



'A COMPARATIVE STUDY OF SELF CONFIDENCE AND WILL TO WIN AMONG MALE AND FEMALE SPORTS PERSONS'



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ABSTRACT

For thousand year sports and game have remained part and parcel of human life. It is uncontroversial fact that game and sports are the cultural heritage of man. Sports also help the individual in the proper balance of his perceived self and ideal self. It also inculcate the sense of responsibility, self confidence and will to win sports and games creates an environment to understand and built confidence within himself and also about others. Study conducted on personality factors of sport person have confined on some personality factors among sports person which they need for success in sports and to accelerate their performance in sports activities. But their contradictory results on some personality factors. The two factors namely self confidence and will to win have generally a positive effect on sports person in their success.

KEYWORDS :Self confidence, will to win, perceived self and ideal self.

INTRODUCTION

Sports is one of the avenues of mankind's never ceasing strive for excellence. Its uniqueness lies in the intimacy between the physical happening of our bodies and their repercussions on our minds; as well as in the general recognizability of the social and aesthetic values which sport engenders. Sport evokes experiences that are exclusively human and independent of the changing forms, patterns and customs of a civilization, which involves profoundly modifying concepts of our environment. From it's very simple form. sport has emerged into highly organized activity of human

society. Sport is highly organized form of play and play is a general intimate tendency. Play is very important for preservation, growth and development of organism.

Sports play an important role in the development of an individual and human civilization. The first sports, such as hunting and running, grew out of the need for survival. Others developed from religious rites. Today, huge number of people takes art in sports for fitness and enjoyment, while others are professionals in a vast industry. Sports of various types, play a vital role for inculcating the sprit of team work, cooperation, competition and yet ever intensifying search for newer achievement. Sports are agent of socialization and sublimation of psychological energy. It teaches not to be frustrated unduly but to intensify efforts for further excellence. Such is its all round imprint on the personality of those who participate and witness the events. Sports has been used as one of the important means of pleasure throughout the ages, Rig-Veda advocates sports for pleasure out of sports. Players get satisfaction, name and fame ort of their performances and spectators enjoy keenly contested graceful classical display. Therefore pleasure is one of the most important objectives of sports which keep fit an individual physically and psychologically; Nowadays much emphasis has been given to improve the overall performance of a sports person through more coaching and training camps. Due to practical experience combined with recent scientific experimentation, many of the old methods of preparation for sports competition, through fascinating and rich in tradition, have been discarded and replaced by new methods based on greater insight and understanding For centuries, the evaluation towards better methods was slow, but in recent years dramatic changes have occurred to bring about some outstanding results in performance. Fortunately, our knowledge continues to grow relative to the functioning of the body system during training and performance, and how to develop and apply such characteristics as strength, endurance, power, agility, speed, and specific skill. We have learned much about the effect of diet, drugs, altitude, warm-up and other influencing factors, and we continue to gain new knowledge about almost every aspect of conditioning and performance. Competitions in sports have gone very tough. Sports training starts at very young age. The training is so hard that the sense of pleasure is over taken by professionalism at very tender age. Players at advanced stage of training are given abnormal load. They are considered like a machine. The sense of pleasure is reduced to great extent. Top teams possess similar training, techniques and tactic. Winning and losing in top competitions have become a matter of chance. Under these circumstances the players go under psychological pressure, because winning has become the primary objective of sports, players and promoters have over looked pleasure and related psychological factors and preferred inhuman training just for victory. In recent years much improvement has been done on sports training through the development of new technology, coaching by experts and different training institutions. They are doing their best for improvement in sports performance. The related research literature is evidence of how much has been done in the field of physical fitness and biological factors. The physical norms are followed strictly. But till the time very few attempts have been made to understand other very important aspects of improving sports skill, that is psychological factors have been less emphasized which is the other side of coin. The research literature also reveals that very few attempts have been made or less emphasis has been given to other very important factors which influence sports skills that is psychological factors. In recent years researchers have become increasingly interested in whither personality characteristics are related to athletic performance, scanning of related literature revels that so far some significant work done on biological or demographic factors as determinants of personality of sportsmen.

