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## Influence of socio economic status on self confidence of women volleyball players

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### Abstract

Sport may be one area where the appearance of equality is more cosmetic than reality. Sport remains highly associated with the so-called "masculine" element of our culture, and the female in sport is still considered a woman in man's territory. Thus, the female athlete is a special case in two senses. Because of her sport interests, she is considered a special kind of female; because she is female she is considered a special kind of athlete. Awareness of her exceptional status surely colours the female athlete's approach to sport and makes her sport experience qualitatively different from that of the male athlete. The female athlete's special status raises significant questions about the psychological dimensions of her sport involvement. While the western world has progressed in the area of equality, in most third world countries including India, it remains a long way off.

**Keywords:** Socio economic status, Self confidence and women volleyball players

### Introduction

Psychology is the study of human behaviour and human relationship. Sports Psychology means applying psychological theories and concepts in coaching and teaching Sports Psychology is concerned with analyzing human behaviour in various types of sports setting. It is individual Behaviour acting individually and acting in a group. The Sports Psychologist uses Psychological assessment techniques and intervention strategies in an effort to help individuals to active their optimal Performance in Sports. Modern man lives in a mental world in which the important skills for success are based on his psychological abilities. The personality developments of human activities are expressed through the inter-relationship between physical and psychological factors physical and psychology interactions are general and sports. Hypothesis of the Study, It was hypothesized that there is a significant difference between High and Low Socio-Economic on Self-Confidence of Status of women volleyball players. Variables.

**1. Socio-economic Status:** is an economic and sociological combined total measure of a person's work experience and of an individual's or family's economic and social position in relation to others, based on income, education, and occupation.

**2. Self-Confidence:** Self confidence is the belief in oneself and abilities, it describes an internal state made up of what we think and feel about ourselves. This state is changeable according to the situation we are currently in and our responses to events going on around us.

### Methodology

The purpose of the study is to analyses the selected psychological variables of south zone inter university women volleyball players. The purpose of the study, 200 south zones inters university players. Randomly selected from various universities of Karnataka state. The age of subjects are ranged from 18 to 25 years. Data was collected for assess of the Influence of socio economic status and self confidence of women volleyball players in south zone inter-university volley ball players.

Sample size, The samples of study consisted of 200 was Selected randomly from All-India south zone inter university volleyball players.

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**Tools**

1. Socio-Economic Status, Bhardwaj and Chavan (1984) scale was used to collect the data pertaining to research.
2. Self- Confidence Scale the constructed by M. Basavanna has used to collect the information related to aggressive nature of the sportsmen.

**Statistical Procedure:** To find the mean, Sd and t value of the Study.

**Analysis of the Data**

Recent sports technology is based on close relationship of physical, psychological and sociological aspects of human development. In the domains of social life, the social structure, traditional and newly emerging values do have social consequences and effect on its members. The impacts of widespread social distinction between classes, ethnic groups and sex have been constantly reflecting the changing scope of sport. A great variation has also been observed in the achievement skills performed individually when compared with performance of the same individuals in team situations. Studies also indicate that sports performance does not only depend upon skills but also on the personal factors developed through social institutions of which an individual is chiefly a product. Perhaps the influence of any such specific reference group is a reflection of social structure variables and hence accounts for various socio-psychological factors affecting the choice of sports and performance.

In this section we compared the Socio-Economic Status groups (low SES and high SES) compared with respect to self confidence from women volley ball players by applying the independent t test and results are presented in the following section.

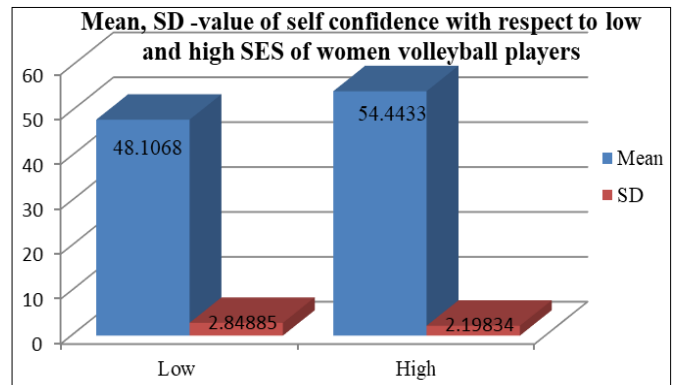
**Table 1:** Shows the Mean, Sd and t-value of self confidence with respect to low and high SES of women volleyball players

Ses status	Mean	SD	N	t-value	Df	p-value	Sig
Low	48.10	2.84	103	2.00	198	.000	s
High	54.44	2.19					

Significance.@0.05levels

From the results of the above table, it can be seen that, a significant difference is observed between women volley ball players belongs to low SES and high SES with respect to self confidence scores ( $t=17.5340$ ,  $p<0.05$ ) at 5% level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the women volley ball players belongs to high SES group have significant higher self confidence as compared to women volley ball players belongs to low SES group. high socio-economic status are more rational in their approach, have internal locus of control, high aspirations and have more openness to change and adjustment when compared to the low SES sportswomen who generally have irrationality, external locus of control and negative perceptions also are less prone to openness to change or adjustment. The high SES sportswomen will have high achievement motivation than the low SES sportswoman is formed on the basis that since the SES is a combination of education, income, occupation and caste. A sportswoman who belongs to high SES enjoys better opportunities of the social conditions of life that make her acquire more self confidence, high aspirations, positive self perception, optimism which in turn would influence her to adopt high achievement motivation therefore the It was hypothesized that there is a significant difference between High and Low Socio-

Economic Status on Self-Confidence of women volleyball players.



**Graph 1:** Shows the Mean, Sd value of self confidence with respect to low and high SES of women volleyball players

**Conclusion**

- The women volleyball players belongs to high Socio Economic Status group have significant higher self confidence scores as compared to women volleyball players belongs to low Socio Economic Status group.
- The self confidence of women volley ball players is influenced by socio economic status of women volley ball players.

**Findings**

- The effect of socio economic status on self confidence of women volley ball players is found to be positive and statistically significant.
- Socio economic status would not be significant predictor of self confidence of women volley ball players.

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