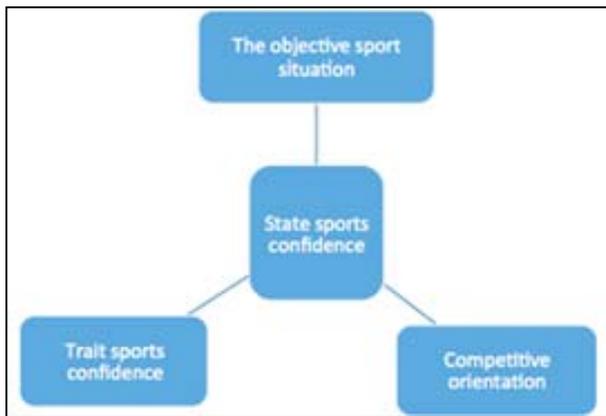
### Introduction

Self Confidence is the most used term for these related concepts outside of psychology research, but there is still some confusion about what exactly self-confidence is. One of the most cited sources about self-confidence refers to it as simply believing in oneself. Another popular article defines self-confidence as an individual's expectations of performance and self-evaluations of abilities and prior performance. Finally, Psychology Dictionary Online defines self-confidence as an individual's trust in his or her own abilities, capacities, and judgments, or belief that he or she can successfully face day to day challenges and demands (Psychology Dictionary Online).

Self-confidence also brings about more happiness. Typically, when you are confident in your abilities you are happier due to your successes. Also, when you are feeling better about your capabilities, the more energized and motivated you are to take action and achieve your goals. Self-confidence is one of the most frequently cited psychological factors in sport performance and many psychologists considered to be key factor to successful players. Self-confidence is a belief in yourself and your abilities, a mental attitude of trusting or relying on yourself. Self-confidence is sometimes equated with freedom from doubt; however when confidence is needed is usually when the outcome is uncertain, so that true confidence is actually about feeling comfortable with uncertainty and knowing what the outcome will be.

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Image

Reference - [believeperform.com/performance/sports-confidence-theory-2](http://believeperform.com/performance/sports-confidence-theory-2)

Generally speaking- Self confidence is a feeling or belief in your powers and abilities. The dictionary meaning of self confidence is having confidence in one's own ability. Two main things contribute to self confidence: self efficacy and self esteem (Pradeepkumar 2018) Self- confidence has been defined as the belief that a person can successfully perform a desired behavior (Weinberg et al. 2003) Confidence discriminates between successful and less successful gymnasts during Olympic trials (Mahoney & Avenir, 1977) and big ten wrestlers (Gould, Weiss, & Weinberg, 1981). Self confidence is being confident of one's own abilities. In other words, it is the Cricketer who realistically believes that he is capable of performing well. (Gould, Weiss & Weinberg, 1981) opine that the most consistent factor distinguishing highly successful from less successful athlete is 'confidence' This means that top athletes, regardless of the sport, consistently display a strong belief in themselves and their abilities

Self-Confidence is considered to be one of the leading elements for a successful athlete. Believe in one's self is the centre of sports performance. One of the most important factors determining Self-Confidence involves trust in our ability to execute a task. Like any other sport, in Cricket also self-confidence as well as Sports Achievement Motivation plays critical role.

### Objective

To analyze the difference of Trait Sports confidence and the State Sports confidence of the 4 (four) different under 19 Cricket teams from J.Y. LELE Trophy held at Vadodara (Gujarat) in 2017.

### Delimitations

1. The study was delimited to the Cricketers of Under 19 years of age.
2. The study was further delimited to the 60 male Cricketers (15 Cricketer from each team) from 4 different 'Under 19' teams.
3. The study was delimited to the J.Y. LELE Trophy participants which was held on 16-22 September 2017 at Vadodara (Gujarat).
4. The study was delimited to the Madhya Pradesh, Himachal Pradesh, Punjab and Saurashtra teams only.
5. The study was delimited on the Questionnaire of Self Confidence by Vealey i.e.

- Trait Sports Confidence Inventory.
- State Sports Confidence Inventory.

### Limitations

1. True responses given by the subject on questionnaire may act as limitation of the study.
2. Daily routine, training age, individual differences and environmental factors may act as a limitation for the study.