Psychological studies are lacking in this field. A few studies taking psychological variables have

been through conducted in this field but which can not be considered as significant. It is this factor in mind and to bridge this gap the present investigation has been undertaken by the researcher.

NEED AND SIGNIFICANCE OF THE STUDY

Sports play an important role in the development of an individual and human civilization. The first sports, such as hunting and running, grew out of the need for survival. Others developed from religious rites. Today, huge number of people take part in sports for fitness and

TITLE OF THE STUDY

The problem undertaken is entitled as A Comparative Study of Self- Confidence and Will to Win Among Male and Female Sports Persons.

In this study sportsperson are those male and female in high school and intermediate classes and who participated in Gujarat state level games and sports rallies.

The following individual sports were taken in this study from where the sample was selected the researcher-

- (i) Swimming
- (ii) Badminton
- (iii) Gymnastics
- (iv) Weight lifting

THE FOLLOWING IS THE LIST GROUP SPORTS FROM WHERE SAMPLE WAS SELECTED

- (i) Foot ball
- (ii) Kho-kho
- (iii) Kabaddi
- (iv) Basket-ball

OBJECTIVE OF THE STUDY

The following objectives were formulated in this study after relevant shifting of related literature.

1. To study the level of self- confidence and will to win among sports person.
2. To compare groups of sports persons formed on the basis of sex and type of sports on the variables self confidence and will to win.
3. To study interactional effects of sex and type of sports on the variables self confidence and will to win

HYPOTHESIS

The following hypothesis has been formulated by the researcher.

- 1.Sports persons differentiated on the basis of sex and type of sports would differ significantly on their level self confidence and Will to win.
- 2.Sex would account for generating self- confidence, and will to win among sport persons.
- 3.Type of sports or games would account for developing self -confidence and will to win among sport persons.
- 4.Sex and type of sports would interact significantly on the variables self-confidence, will to win.

SCOPE OF THE STUDY

This study is descriptive type of research work investigating the effect of self confidence and

will to win among male and female persons.

i) This study was limited to individuals who played Swimming, Gymnastics, Badminton and weight lifting individual sports.

(ii) This study is delimited to the sports person who played Football, Kho-Kho, Kabaddi and Basketball as group sports.

(iii) This study is limited to the students who participated in state level sports relay.

(iv) This study is limited to Gujarat state.

(v) It is limited to only male and female school going individuals.

THE RESEARCH DESIGN OF THE STUDY

The research design is the plan structure and strategy of the investigation conceived so as to obtain answers to research questions and to control the variance (Karlinger, 1964). It is at this stage that crucial decisions are made for how the objectives are to be achieved and how the work is to be executed. The size of the sample and how they are selected, the variables, the source and methods of gathering data, the tools employed, their reliability and validity, the statistical procedure adopted for analyzing the data gathered etc.

THE RESEARCH METHOD

After the statement of the problem, it becomes necessary to decide about the method and techniques to be used in a particular research work. A close alliance has been noted between the nature of the research problem and method selected, suitable to that very research problem. '~

An Ex Post Facto research design was employed to compare sport person differentiated on the basis of sex and type of sports on their level of self confidence and will to win.

POPULATION

Population means the entire mass of observations from which the sample of the study is to be drawn. The population for this study consist of all the participant of state level competitions organized by Gujarat Government, Surat district Association as well as by the State Sports Association. Gujarat Government and Sports associations Organizes tournaments/ competitions for senior and junior level students studying in high school and intermediate colleges run by Gujarat Government in every academic session 2012, 2013 and 2014- 2015. Sports place and date Wise list of participants from which the sample has been taken is given below;

THE SAMPLING PROCESS

The stratified sampling method was employed in order to select the sample for the present study. There are mainly two strata in the study namely sex and types of game. From these strata four groups are found and from each group subjects were taken on equal allocation basis.

