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A study on the influence of self confidence on the goal kicking ability of collegiate men football players of Dharawad district

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Abstract

The purpose of the study is to assess the influence of self confidence on the AFL Combine Goal kicking test performance of collegiate men football players of Dharawad district. Keeping the objectives in view total 86 football players were drawn from various degree colleges of Dharawad district (86) for the present study ranging between 18-25 years of age. To collect necessary data pertaining to the present study total 86 subjects were administered to selected Self confidence tests. Based on the obtained data the subjects were divided into two equal groups of high and low self confidence and achievement motivation. Further, the AFL Combine Goal kicking test is administered for predicting the football kicking accuracy under different conditions of football players. There is a significant difference between the high and low self confidence football players group on AFL Combine Goal kicking test performance of Dharwad district football players. The high self confidence football players groups are having very good football kicking accuracy under different conditions than the low self confidence players group.

Keywords: Self confidence, goal kicking ability, men football players, Dharawad district

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.

Initially most of the research work in physical education and sport was carried out in science related sub disciplines like exercise physiology, bio-mechanics, nutrition, physical fitness and anthropometry. Researchers in these fields were of the opinion that factors present in these areas were responsible for performance of a sportsman in competitive sport. As regards the role of socio-psychological factors in sport performance it was comparatively overlooked and under emphasized.

The participation in modern sports is influenced by various physical, physiological, sociological and psychological factors. During training, besides good physique and fitness of the athlete, main emphasis is laid on the development of various types of skills involved in the game as well as on teaching the strategies, techniques and tactics of the game. Until recently, the coaches have been paying inadequate attention to the social and psychological factors which although have been proved to contribute to performance in events in the higher competitive sports. It is only recently that sports administrators and coaches have realized the importance of the psychological preparation and training of players to enable them to bear the strain and stresses inherent in sports participation.

So, now the sports trainer and coaches have started giving more importance to the psychological conditioning or the building the mental make-up of the players before their contents in the national and international competitions.

It is critically important that those studying the psychological and physical fitness concepts as they apply to the area of physical education and coaching be carefully attentive to the fact that

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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.

The purpose of the study

The purpose of the study is to assess the influence of self confidence on the on the Goal Kicking Ability of Collegiate Men Football Players of Dharwad District.

Objectives of the study

- To assess the influence of self confidence on performance of collegiate men football players of Dharwad district.
- To analyze the ability of football kicking accuracy under different conditions of collegiate men football players of Dharwad district.

Materials and Methods

The sample

The total 86 football player's were drawn as samples for the study from various degree colleges of Dharwad district ranging between 18-25 years of age. Keeping the objectives in view, the following research design is followed.

Sample Design

Category	District	Football Players
Men	Dharwad	86

Tools and Test

The following tools and tests were used.

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 Spearman Brown formula was found to be 0.904.

2. AFL Combine Goal kicking Test

This is a test of Australian Rules Football goal kicking skill test, and was added in 2012 to the Australian Rules Football (AFL) draft combine. This goal kicking test was developed by retired Bulldog Brad Johnson, and assesses a player's ability to kick accurately from set shots, tight angles and on the run.

Purpose: Provide analysis of football kicking accuracy under different conditions.

Equipment required: Grass or Mud field with goal posts, footballs, measuring, marker cones, and stopwatch.

Procedure: This test assesses a player's ability to kick accurately from set shots, tight angles and on the run. Players have five shots at goals - two set shots from 35m out in either pocket, two snaps from 20m in front off each foot and a running shot from 40m out directly in front. Players will have to kick with left and right feet, and need to complete the test in 70 seconds.

Test Administration and Collection of Data

To collect necessary data pertaining to the present study total 86 subjects were administered to selected Self confidence tests. Based on the obtained data the subjects were divided into two equal groups of high and low self confidence. Further, the AFL Combine Goal kicking test is administered two groups for predicting the football kicking accuracy under

different conditions of football players. The data were in the form of performance given by the subjects in response to the AFL Combine Goal kicking test. The subjects completed AFL Combine Goal kicking test within the stipulated time after which the data were collected back for the comparison of scores.

Statistical methods

The following statistical methods were employed,

1. Descriptive statistics.
2. t-test.

Results and Discussion

Based on the statistical data analysis the following tables were drawn and discussions were made,

Table 1: Mean and SD scores of AFL Combine Goal kicking test of Dharwad district Collegiate men Football players at two levels of Self confidence

Test	Self confidence level	Mean	SD	Total
AFL Combine Goal kicking test	High	4.46	0.54	4.12**
	Low	3.37	0.41	

**Significant at 0.05 level

Table. No. 1 presents the Mean and SD scores of AFL Combine Goal kicking test of high and low self confidence collegiate men football players group of Dharwad district. The mean score of high self confidence football players group (4.46) is higher than the and low self confidence football players group (3.37). The t-value (4.12) 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 collegiate men football players groups in the AFL Combine Goal kicking test. In other words, it is interpreted that the high self confidence football players group are having very good football kicking accuracy under different conditions than the low self confidence players group.

Conclusions

1. There is a significant difference in the performance of high and low self confidence collegiate men football players groups in the AFL Combine Goal kicking test.
2. The high self confidence football players groups are having very good football kicking accuracy under different conditions than the low self confidence players group.

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