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An analysis on the influence of self-confidence on the performance among hockey players of Karnataka state

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Abstract
The purpose of the study was to analyze the influence of self confidence on the performance of hockey players of Karnataka State. To achieve the purpose of the study total 120 hockey player's samples were drawn for the study from various SAI sports hostels of Karnataka State ranging between 14-16 years of age. The AAPHER Self confidence Tests and SAI Hockey Skill Test (1992) were administered to the subjects. The results of the study concluded that the high self confidence hockey players groups are having very good shooting skills, ball balancing and controlling ability in the hockey game than the low self confidence players group.

Keywords: Self confidence, Shooting, Goal, Balance, Control, Hockey

Introduction
The aim of higher sports in this age of competition is to win in international meets or to attain peak performance in competition. And it is on this factor that the coaches try to concentrate. In order to reach the target and accomplish the social expectation the players also work hard, ignoring their comforts in their daily lives and practice for many hours a day. Unless the players are prepared mentally and psychologically for the contest, they are not able to achieve the desired results. The psychological training has to be provided to the players by the coaches to face stressful situation occurring during the competition.

It is critically important that those studying the psychological concepts as they apply to the area of physical education and coaching be carefully attentive to the fact that social and cultural forces are operating constantly and a meticulous understanding of these is absolutely necessary in any attempt to unravel many factors causing and revealing behavior and its changes in sports setting.

In order to reach optimum performance in hockey games the different components of physical and motor fitness such as endurance, power, strength, speed, agility, flexibility, balance etc are pre-requisite. A player will not be able to perform his best during training and competitions unless optimum development takes place.

Physical education and sports scientists have made numerous efforts to identify the factors underlying skilful performance in various games and sports. For different types of sports the definition of skilful performance would vary and so would the components constituting performance.

In hockey as in many other sports and games, a player can attain excellence at an early age only if he starts his career in early boyhood. An early starter, like an early rider, has time for the acquisition of manifold athletic abilities, fundamental skills and Tactics which are essential for becoming a grand player. In the advanced countries, training of athletes and players start quite early in life. Learning individual tactics leads to the acquisition of group and team tactics.

The methodology of teaching tactics may vary. However, young trainees should know more than what they are able to practically demonstrate at any given moment. Weaknesses and short one coming should be analyzed and removed during the learning process in order to create a sound base.

A youngster with all-round technical and Tactical training has good chance of becoming an excellent player (Elferink-Gemser, Visscher, Lemmink, & Mulder, 2004; Pienaar, Spamer &

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Steyn 1998; Regnier, Salmela & Russell 1993, Williams, Nevill & Franks 2000).

Statement of the problem
The purpose of the study was to analyze the influence of self confidence on the performance of hockey players of Karnataka State.

Objectives of the study
1. To study the effect of self confidence on balancing the ball, moving with ball and goal shooting performance among hockey players.
2. To find out relationship between the self confidence and balancing the ball, moving with ball and goal shooting performance among hockey players.

Materials and Methods
The sample
The total 140 hockey player's samples were drawn for the study from various SAI sports hostels of Karnataka State ranging between 14-16 years of age. The sample design as under:

Sample Design

Category	Variables	Hockey Players	Total
Boys	Low Self confidence	60	120
	High Self confidence	60	

Tools
1. Self Confidence Questionnaire (SCQ-1975).
The self confidence questionnaire (SCQ) developed by Basvanna. The questionnaire consists of 100 items. The odd-even (split-half) reliability co-efficient calculated by Spearmen Brown formula was fond to be 0.904. Prior to game skill testing the subjects were administered to self confidence questionnaire and based on the data they were divided equally into two groups.

2. SAI Hockey Skill Test (1992)
a) Shooting on Target
b) Balancing the ball on stick
c) Moving with the ball

Description Game Skill Variables (SAI Hockey skill test):
a) Shooting in the Target:
This test item is aimed at measuring the ball shooting ability of the hockey player.
Equipment: Hockey sticks, hockey synthetic balls, two flag posts, measuring tapes and marking powder.
Test/ Target Dimensions: A target is formed by pegging two flag posts (each of two meters height) at a distance of one meter from each other. A restraining line at a distance of ten meters from the target is marked on the ground. Ten balls are placed near the shooting spot on the restraining line. The subject is asked to hit all the ten balls into the target one by one.

