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Self-confidence profile of intercollegiate kabaddi players of Chhattisgarh

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Abstract

A self-confidence profile of intercollegiate Kabaddi players was constructed in the present study. To conduct the study 50 intercollegiate male Kabaddi players were selected as sample. The age range of selected male Kabaddi players was between 18 to 25 years. Purposive sampling was used in the present study. Pandey's Self-confidence Inventory was used to evaluate self-confidence of the selected subjects. The chi square test result indicate that majority of the male intercollegiate Kabaddi players of Chhattisgarh did not have belief in their own abilities. It was concluded that psychological counseling may be needed to enhance self-confidence of intercollegiate male Kabaddi players of Chhattisgarh.

Keywords: self confidence, kabaddi

Introduction

Sports psychology prepares athletes for optimum performance with the help certain psychological training methods. Sports psychology is also a decisive aspect as far as coaching and team building. In a way sports psychology deals with emotion control, focus, confidence and mental toughness etc. It is a proven scientific fact that in any sporting event mental aspects plays equal role and not more as compared to physical aspects as far as performance is concerned. When a sportspersons are not confident about his/her own abilities, he/she will fail to achieve optimum performance in majority of times. Apart from physical competencies, technical and tactical superiority a sportsperson need strong self-belief or confidence that he can compete with best and win. Hence in any sport including Kabaddi, self-confidence is the key to success. Zellner (1970) ^[1] defined self-confidence in the form of self belief. Zellner defined self-confidence in one's insight and trust in abilities to accomplish a certain task. Another definition of self-confidence is put forward by Bandura (1977) ^[2] explained it in terms of self efficacy. Bandura linked self-confidence to perception of individual towards own abilities to accomplish a certain task successfully. In sports self-confidence has been studied extensively. Researchers like Craft *et al.* (2003) ^[3], Woodman and Hardy (2003) ^[10] have scientifically documented the potential role of self-confidence in sports performance.

Due to ever increasing importance of sports psychology, researchers in India have studied the psychological variables that are associated with Kabaddi performance. These researchers namely Joshi and Vakani (2010) ^[5], Quadri and Dhonde (2012) ^[7], Mande and Satya Paul Kumar (2012) ^[6], Devaraju and Needhiraja (2013) ^[4], Singh and Singh (2013) ^[9], Sana and Shrivastava (2016) ^[8] have conducted studies on Kabaddi players to explore psychological factors related to Kabaddi performance. Since researcher resides in relatively newly born state of India, Chhattisgarh, it was decided to construct the self-confidence profile of male intercollegiate Kabaddi players of Chhattisgarh. The significance and utility of this study lies in its nature because the results will be useful in analyzing the self-confidence in intercollegiate male Kabaddi players of Chhattisgarh which then can be used for psychological preparation of male Kabaddi players of this region.

Objectives

The objective of the present study was to prepare self-confidence profile of intercollegiate male Kabaddi players of Chhattisgarh.

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Methodology

The following methodological steps were taken in order to conduct the present study.

Sample

To conduct the study 50 intercollegiate male Kabaddi players (Average age 20.21 years) were selected as sample. The sample for the present study was chosen purposively. The selected male Kabaddi players belonged to various colleges affiliated to recognized Universities operational in Chhattisgarh.

Tools

Pandey's Self-confidence Inventory

The self-confidence in intercollegiate male Kabaddi players was evaluated with the help of PSCI prepared by Pandey (1983). This Hindi inventory is made up of 60 questions with positive and negative worded questions. This inventory met the criteria of statistical reliability and validity. Due to nature of scoring pattern, lower scores denoted better self-confidence and scores on higher side of scale denotes lack of self-confidence. Scores less than 23 indicate high self-confidence, scores between 24 to 37 denotes average self-confidence level while scores over 37 denotes low self-confidence in subjects.

Procedure

50 intercollegiate male Kabaddi players were selected purposively. The usual ethical procedure along with written consent for voluntary participation was followed prior to administration of Pandey's Self-confidence Inventory to selected male intercollegiate Kabaddi players. Scores were obtained by calculating the numerical weight for every response. To assess high, average and low level of self-confidence in intercollegiate male Kabaddi players, author's manual was used. χ^2 test is used for data analysis and the same being presented in table 1

Result and Discussion

Table 1: Chi Square Statistics on the Basis of Frequency Distribution

Categories of Self-confidence	Frequency	Percentage (%)	χ^2
High (Less than 23)	12	24.0	$\chi^2 = 2.44$ ($p > .05$)
Moderate (Between 24-37)	17	34.0	
Low (More than 38)	21	42.0	
Total	50	100.0	

χ^2 (df=2) = 5.99 at .05 level and 9.21 at .01 level

Frequency distribution shown in table 1 reveal that 42% intercollegiate male Kabaddi players had lower level of self-confidence, 34% had moderate level of self-confidence while 24% exhibited higher degree of self-confidence. The calculated $\chi^2 = 2.44$ although statistically non-significant indicate that self-confidence in intercollegiate male Kabaddi players was somewhat lower.

It has been propagated by sports psychologist that self-confidence is related to sports performance. In a study on volleyball players Bajpai and Nagma Sultana (2015) also showed significant relationship between self-confidence and sports performance. Hence intercollegiate male Kabaddi players from Chhattisgarh lack essential psychological element in the form of self-confidence to excel at highest level.

Conclusion

On the basis of results, it was concluded that intercollegiate male Kabaddi players of Chhattisgarh are low in self-

confidence and needs psychological counselling to utilize their full potential by increasing the self belief in their abilities.

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