SAMPLE

A sample is a Small group which represent all the traits and characteristics of the population. The techniques of sampling also enable on to test the performance of the questionnaire and of the investigator and to test for difference between alternative forms of the questionnaire (Deming 1943).

Table shows the number of boys and girls participants of group sports, 75 boys and 75 girls were

randomly selected. Thus the total sample includes 150 boys and 150 girls' participants. Individual games and sex wise distribution of sample is given below.

TABLE: INDIVIDUAL SPORTS AND SEX WISE DISTRIBUTIONS OF SAMPLE

Sr. No	Name of sports	Boys	Girls	Total
1	Swimming	36	37	73
2	Badminton	07	09	16
3	Gymnastics	26	24	50
4	Weight Lifting	06	05	11
	Total	75	75	150

TABLE: GROUP SPORTS AND SEX WISE DISTRIBUTIONS OF SAMPLE

Sr. No	Name of sports	Boys	Girls	Total
1	Foot ball	21		21
2	Kho kho	26	39	65
3	Kabaddi	15	19	34
4	Basket ball	13	17	30
	Total	75	75	150

SELF- CONFIDENCE SCALE:

A questionnaire of 9 items competitive state anxiety inventory CSAI– 2. The short form of CSAI– 2 was scored by using 4 points likert scale and computing a separate total for self confidence score ranging from 9 to 36. the higher the score greater the self confidence.

WILL TO WIN:

Will to win questionnaire has immediate relevance in the understanding the performance of sports person. It is two point scale namely yes and no, the tool has 14 items. The maximum obtainable score in this questionnaire is 14, the higher the score the higher is the will to win.

STATISTICAL DESIGN

This section is again divided into two sections which are given below.

i) DESCRIPTIVE STATISTICS

To study the nature of different variable, descriptive statistics like Mean and S.D were computed for different groups under comparison.

ii) INFERENTIAL STATISTICS

For drawing inference the analysis of variance techniques was employed it is commonly known as ANOVA in its abbreviated form.

SYMBOLS FOR INDEPENDENT AND DEPENDENT VARIABLES

i) INDEPENDENT VARIABLES AND THEIR SYMBOLS

Sr. No	Independent Variable	Symbol	Level	Symbol
1	Type of sports	A	Individual	A1
			Team	A2
2	Sex	B	Male	B1
			Female	B2

On the basis of independent variables mentioned in table the following groups were formulated

Type of Sports	Sex	
	Male B1	Female B2
Individual A1	A1B1	A1B2
Team A2	A2B1	A2B2

1. A1 B1 = Males playing individual sports
2. A1 B2 = Females playing individual sports
3. A2 B1 = Male playing team sports
4. A2 B2 = Female playing team sports

ii) DEPENDENT VARIABLES AND THEIR SYMBOLS

Table given below presents dependent variables of the study and their symbols.

Sr. no.	Name of dependent variables	Symbols
1	Self confidence	X1
2	Will to win	X2

DESCRIPTIVE STATISTICS

The following tables describe nature of data collected on various variables by groups and total sample.

Group A1 B1 (N = 75)

Sr. no	Name of dependent variables	Code	Mean	S.D.
1	Self confidence	X1	106.08	13.89
2	Will to win	X2	7.95	1.94

Group A2 B1 (N = 75)

Sr. no	Name of dependent variables	Code	Mean	S.D.
1	Self confidence	X1	112.91	11.06
2	Will to win	X2	8.68	2.22

Group A1 B2 (N = 75)

Sr. no	Name of dependent variables	Code	Mean	S.D.
1	Self confidence	X1	108.08	11.43
2	Will to win	X2	7.52	1.89

Group A2 B2 (N = 75)

Sr. no	Name of dependent variables	Code	Mean	S.D.
1	Self confidence	X1	112.21	15.52
2	Will to win	X2	7.81	1.79

Total Sample (N = 300)

Sr. no	Name of dependent variables	Code	Mean	S.D.
1	Self confidence	X1	109.82	13.56
2	Will to win	X2	7.99	2.00

SUB HYPOTHESIS:

- 1.The four group A1B1, A1B2, A2B1, A2B2 will not differ significantly in their means on self confidence (Z1) and will to win (z1).
- 2.Male and female students will not differ significantly on their means on the variables self confidence (Z2) and will to win (z2).
- 3.Groups of students playing individual and group sports will not differ significantly in their mean score on the variables self confidence (Z3) and will to win (z3).
- 4.Type of sports and sex would not interact significantly on the variables self confidence (Z4) and will to win (z4).

