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Self confidence among male and female handball players

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Abstract

Purpose: This research has the purpose to present a study to highlight the comparative study of self confidence among the state level male and female Handball players of Rohtak district.

Material and Method: The paper is a study performed on 30 students (15 male and 15 female state level Handball players).

Result: The t- value is 2.124 which is more than the table value 2.05 at 0.05 level of confidence with 28 df.

Conclusion: The test emphasized the fact that there is significant difference in self confidence among the state level male and female Handball players of Rohtak district. During the research we used the following method (t-test). In this research we can see that the male Handball players have more confidence than the female Handball players.

Keywords: Self confidence among male, female handball players, athletic

Introduction

In modern competitive sports, the self confidence in sportsmen has affected their performance. Self-confidence plays a central role in the development and adjustment of self; it is through confidence that meanings are acquired and meaningful interaction between the individual and the environment take place. There is increasing awareness of one's self as the child grows up into adolescence and mature adulthood.

In sport self-confidence is one of the most frequently cited 'Psychological factors thought to affect athletic achievements.'

"Self-confidence" as the term is used here, is the belief that one can successfully execute a specific activity rather than a global trait that accounts for overall performance optimism.

Self-confidence is well known factors that may enhance or improves athletic skills. Self-confidence is accepted as an inner need for avoiding failure, trying to be successful, and social acceptance and against the feeling of vanity, as well as success of the people in overcoming incidents. The people are guided towards the experiences which will increase self-confidence and comprise high level of responsibilities is extremely vital for forming the base of inner self confidence.

Self-confidence is the belief that you can achieve success and competence. In other words, believing yourself to be capable. Self-confidence might be in reference to specific tasks or a more wide-ranging attitude you hold about your abilities in life.

The definition according to websters online dictionary: self-confidence is confidence in oneself i.e., in one's abilities and worth, including the ability to cope with one's limitations and problems.

A person with good self-confidence often has

- A pleasant demeanor.
- A cheerful outlook on life.
- A satisfaction with one's personal life.

The cause of a lack of self-confidence is previous bad experiences of achieving goals, such as not winning a competition or fail to become as successful as expected.

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Trait self-confidence: The degree of individual possesses about their ability to succeed.

State self-confidence: Belief of certainty individuals possess at a particular moment about their ability to succeed.

Benefits: Arouses positive emotions, facilitates concentration, affects the settings and pursuit of challenging goals, increase effort affects game strategies (play to lose or play to win). Self-confidence really can be learned and built on your level of self-confidence can show in many ways yours behavior, yours body language, how you speak, what you say and so on.

Objective

To find out the significant comparison of self confidence among the state level of male and female Handball players of Rohtak district.

Hypothesis

There will be significant difference between the self confidence among the male and female Handball players of Rohtak district.

Methodology

Design of the study: The study is survey type research where the data collection was held through the questionnaire of self-confidence.

Sample: For the collection of data 15 male and 15 female of state level Handball players (total 30 students) were selected from Rohtak district. These subjects were selected randomly.

Tool Used: For the collection of data required for the study following tool were used Assessment of Self-confidence Inventory (ASCI) questionnaire of Miss Rekha Agnihotri having 56 items.

Administration of test and collection of data

Instruction was made clear to the subjects. No time limit was fixed to complete the questionnaire. They were asked to respond correctly. No statement should be left out. When the subjects were responding to the questions, the researchers wants to see that subjects are giving responses as per instruction, doubts if any were cleared at the spot. The investigator has personality approach to the subjects for collecting the data.

Self-confidence questionnaire has 56 items. the subjects were instructed to respond to each item according to how the generally felt in competitive sports situation. Every statement will have possibilities i.e. (1) true (2) false.

The total was done by investigator and after that t-test was applied to find out the result.

Discussion and findings

In order to find out the comparison of self confidence among the state level male and female Handball players of Rohtak district.

Table 1: Shows groups n mean S.D T. value Level of Significance

Groups	N	Mean	S.D	T- Value	Level of Significance
Male Handball players	15	21.33	3.51	2.122	0.05
Female Handball players	15	19.00	2.39		Insignificant

It was hypothesized that there was significant difference of self-confidence between state level male and female Handball players of Rohtak district.

Hence, the result obtained was insignificant as the calculated value 2.124 is more than the table value 2.05 at 0.05 level of confidence with 28 df.

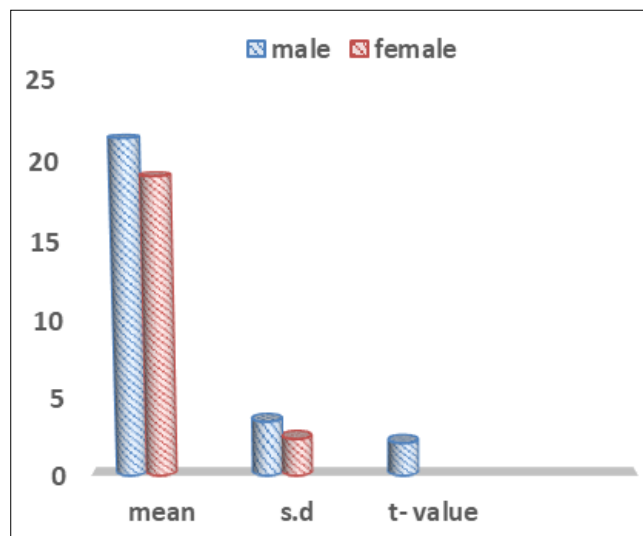


Fig 1: Shows male and female

Conclusion

On the basis of result obtained from the study following conclusion were drawn.

It was found that there is a significant difference among the mean self-confidence score of male and female. Male Handball players of Rohtak district were found to have more self-confidence than female Handball players of Rohtak district.

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