



## EVALUATION OF SELF CONFIDENCE IN NATIONAL FEMALE KABADDI PLAYERS

Dr. R.R. Durge<sup>1</sup> and Bhagwati Chandra<sup>2</sup>

<sup>1</sup>Associate professor, Nagpur Sharirik Shikshan Mahavidyalay, Nagpur.

<sup>2</sup>Research Scholar, Deptt. of Physical Education, RTM University, Nagpur MS.

### ABSTRACT

**T**he aim of the present study is to evaluate self confidence in national female kabaddi players. To conduct the study, 100 female kabaddi players (Average age 25.33 years) were selected as sample. The selection of female kabaddi players were done from only those female players who took part in national level kabaddi tournament. Purposive sampling method was used in the present study. To assess self confidence of selected national female kabaddi players, self confidence inventory prepared by Pandey (1983) was used. It was found that majority i.e. 64% female kabaddi players had high level of self confidence whereas 33% had moderate and 03% were low in self confidence at .01 level of statistical significance. It was concluded that national female kabaddi players have belief in



their own abilities which assist them to perform at the highest level.

**KEYWORDS :** Self confidence, female players, kabaddi, national

### INTRODUCTION:

Performance profiling is a good tool for assessment of psychological characteristics of a sportspersons which then can be combined with their physical fitness, abilities and skills for overall evaluation. Psychometric assessments are meant to assess self confidence, motivation, tolerance to frustration, environmental adjustment etc. of athlete or group of athletes. The

psychometric assessment is helpful for athletes because it provides them the clear picture of their psychological shortcomings so that they can improve on it.

As psychometric profiling highlights strengths, it can also identify potential areas for development and improvement. Such comprehensive understanding of their behavioural and emotional traits can complement an athlete's physical training, improve performance in competition and help with the psychological impact of recovering from injury.

One such psychological

variable which is known to assist sports performance is self confidence. Zellner (1970) considered self confidence as the self belief that in the future one can generally accomplish what one wishes to do. Self confidence can be considered as a positive state of mindset in which a person believes that he/she can control the outcome of an event. Situation may not affect confidence directly but confidence can be enhanced or decreased by thoughts and expectations. Unlike many sport Indian dominance in Kabaddi is exceptional. It is very well known fact that sports performance is affected by several factors in which psychological factors are of prime importance. European countries since ages have given special emphasis on psychological characteristics of sportspersons. Due to importance of

psychological variables in sports performance, researchers like Devaraju and Needhiraja(2013), Biswas et al. (2015), Tangarani (2016) and many more have conducted psychological studies on Indian kabaddi players but no attempt has yet been made to evaluate self confidence in national female kabaddi players. To fill this void, present study was planned.

### HYPOTHESIS

It was hypothesized that majority of national female kabaddi players will be fairly high on self confidence.

### METHODOLOGY :-

The following methodological steps were taken in order to conduct the present study.

#### Sample :-

For present study, 100 female kabaddi players (Average age 25.33 years) were selected as sample. The selection of female kabaddi players were done from only those female players who took part in national level kabaddi tournament. Purposive sampling method was used in the present study.

#### Tools:

##### Pandey's Self Confidence Inventory :

To assess self confidence of selected national female kabaddi players, self confidence inventory prepared by Pandey (1983) was used. This inventory is in Hindi and it consists of 60 questions. The nature of questions in the inventory is mixed i.e. 18 questions are positively worded while 42 questions are negatively worded. The test has high face and construct validity and it is highly reliable. Lower the score, superior the self confidence is the direction for interpretation of scores.

#### Procedure:

After obtaining written consent to participate in the study subjects were assured that their responses and their identities will not be disclosed anywhere. Self confidence inventory prepared by Pandey (1983) was administered. The scoring was carried out as per author's manual. Afterward subject were divided into three categories i.e. high, moderate and low level of self confidence as suggested by the author of the inventory. To compare distribution of national female kabaddi players in various categories of self confidence,  $\chi^2$  test is used. Results depicted in table 1.

## RESULT AND DISCUSSION

**Table 1**  
**Distribution of Female Kabaddi Players on the Basis of Various Categories of Self Confidence**

Categories of Self Confidence	Frequency	Percentage (%)	$\chi^2$
High (Less than 23)	64	64.0	$\chi^2 = 55.82$ ( $p < .01$ )
Moderate (Between 24-37)	33	33.0	
Low (More than 38)	03	03.0	
Total	100	100.0	

$\chi^2$  (df=2) = 5.99 at .05 level and 9.21 at .01 level

Results presented in table 1 indicate that majority i.e. 64% selected national female kabaddi players possesses high degree of self confidence whereas 33% exhibited moderate level of self confidence and lastly only 3% were low in self confidence. The calculated  $\chi^2 = 55.82$  which is statistically significant at .01 level confirms the above finding.

Bajpai and Nagma Sultana (2015) in their study also came to conclusion that socio-psychological concept of self confidence is also applicable in sports as far as achievements are concerned. High confidence helps

sportsperson to achieve greater potential, greater risk taking ability, increased effort and motivation, staying focussed and helps to cope with negative emotions. Hence the results of the present study is consistent with previous findings and principles related with self confidence.

## CONCLUSION

On the basis of results, it was concluded that high level of self confidence enables national female kabaddi players to excel and utilize their potential to a maximum effect.

## REFERENCES

1. Bajpai, S. and Sultana Nagma (2015). A Study of Self Confidence in Female Volleyball Players: with Reference to Sports Achievements. *Res. J. of Physical Education Sci.*, Volume 3, Issue (8), Pages 9-11.
2. Biswas, M., Bauri, R. and Halder, S. (2015). A Study on Personality Profile of Elite Kabaddi Players. *IOSR Journal of Humanities And Social Science (IOSR-JHSS)*, Volume 20, Issue 10, pp. 8-12.
3. Devaraju, K. and Needhiraja, A. (2013). Prediction of playing ability in Kabaddi from selected anthropometrical, physical, physiological and psychological variables among college level players. *Elixir Psychology* 56, 13212-13215.
4. Tangarani (2016). A study of anxiety in female kho-kho, kabaddi and softball intercollegiate players. *International Journal of Physical Education, Sports and Health*; 3(1): 219-222.
5. Zellner, M. (1970). Self Confidence. "Journal of Personality and Social Psychology". *Journal of Personality and Social Psychology*. 15(1): 87-93.