DATA ANALYSIS AND INTERPRETATION;

TABLE 1: ANOVA ON SELF CONFIDENCE

Source of variation	Degree of freedom	Sum of Squares	Mean of Sum of Squares	F - value	Level of Significance 0.05
Among groups	3	2420.30	806.76	4.55	S
A	1	2252.28	2252.28	12.69	S
B	1	32.01	32.01	0.18	N.S.
AXB	1	136.01	136.01	0.66	N.S.
Error	296	52531.97	177.47		

TABLE 2: MEANS OF FOUR GROUPS ON SELF CONFIDENCE

Sex Type of Sports	B1	B2	Total
A1	106.08	108.08	107.08
A2	112.91	112.21	112.56
Total	109.49	110.00	

TABLE 3: CRITICAL DIFFERENCE AT 5 % LEVEL ON SELF CONFIDENCE

Group	N	Standard Error of Difference	Critical Difference
AB	75	2.31	4.57
A/B	150	1.33	2.62

From the table 1 it is observed that groups formed on the basis of type of sports and sex differ significantly on self confidence. The means of four groups under comparison are given in table. A scanning of this table 2 shows that A2B1 group has highest mean on self confidence. With the help of table 3 it can be inferred that group A2B1 is significantly higher than the groups A1B1 and A1B2 and similar to the group A2B2. This ultimately let to accept the null hypothesis (Z1) partially.

It is also evident from the table 1 that boys and girls sports person do not differ on self confidence meaning thereby to accept the null hypothesis (Z2).

It can also be concluded from the table 1 that groups formed on the basis of type of sports differ significantly on self confidence and hence sub hypothesis (Z3) stands rejected.

A X B interaction on self confidence is shown insignificant vide table 1 and show sub hypothesis (Z4) is tenable

TABLE 4 : ANOVA ON WILL TO WIN

Source of variation	Degree of freedom	Sum of Squares	Mean of Sum of Squares	F – value	Level of Significance 0.05
Among groups	3	54.75	18.25	4.72	S
A	1	19.76	19.76	5.10	S
B	1	31.36	31.36	8.10	S.
AXB	1	3.63	3.63	0.98	N.S.
Error	296	1146.21	3.87		
Source of variation	Degree of freedom	Sum of Squares	Mean of Sum of Squares	F – value	Level of Significance 0.05
Among groups	3	54.75	18.25	4.72	S
A	1	19.76	19.76	5.10	S
B	1	31.36	31.36	8.10	S.
AXB	1	3.63	3.63	0.98	N.S.
Error	296	1146.21	3.87		

TABLE 5: MEANS OF FOUR GROUPS ON SELF CONFIDENCE

Sex Type of Sports	B1	B2	Total
A1	7.95	7.52	7.73
A2	8.68	7.81	8.24
Total	8.31	7.66	

TABLE 6: CRITICAL DIFFERENCE AT 5 % LEVEL ON SELF CONFIDENCE

Group	N	Standard Error of Difference	Critical Difference
AB	75	0.34	0.67
A/B	150	0.10	0.39

Table 4 reveals that four groups of study differ significantly on will to win on canning the means of four groups presented in table 5 with the help of table 6 it can be concluded that group A2B1, has highest mean which is significantly higher than the means of the groups A1B1, A1B2, and A2B2 whereas

the means of the groups A1B1, A1B2, and A2B2 are similar on will to win. This led to accept sub hypothesis (z1) partially.