### Hypothesis

- It is hypothesize that there will be no difference in Trait Sports Confidence Inventory among the different under 19 Cricket teams.
- It is hypothesize that there will be no difference in State Sports Confidence Inventory among the different under 19 Cricket teams.

### Materials and Methods

#### Procedure

At first, researcher visited coaches from the various teams that had been selected and explained the nature of the study and in the second stage explained the questionnaire details to the cricketers. At the third stage Trait Sport Confidence Inventory (TSCI) was distributed among subjects approximately 24 hours before the first competition. At the fourth stage State Sport Confidence Inventory (SSCI) was administered to subjects within 2 hours prior to the start of the competition.

#### Sample

With the help of Purposive sampling technique 60 male Cricketers were selected (15 Cricketer from each team) from four 'Under 19' Cricket teams (Madhya Pradesh, Himachal Pradesh, Punjab and Saurashtra) from J.Y. LELE Trophy participants which was held on 16-22 September 2017 at Vadodara (Gujarat).

#### Tools:-

##### Trait Sport Confidence Inventory

The Trait Sport Confidence Inventory was developed to assess how confident athletes generally feel, when they compete in sport. Items on the inventory ask the participants to compare themselves to the "most confident athlete you know". The inventory consists of 13 items, with no subscale components, utilizing a 9-point Likert scale anchored by 1 (low) and 9 (high). An item of the TSCI read "Compare your confidence in your ability to perform under pressure to the most confident athlete you know". The item scores distinguish between low (scores from 1 to 3), moderate (scores from 4 to 6), and high (scores from 7 to 9) confidence. Trait sport confidence scores are obtained through a mean score or a summed score by adding up scores for the 13 items. Global confidence summed scores between 13 and 39 reflect a low level and scores between 91 and 117 signify a high level of overall competition confidence. Global confidence scores in between those extremes represent a moderate level of confidence.

##### State Sport Confidence Inventory

Vealey's State Sport Confidence inventory developed by Robin S. Vealey. This Inventory is a 13 question instrument which measures state sport confidence. To aid in the conceptualization of sport-confidence, Vealey perused the literature on self-efficacy, perceived competence, and performance expectancy. Sport-confidence was defined "as

the belief or degree of certainty individuals possess about their ability to be successful in sport".  
By the help of SPSS software (20.0) the researcher applied one way ANOVA statistical technique to interpret the results.

**Table 1:** Analysis of Variance of Trait Sports Confidence inventory of 4 different 'Under 19' Cricket teams

Results	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	233.383	3	77.794	.517	.672
Within Groups	8419.200	56	150.343		
Total	8652.583	59			

\* F (3,56) = .517,  $p < 0.05$

As the findings shows that the calculated value.517 is much lesser than the critical value 2.77 and according to results there is in – significant difference among the cricket teams so that the researcher accepted the null hypothesis.

**Table 2:** Analysis of Variance of State Sports Confidence inventory of 4 different 'Under 19' Cricket teams

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	144.983	3	48.328	.298	.826
Within Groups	9069.867	56	161.962		
Total	9214.850	59			

\* F (3,56) = .298,  $p < 0.05$

Above findings shows that the calculated value.298 is much lesser than the critical value 2.77 and according to results there is in – significant difference among the cricket teams so that the researcher accepted the null hypothesis.

**Discussions**

The researcher intension was to find out the difference in the cricket teams in there Trait and State Sports confidence, but after the findings the results it founds in-significant in both the inventories i.e. Trait Sports confidence inventory and State Sports confidence inventory.

The calculated value.517 is much lesser than the critical value 2.77 in the Trait Sports confidence inventory, whereas in State Sports confidence inventory the calculated value.298 is much lesser than the critical value 2.77 in both the conditions the null hypothesis is accepted because the results found In-Significant.

Same age groups, Physical and Mental preparation, Environmental comfort, Social reinforcement, Over all sports abilities, Effective leadership to promote confidence in the team may be the reason to have In-significant difference among the subjects as we have no control on their responses the researcher can make the statement that could also be the reason of in-significant results.

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