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**Harpatap Singh**  
Assistant Professor, Maharaja  
Ranjit Singh College Malout,  
Punjab, India

## A comparative study of self-confidence among individual and team games female players of Punjab

**Harpatap Singh**

### Abstract

The study was designed to examine the level of self-confidence among individual and team game female players of Punjab.

A sample of players 900 composed of 6 different sports namely Basketball, Hockey, Handball, and individual game Athletics, Boxing, Wrestling From India was selected as subjects in present study. Out of 900, 150 subjects were selected randomly from each game to achieve the purpose of present study. To obtain the required information with regard to Agnihotri's Self-Confidence Inventory (ASCI) prepared by Agnihotri year 1987 was used. The analyses of various t test was applied to compare the means of different sports.

The result of the present study indicated that Self-confidence study concludes that team game female players are having more Self-confidence comparative to Individual game players.

**Keywords:** self-confidence, athletics, boxing, wrestling

### Introduction

Sports are not merely sports but they are an admixture of self-confidence. Sports give a purpose, a mission and an aim to achieve and once achieved the next challenge gives further encouragement to self-exploration. A sports man gives into lethargy or indulges in self-pity but he takes in his stride each and every challenge and makes his life 'a win'. A sports person chisels his life with his own hands and what he requires to inch towards his goal are self-confidence.

### Self confidence

Self-confidence affects our success. One cannot only be skilful in his or her own activity but also confident of his or her own behaviour. The basic element of Self-Confidence is to accept every situation whether you win or lose the match. When someone lives out of negative outcome he can be more confident because he is less worried about victory or failure. Every athlete has to focus on the main thing that is enjoyment in the game. It makes the situation more pleasant. Self-belief of an athlete allows him/her to perform a successful activity. A person with normal attitude appears with Self-confidence in a field. This attitude is great and well-liked. Self-confidence defines the security of person's own decisions or actions. Self-confidence applies on some situations only. Self-confident person knows well that he performs his action wisely and these corrective actions will lead him to his goal.

Self-Confidence is an estimation of one's own abilities. Lack of Self-Confidence creates a stress on the mind of an athlete and creates chances of failure. Self-Confidence allows a person to be realistic in his views, action, and attitude. Self-confident person has a proper control on his or her own life and he/she can do everything that he/she wants. The person who is not Self-confident is totally depended upon the acceptance of others that what they think about him/her and it led them towards failures. They have no hope for victory in their minds. Self-confident person faiths in himself and can control every circumstance. Self-confidence is generally not needed in every aspect of life. In some situations, person needs to be confident. Confidence is not an emotion but our judgment. With self-assurance, things will happen smoothly. Self-confidence is closely related to self-esteem and optimism.

Self-confidence is an ability of a person to perform well. Confidence in sports indicates the

**Corresponding Author:**  
**Harpatap Singh**  
Assistant Professor, Maharaja  
Ranjit Singh College Malout,  
Punjab, India

person's will to win. The hope of winning in a field totally depends upon the Self-confidence. The two things affect the confidence of players inside and outside sources. Inside source are like the health of the player, hard labour that is under the control of player and outside sources are climatic changes, ground condition etc. that are out of the control of the player. Every trainer focuses on the inside sources of a sportsman. Self-confidence is a viewpoint which helps a person to be practical. "A self-assured person has a control over his own life. Having confidence does not mean that a person can do everything". Alegaonkar, P.V. (1990) [1]

**Statement of the problem**

**"A comparative study of self-confidence among individual and team games players of Punjab"**

**Objectives of the study**

1. To compare the self confidence among individual and team games players of Punjab.

**Delimitations of the study**

1. The study is delimited to the female players of Punjab only.
2. The study is delimited to the age group of eighteen to Twenty-five years.

3. The study is delimited to players of team games Basketball, Hockey, Handball, and individual game Athletics, Boxing, Wrestling only.
4. The study is delimited to the players who had participated at a state and inter-University level.

**Tools used**

Agnihotri's Self-Confidence Inventory (ASCI) prepared by Agnihotri year 1987.

**Statistical technique**

T test is used to compare the individual and team games players of Punjab. Data is analysed through SPSS.

**Collection of data**

The researcher collected the data from 900 female players of Punjab from the different games like basketball, handball, hockey, athletics, boxing, wrestling only of different participation. Data is collected by using Agnihotri's Self-Confidence Inventory (ASCI) prepared by Agnihotri year 1987.

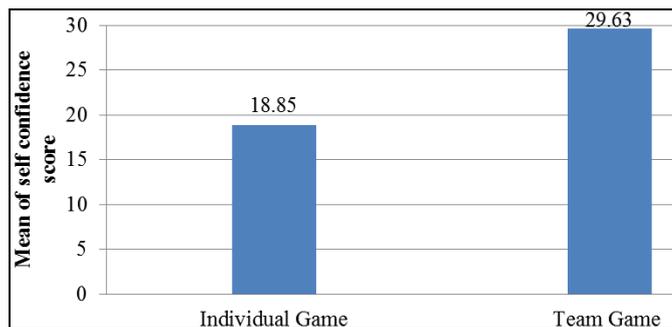
**Result and findings**

**Table 1:** Comparison of Self-confidence between the female players of Individual and team games

Individual Game (n=450)		Team Game (n=450)		t value	df	p value
Mean	SD	Mean	SD			
18.85	4.48	29.63	6.10	30.22	898	0.00*

\*Significant at 0.05 level

Table 1. Represents the comparison of the Self-confidence score between female Individual and team games. Mean and SD of the female players of Individual game was reported as 18.85 and 4.48 whereas Mean and SD of the team games female players was 29.63 and 6.10 respectively. The result of the study shows the team game female players were found to be significantly more confident (t=30.22, p<0.05) as compare to Individual game female players.



**Fig 1:** Showing the mean comparison of Self-confidence score between Individual and Team Game female players

**Conclusion**

Self-confidence study concludes that team game female players are having more Self-confidence comparative to Individual game players.

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