Table further reveals that male players are significantly better than female on will to win thus sub hypothesis (z2) stands rejected.

Table also indicates that players playing group game are significantly higher mean score than player playing individual games. Thus sub hypothesis (z3) stands rejected.

It is also found that there is insignificant interactions of AXB on variable X2 indicating the acceptance of null hypothesis (z4).

RESULTS OF SELF-CONFIDENCE

As it is evident on the basis of types of sports and sex of sport persons differ significantly on self confidence. As table 2 reveals that the mean self- confidence score obtained by boys playing is team sports is higher than the boys playing the individual sports. Similarly the girl playing the team sports were found to be more self- confident than those boys who were playing the individual sports. The F-ration for the main effect of types of games on self- confidence was found to be 12.69 which are statistically significant at .01 level of confidence. The mean self-confidence score of sport persons who were taking part in such sports which are played individually is 107.08 and the mean self-confidence score of sport persons who were taking part in games that are played in teams is 112.56. The greater mean score obtained by sport person who were playing in team sports indicates that playing of such sports which require the team effort to win the sports encourage not only to cooperate with other players but also boost up their self confidence .

The F-ratio for the main effect of sex of sport persons on self confidence was found to be only .18 which is statistically not significant at .05 level of confidence as table 5.14 reveals that the mean self-confidence score obtained by male sport persons is 109.49 and the mean self- confidence score obtained by female sport persons is 110.00. Thus boys and girls sport persons were found to be similar on self-confidence. This result suggests that it is the type of sport that may affect the self-confidence of sport persons but the participation in sports does not influence the self- confidence of boys and girls differently. As self confidence refers to a strong sense of one's own self worth and capacities (Goalman, 1988), so the participation in sports provides the equal opportunities for both boys and girl to develop a strong sense of ones own self-worth and capacities and hence they were not found to differ on self-confidence since

self-confidence is regarded as an attitude Which allows individuals to have positive yet realistic views of them selves and their situations. Moreover self- confident people trust their own abilities, have a general sense of control in their lives and believe that they will be able to do what they wish, plan and expect. Having self confidence does not mean that individuals will be able to do everything. Self- confident people have expectations that are realistic

The F- ratio for the interaction effect of types of sports and sex of sport persons on self-confidence was found to be only .66 which is statistically not significant at 0.05 level of confidence, indicating that when the types of sports interact with the sex of sport person their joint effect on self confidence dissipates. Here it may be noted that the individual effect of types of sports was found to be significant but when this variable interacts with the variable of sex of sport person their combined effect on Self- confidence emerges as insignificant.

RESULTS OF WILL TO WIN

It is evident from the results presented in table 4 that the f- ratio for the main effect of types of sports on will to win 5.10 which is statistically significant at 0.05 level of confidence indicating that types of sports the sport persons are playing influence their Will to Win significantly. The mean will to win score of sport persons playing individual sports is 7.73 and the mean will to win score of sports person participating in team sports is 8.24. The greater mean score of sport person playing the team sports on will to win scale suggests that the participation in games which requires the collective efforts by the team members of the game to win increases their will to win. It may be perhaps due to the fact that when a sport person is selected for the inclusion in any team sports, the other members of the team encourage him to perform at his best because the poor performance will be detrimental not only to the individual sport person but to the whole team. Moreover the poor performance of any sport person of the team may cause the exclusion of that sport person from the team. So the sport persons when selected for the team try at their best to play as well as they can. Moreover the encouragement and reinforcement received by other member of the team may cause to increase the will to win of the sport persons. Thus playing in team sport may lead to increase the will to Win where as playing of individual games does not provide Such opportunities for the sport persons so the opportunity to increase their will to win also becomes lesser.

As it may be observed form table 4 that the F ratio for the interaction effect of types of sports and sex of sports person on will to win in 0.98 which is statistically not significant as 0.05 level of confidence. It may be noted that although the individual effects of types of sports and sex of sports on will to win are significant but when the two variables interact to affect the will to win their joint effects dissipate.

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