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**Kapil S Patel**  
M.Phil Student,  
Hemchandracharya North  
Gujarat University, Patan,  
Gujarat, India

## A comparative study of self confidence on selected university level players of different sports

**Kapil S Patel**

### Abstract

To achieve the purpose of the study 12 players each of Basketball, Handball, Volleyball, Kho-kho and Kabaddi who were selected for Inter-University level and their age was between 18 - 25 years were selected for the study. Self Confidence Questionnaire prepared by Robinson S. Ville was taken to know the self confidence level of the different games players. There were 3 options for the question Low Confidence, Medium Confidence and High Confidence. "F" test statistical procedure was taken and analysis of variance was set at 0.05% level of confidence. There will be no significant difference in Self Confidence level between different games players were found.

**Keywords:** Players, sports, self confidence

### Introduction

The socio-mental idea of self-assurance identifies with self-confidence in one's close to home judgment, capacity, control, and so forth. Once in a while showed too much. Being sure about yourself is irresistible on the off chance that you present yourself well, others will need to follow in your strides towards progress.

Confidence has been legitimately associated with a person's interpersonal organization, the exercises they partake in, and what they catch wind of themselves from others. Positive confidence has been connected to components, for example, mental wellbeing, making a difference to other people, and both self-perception and physical wellbeing. Despite what might be expected, low confidence has been related with the results of discouragement, medical issues, and withdrawn conduct. Typically, young people of unexpected weakness will show low confidence. All inclusive, self-assurance in young men and young ladies will decay during youth, and as opposed to young men, young ladies' fearlessness won't shoot back up again until early adulthood.

During pre-adulthood, confidence is influenced by age, race, ethnicity, adolescence, wellbeing, body weight, self-perception, association in physical exercises, sex introduction, sex personality, and arousing or disclosure of sexuality. Fearlessness can change and be seen in an assortment of measurements. Segments of one's social and scholastic life influence confidence. A person's self-assurance can shift in various situations, for example, at home or in school.

Self-confidence then again is a practical trust in one's very own judgment, capacity; control, and so on (see definition). A deep rooted procedure encourages us to decide and quantify these attributes relating to ourselves. This procedure is for the most part dependent on preliminaries and blunders and our capacity to recognize triumphs from disappointments. Solidly, to decide one's specific capacity, it is important to comprehend what are the most elevated accomplishments achieved with this capacity and the greatest disappointments which characterize its constraints.

Building self-assurance requires significant investment and is more hard to work than confidence. The initial step tends to the inner character and is normally abridged in know thyself. Testing your inner character is generally done through trials during youth where it gets conceivable to comprehend one's capacities and constraints (physically and mentally). The vast majority experience this piece of their lives in due way. Furthermore, reflection turns into a deciding element in creating fearlessness at the inner character level however a great many people neglect this progression in our advanced society.

**Corresponding Author:**  
**Kapil S Patel**  
M.Phil Student,  
Hemchandracharya North  
Gujarat University, Patan,  
Gujarat, India

**Objective**

1. To know self confidence level of different games players.
2. To compare self confidence level of Basketball, Handball, Volleyball, Kho-Kho and Kabaddi players.

**Method**

For this study 12 players each of Basketball, Handball, Volleyball, Kho-kho and Kabaddi who were selected for Inter-University level of VNSGU, Stuart and their age between 18 - 25 years were selected for the study. Self Confidence Questionnaire prepared by Robinson S. Ville was taken to know the self confidence level of the different games players. This questionnaire is valid to decide self confidence during the sports activities. The questionnaire was distributed among the players before few minutes of the competition and the necessary instructions were read out loudly to make every subject understand. There was no time limit for filling the 13

questions of the questionnaire. There were 3 options for the question Low Confidence, Medium Confidence and High Confidence.

**Hypothesis**

It was hypothesis that there will be significant difference in self confidence level of Basketball, Handball, Volleyball, Kho-Kho and Kabaddi players selected for Inter-University level.

**Statistical Procedure**

"F" test (one way analysis of variance) statistical procedure was taken and analysis of variance was set at 0.05% level of confidence, which is considered adequate for the purpose of the study.

**Result**

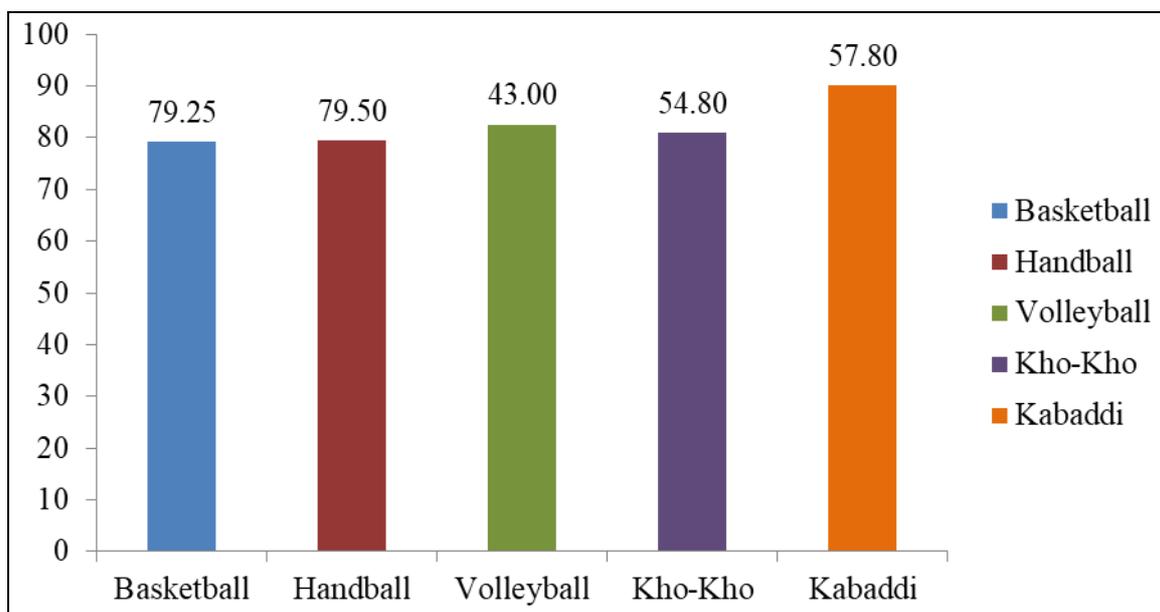
**Table 1:** Showing Analysis of Variance of the Mean of Different Games Players

Group	Mean	Source of Variance	D.F.	S.S.	M.S.S.	F - Ratio
Basketball	79.25	Between Group	K - 1	967.16	241.79	2.02
Handball	79.50		5 - 1 = 4			
Volleyball	82.58	Within Group	N- K	6578.84	119.61	
Kho-Kho	81.00		60 - 5 = 55			
Kabaddi	90.17					

Level of Significance -  $(4.55) 0.05 = 2.54$

From the table it is seen that self confidence test mean score of Basketball players is 79.25, Handball players is 79.50, Volleyball players is 82.58, Kho-Kho players is 81.00 and

Kabaddi players is 90.17. received "F" ratio was 2.02 which was not significant at 0.05 level.



**Graph 1:** Showing Self Confidence Mean Score of Different Games Players

**Conclusion**

At the end of the study the hypothesis that there will be significant difference in Self Confidence Level between Different Games Players of Gujarat Vidyapeeth was found not significant.

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