



A STUDY ON INFLUENCE OF SELF CONFIDENCE AND ACHIEVEMENT MOTIVATION ON THE PERFORMANCE OF WOMEN BASKETBALL PLAYERS OF VIJAYAPUR DISTRICT

Sri. Manjunath Sajjan

Assistant Professor, Department of Physical Education,
VV Sangh's Arts, Commerce and BCA College, Vijayapur, Karnataka.

ABSTRACT:-

The purpose of the study was to find out the influence of self confidence and achievement motivation on the performance of women basketball players. To measure the self confidence and achievement motivation women basketball players Basavanna's (1975) Self



confidence inventory (SCI) and Bhargava's Achievement Motive Test were administered to women basketball players of six major colleges affiliated to Vijayapur University, Vijayapur. The women basketball players sample consisted of 68 UG students who were studying in one or the other UG courses and has participated in

the district or inter-collegiate or university level women basketball tournaments. After administration of questionnaires the women basketball players group divided into two equal groups of high self confidence and high achievement motivation (34) players and also low self confidence and low achievement motivation (34) players in each group by random sampling method. The women basketball playing ability test constructed by the Mary Margaret Antrim, B.S. (1972) is administered on both the groups.

It is concluded that significant influence of self confidence and achievement motivation on the performance of women basketball players. Positive and significant influence of self confidence and achievement motivation on the basketball playing ability performance of women basketball players.

KEYWORDS: achievement motivation ,Self Confidence , Women Basketball Players .

INTRODUCTION :

Sports are a highly specialized activity, the participation in sports warrants a fundamental desire to compete and surpass others in performance, and since any sports activity involves competition. However, winning in a competition surely depends on performance. Better the performance, greater the chance of winning. Nevertheless, the quality of performance displayed by the athletes in competitive events is determined by the several aspects.

In modern competitive sports, psychological preparation of a team is as important as teaching them the different skills of a game with scientific methods. In these days, the teams are prepared not only to play, but to win the games. And for winning the games, it is not only the proficiency in the skills, which matters, but also the spirit and attitude of the players with which they play.

The mental attitude of each individual player as well as of the team can help or hinder their performance. Most of the coaches agree that the physical characteristics, skills and training of the players are extremely important, but they also feel that good mental or psychological preparation for competition is a necessary

component for success.

SELF CONFIDENCE:

Self confidence is an attitude, which all individuals have positive yet realistic views of themselves and their situations. Self confidence people trust their own abilities have a general sense of control in their lives and believe that, within reason, they will be able to do what they wish, plan, and expect.

Like self esteems, self confidence refers to individual's perceived ability to act effectively in a situation to overcome obstacles and to get things goes all right. Hence self-confidence is believed to increase one's performance. The higher level of confidence generates enthusiasm for the given activity. It is the variation in confidence that makes differences in performance of sports activity. Therefore studying the influence of confidence assumes importance.

Basavanna .M (1975) studied self-confidence in relation with self and ideal self and found that self-confidence people particularly who were capable. Successful and adjusted, had significantly higher self-ideal self-congruence than those who were low in their level of self-confidence.

ACHIEVEMENT MOTIVATION:

Achievement motivation behavior has been found to be rewarding in competitive sports. It is a force that engages an athlete in tasks, which are challenging and hard to attain. Sports and physical activity are generally achievement oriented. Personal success in team and individual events can be evaluated against specific standards.

The sports performance can also be increased due to other factors like self-confidence and achievement motivation and better living conditions. A sportsman with high level of confidence may display prominent increments in his performance. Similarly, an athlete with achievement motivation may achieve greater success in his performance. Thus sports performance can be a combined effect of all such factors.

OBJECTIVES OF THE STUDY:

- To Study the influence of self confidence on the performance of women basketball players.
- To assess the effect of achievement motivation on the performance of women basketball players.
- To analyze the relation between self confidence, achievement motivation and women basketball playing ability performance of women basketball players.

MATERIALS AND METHODS:

The purpose of the present work is to study the effect of self confidence and achievement motivation on the performance of women basketball players. The investigator has come across many questionnaires that would measure the level of self confidence and achievement motivation. After a thorough search and examination of the literature on the various psychological studies, it was decided by the investigator to administer the Bhargava's Achievement Motive Test (1994), Self Confidence Inventory (SCI) developed by Basavanna .M (1975) and The women basketball playing ability test constructed by the Mary Margaret Antrim, B.S. (1972).

SAMPLE:

Sixty eight (68) women basketball players, participated in district, inter-collegiate and university level women basketball tournament, served as subjects for the present study. The women basketball players sample consisted of 68 UG students who were studying in one or the other UG courses and has participated in the district or inter-collegiate or university level women basketball tournaments. After administration of questionnaires the women basketball players group divided into two equal groups of high self confidence and high achievement motivation (34) players and also low self confidence and low achievement motivation (34) players in each group by random sampling method.

Test Administration and Collection of Data:

To collect necessary data pertaining to the present study, all the selected subjects were administered to Self confidence Inventory (SCI) and Bhargava's Achievement Motive Test. The data were in the form of answer given by the subjects in response to the various questions of the questionnaire. The subjects completed answering the questionnaire within the stipulated time after which the questionnaires were collected back and the standard scoring manual was used to get the score. After the scoring of the completed questionnaire the subjects were divided into "High" and "Low" groups in both the variables according to the key manual and then the physical fitness tests were conducted for both the groups.

Tools:

1. Self Confidence Inventory (SCI).

The self confidence inventory (SCI) developed by Basavanna .M (1975). The questionnaire consists of 100 items. The odd-even (split-half) reliability co-efficient calculated by spearman brown formula is found to be 0.94.