Scoring and Evaluation: The number of accurate hits is scored.

b) Balancing the ball on the stick: this test item is aimed to measure the balancing ability of the hockey player.
Equipment: Hockey stick and synthetic balls.
Test Procedures: The subject is asked to balance the ball on the blade of the hockey stick continuously for the maximum

duration possible. Up to the 11 years age group, the subject allowed placing the ball on the stick with hand while in case of the subject of 12 years and above, the ball is to be lifted from the ground by the subject with the help of the hockey stick and continue balancing. The subject may move around, if needed to maintain the balance of the longest duration. The moment the ball is placed on the stick or lifted from the ground and brought under control on the stick, a stopwatch is starter and the moment the ball falls down from the stick, the stopwatch is stopped and the time is recorded accurate only up to seconds. Two trials may be given.
Scoring and Evaluation: Out of the two trails, the better one, longer duration time is converted to points with the help of SAI norms enlisted in the table below.

c) Moving with the ball:
This test item is aimed to measure the ball controlling ability of the hockey player when moving with the ball.

Equipment: A stopwatch, hockey stick, synthetic balls, tape and marking powder.

Test Dimensions: Two horizontal lines, one called starting line and the other end line, are marked at a distance of 20 meters.

Test Administration: The subject must stand behind the starting line by holding the hockey stick in both the hands; the hockey ball must be placed on the start line. On the signal, 'Go'! The subject must start moving forward by rolling the ball with the stick without breaking the contact of the blade of the stick on the ball and try to cross the finish line with the ball as early as possible. The forward movement of the ball with the blade of the stick should be rolling movement. A stopwatch is started simultaneously to the signal 'Go' and is stopped as soon as the ball and the subject cross the finish line. Each subject is given two trials and better of the two is considered for evaluation.

Scoring and Evaluation: The minimum time taken to reach the end line with the ball is scored.

Test Administration and Data Collection
Prior testing the purpose of the study was explained to the players and coaches as well, during the process requirement of the testing procedures, demonstration and explanation of various game skill tests to be administered were given to acquaint them with the requirement of the study.
All the players voluntarily participated in the study, their coaches exhorted them as well to put in their best effort in this scientific investigation, though no special motivational technique was used yet the players were very enthusiastic and cooperative throughout the process of data collection.

Results and Discussions
Based on the statistical data analysis the following tables were drawn and discussions are presented below.

Table 1: Mean and SD scores of Shooting on Target Skill test of 14-16 years Hockey players of Karnataka state at two levels of Self confidence

Test	Self confidence level	Mean	SD	Total
Shooting on Target Skill test	High	9.42	0.74	5.82**
	Low	6.46	0.61	

**Significant at 0.05 level

Table. No. 1 presents the Mean and SD scores of Shooting on Target Skill test of high and low self confidence 14-16 years hockey players group of Karnataka state. The mean score of high self confidence hockey players group (9.42) is higher than the and low self confidence hockey players group (6.46). The t-value (5.82) is significant at 0.05 level. The mean values and t-value reveals that there is a significant difference in the performance of high and low self confidence 14-16 years hockey players groups of Karnataka state in the Shooting on Target Skill test. In other words, it is interpreted that the high self confidence hockey players group are having very good shooting skills in the hockey game than the low self confidence players group.

Table 2: Mean and SD scores of Balancing the ball on stick Skill test of 14-16 years Hockey players of Karnataka state at two levels of Self confidence

Test	Self confidence level	Mean (in secs.)	SD	Total
Balancing the ball on stick skill test	High	95.36	8.54	20.14**
	Low	71.45	6.13	

**Significant at 0.05 level

Table. No. 2 presents the Mean and SD scores of Balancing the ball on stick skill test of high and low self confidence 14-16 years hockey players group of Karnataka state. The mean score of high self confidence hockey players group (95.36) is higher than the and low self confidence hockey players group (71.45). The t-value (20.14) is significant at 0.05 level. The mean values and t-value reveals that there is a significant difference in the performance of high and low self confidence 14-16 years hockey players groups of Karnataka state in the Shooting on Target Skill test. In other words, it is interpreted that the high self confidence hockey players group are having very good ball balancing ability in the hockey game than the low self confidence players group.

Table 3: Mean and SD scores of Moving with the ball Skill test of 14-16 years Hockey players of Karnataka state at two levels of Self confidence

Test	Self confidence level	Mean (in secs.)	SD	Total
Moving with the ball Skill test	High	114.02	14.26	18.06**
	Low	154.03	9.54	

**Significant at 0.05 level

Table. No. 3 presents the Mean and SD scores of Moving with the ball skill test of high and low self confidence 14-16 years hockey players group of Karnataka state. The mean score of high self confidence hockey players group (114.02) is higher than the and low self confidence hockey players group (154.03). The t-value (18.06) is significant at 0.05 level. The mean values and t-value reveals that there is a significant difference in the performance of high and low self confidence 14-16 years hockey players groups of Karnataka state in the Shooting on Target Skill test. In other words, it is interpreted that the high self confidence hockey players group are having very good ball controlling ability in the hockey game than the low self confidence players group.

Conclusions
The high self confidence hockey players groups are having very good shooting skills, ball balancing and controlling ability in the hockey game than the low self confidence players group.

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