2. Bhargava's Achievement Motive Test (1994).

Bhargava's Achievement Motive Test consists of 50 items. The reliability and validity were 0.85 and 0.91 respectively.

3. Mary Margaret's Women basketball playing ability test (1972).

The women basketball playing ability test constructed by the Mary Margaret Antrim, B.S. in the year 1972. The women basketball skill test constructed in this study has acceptable validity ($r = .74$) and can be used to predict women basketball playing ability. When two practice trials are provided prior to the two trial test, the reliability estimate ($r = .82$) is acceptable.

TEST PROCEDURE:

The subject stands on the "X" marked START. On the signal "Go" of Ready, Go, he passes the ball into the area on the wall (#1) marked PASS. Remaining behind the restraining line, He retrieves the ball on the rebound and dribbles toward the nearest standard (#2), between the standard and the first chair. After going completely around the standard, he dribbles a zigzag pattern through the chairs on the right and back through the chairs (#3). The pattern is marked on the floor. The subject then dribbles to the left of the standard (#2) toward the basket (#4) where he will shoot until He makes a total of 3 baskets (not necessarily consecutive). He may begin to shoot any time after he passes the standard. If the ball gets out of control, it must be handled legally. He will then proceed to his right toward the passing targets on the wall (#5). Without ever going over the restraining line, the subject must pass the ball into each of the three areas marked on the wall and then dribble on to the finish line marked on the floor. The penalty for an inaccurate pass, or one that misses the correct zone, will be .1 sec. for each inaccurate pass.

The object is to move through the test as quickly as possible handling the ball legally at all times either-or both hands may be used for dribbling. If at any time the ball gets out of control, the subject must retrieve it and proceed (handling the ball legally) back to the place where he left off and continue the test. Subjects will be penalized .1 of a second for each foul committed while handling the ball. The fouls include traveling, double dribble, and palming. The score will be the total time plus any time added for fouls committed during the test. The procedure and scoring of selected tests are done as per the norms given in the manual of tests and scales.

Statistical Analysis:

To meet the objectives of the study mean, standard deviation, t-value and correlation were used to calculate and analyze the data.

RESULTS AND DISCUSSION:

Table 1
Basketball playing ability test performance of women basketball players
in two levels of SC and ACMT

Components	SC & ACMT	Mean	SD	t- value
Dribbling	Low	24.02	1.22	7.66**
	High	21.06	1.01	
Shooting and Rebounding	Low	15.12	0.62	12.16**
	High	12.41	0.49	
Passing and Catching	Low	12.65	0.41	11.25**
	High	09.24	0.37	

**Significant at 0.001 level

Table 1 presents the mean scores of five physical fitness tests performances of women basketball players in low and high self confidence and achievement motivation level. It can be observed that the mean score in low self confidence and achievement motivation is lower than the high self confidence and achievement motivation. This shows that the high self confidence and achievement motivation participants have taken less time to complete the given task than the low self confidence and achievement motivation participants. The t-values were significant at 0.01 level which states that there is a significant difference in the women basketball playing ability test performances between the two self confidence and achievement motivation level groups.

Thus the self confidence and achievement motivation proves to be significant and influencing factors in increasing performance.

Table 3
Correlation between the Self confidence, Achievement motivation and
basketball playing ability test performances

Sr.No.	Variables	r-values
1	SC and Overall test performance	0.763**
2	ACMT and Overall test performance	0.624**

**Significant at 0.01 level

Table 3 presents the r-values between Self confidence, Achievement motivation and overall women basketball playing ability test performances. It can be seen that r-values were significant at 0.01 level, it indicates the significant relationship between the self confidence, achievement motivation and women basketball playing ability test performances. Thus the results clearly indicate the fact that there is a positive and significant influence of self confidence and achievement motivation on the women basketball playing ability test performances.

CONCLUSIONS:

- Significant influence of self confidence on the performance of women basketball players.
- Significant effect of achievement motivation on the performance of women basketball players.
- Positive and significant influence of self confidence and achievement motivation on the women basketball playing ability performance of women basketball players.

REFERENCE:

1. Alderman, R.B. (1974): Psychological Behavior in Sports. W.B. Saunders, Philadelphia.
2. American Alliance for Health, Physical Education and Recreation (1960): Skills Test Manual-Volleyball for Boys

and Girls. AAHPER Publication, Washington, D.C., U.S.A.

3. Barrow, H.M. (1964): An Introduction to Motivation. Van Nostril and Reinhold Company, New York.
4. Basavanna M. (1975): Self confidence inventory, R.P.C. Varanasi.
5. Bhargava V. P. (1994): Achievement motive test (ACMT), N.P.C. Agra.
6. Brown, William (1926): Mind and Personality, London, University of London Press Ltd.
7. Butt, D. Susan (1976): Psychology of Sports, New York: Von Nostrand Reinhold Co.
8. Clarke, H.H. (1973): Individual Difference, their Nature, Extent and Significance, Physical Fitness Research Digest, President's Council on Physical Fitness and Sports, 3 No. 4.
9. Clarke, H.H. (1971): Basic Understanding of Physical Fitness. Physical Fitness Research Digest, 1 (1), President's Council on Physical Fitness and Sports, Washington, D.C., U.S.A.
10. Cooper, L. (1969): Athletes, activity and personality, Review of the Literature.
11. Cratty, Brayant, J. (1989): Psychological in Contemporary Sports (Third Edition) Englewood Cliffs, New York.
12. Dorothy, H.V. (1978): The Achievement Motivation Test of Psychology, An Analysis of Athletic Behavior, Mc. Graw Hill, New York.
13. Kamlesh, Kumari and Kaur (1987): The level of sports achievement motivation in the inter-collegiate female players.