Academic Sports Scholars

A STUDY ON SELF CONFIDENCE OF KARNATAKA STATE UNIVERSITIES VOLLEY BALL PLAYERS

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ABSTRACT :

In the present study an attempt is made to study the self confidence of the sample selected from various university players (N=91) who participated in South Zone Inter University Volley ball Championship from Karnataka State. The selected university players were administered with self confidence questionnaire. The data collected were subjected to t-test. The results showed that there are significant differences in self confidence of the university players belonging to different universities.

KEYWORDS :*self confidence ,concentration, setting more challenging goals.*

1.INTRODUCTION

Self- confidence is characterized by high expectancy of success. Levels of self-confidence can enhance positive emotions, concentration, setting more challenging goals, increasing effort and developing effective competitive strategies. It can help individuals to arouse positive emotions, facilitate concentration, set goals, increase effort, focus their game strategies and maintain momentum (Weinberg and Gould. 1999). Self-confidence is widely believed to be an important aspect of the psychological make-up of the individual athlete (Jones and Hardy, 1990). Research studies indicate that the most consistent factor distinguishing highly successful from less successful athletes is confidence .For many athletes, an explanation of the concept of self-confidence is hardly necessary as they know intuitively what it is. Indeed, self-confidence is so palpable in some athletes; one can almost reach out and touch it. Their confidence is reflected in everything they say and do, in what they wear and how they look. A high level of self-confidence is one of the most consistently reported psychological characteristics of athletes, and research has shown that self-confidence often distinguishes highly successful athletes from the less successful ones (Jones and Hardy, 1990 Gould, Weiss, & Weinberg, 1981; Highlen & Bennett, 1979; Mahoney & Avener, 1977; Weiss, Wiese, & Klint, 1988).Understanding the psychological processes that emphasize self- confidence in sports has been of significant importance to the theorists in the field of sport psychology. Studies have established a firm connection of self-confidence in sports over the years. It also contains three more features of behavior called the stimulating, directing and sustaining ability in relation to self confidence (Weinberg & Williams, 1998). Most sport psychology researchers, applied consultants, coaches, and athletes agree that self-confidence is an essential contributor to optimal sport performance. The self-confidence in sport has been examined as critical thing that deeply affects sport performance (Dureja and Singh, 2011).

Statement of the Problem:

To study the self confidence of South Zone Inter University volley ball players from Karnataka Universities.

OBJECTIVES:.
The following are the major objectives of the study:
1. To know the difference in self confidence between sample sub groups of university first round players
2. To know the difference in self confidence between sample sub groups of university third round players
3. To compare self confidence between first round players and third round players

HYPOTHESES:
The following are the major Hypotheses of the study
1. There is a significant difference in self confidence between sample sub groups of first round players
2. There is a significant difference in self confidence between sample sub groups of third round players
3. There is a significant difference in self confidence between first round players and third round players

The Sample:

The sample of the study consists of 91 university players who participated in south zone inter university volley Ball championship organized in Sri Krishna University Machalipatnam and who had lost I and II match (First round players, N=43) and who had lost V and VI match (Third round players, N =48). Thus there are a total of 91 players on whom self confidence questioner ire was administered to know their relative status on this measure.

Tools:
1. Agnihotry Rekha Self Confidence questionnaire:

This is developed by Rekha Gupta (2005). Which consists of 56 items with two alternatives- true or false. The scoring is done with the help of scoring key provided in the manual, Accordingly the one who scores high is considered as having low self confidence and vice versa. As the authors claim, the reliability of the scale.95 and the validity is .82 which is significant.

Statistical Techniques:
t-test was used to analyze the results of the study

DISCUSSION OF THE RESULTS:

An attempt is made to assess the Self confidence of the volleyball players of First Round Players (those who have lost I and II matches in inter university championship) belonging to different Universities like RGUHS, Gulbarga, KSLU and JSSU, and V and VI match (Third round players, N =48) belonging to the Universities like Davangere, Mangalore, VTU and Bangalore. The means scores, SDs and the t-values of self confidence are presented in tables to follow. This enables the comparison of the players within this group on this measure.

Table-1: Means and SDs and t-values of Self concept of First Round players (N=43)

| Sl.No	University	Mean	SD	t-values
01	RGUHS (N=10)	17.5	13.09	1.51 (1 &2)
02	Gulbarga (N=10)	9.0	9.51	0.34 (1 &3)
03	KSLU (N=11)	19.36	8.84	0.95(1 &4)
04	JSSU (N=12)	11.92	11.88	2.42*(2 &3)
05	---	---	---	0.61 (2 &4)
06	---	---	---	1.63 (3 &4)

* Significant at 0.01 level

Graph 1: Self Confidence of First Round players
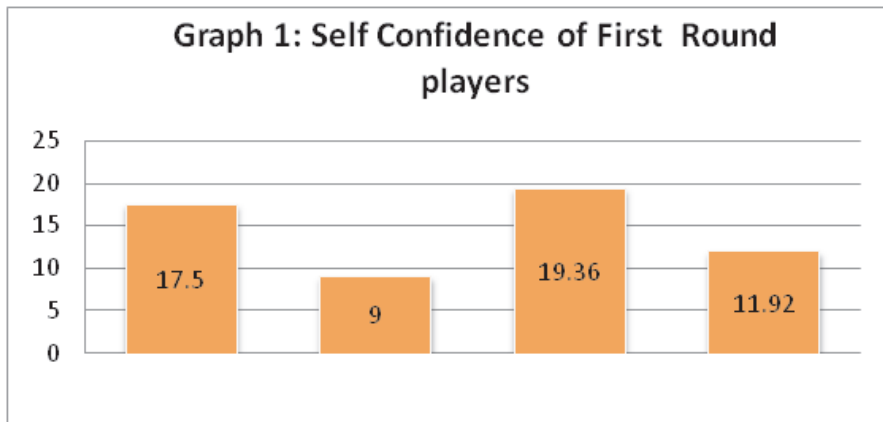
The mean, SDs and t-value of self confidence of first round players are presented in table-1. It is observed that mean scores of madras is higher (19.36) followed by RGUHS (17.5), JSSU (11.92) and Gulbarga (9.0). This shows that the players of KSLU are more self confident than the other university players who participated in South zone Inter University Volley Ball championship Competition. The t-values are not significant except between KSLU & Gulbarga (t-value: 2.42). This clearly reveals that KSLU university players have significantly higher self confidence than Gulbarga and are also insignificantly higher than the other university players like JSSU and RGUHS. The Self confidence of VRGUHS players is also higher than JSSU and Gulbarga, but the differences are not significant. The Gulbarga University players are found to have the least self confidence. The graph also shows this fact of the first round players.

Table: 2 Mean, SD and t-values of Self Confidence of V and VI match (Third round players players (N=48)

Sl.No	University	Mean	SD	t-values
01	DAVANGERE (N=12)	11.27	9.74	0.91 (1 &2)
02	MANGALORE (N=12)	15.4	11.30	0.32 (1 &3)
03	VTU (N=12)	9.83	10.75	0.65 (1 &4)
04	BANGALORE (N=12)	14.75	8.72	1.18 (2 &3)
05	---	---	---	0.22 (2 &4)
06	---	---	---	1.17 (3 &4)

Graph 2: Self Confidence Third Round Players
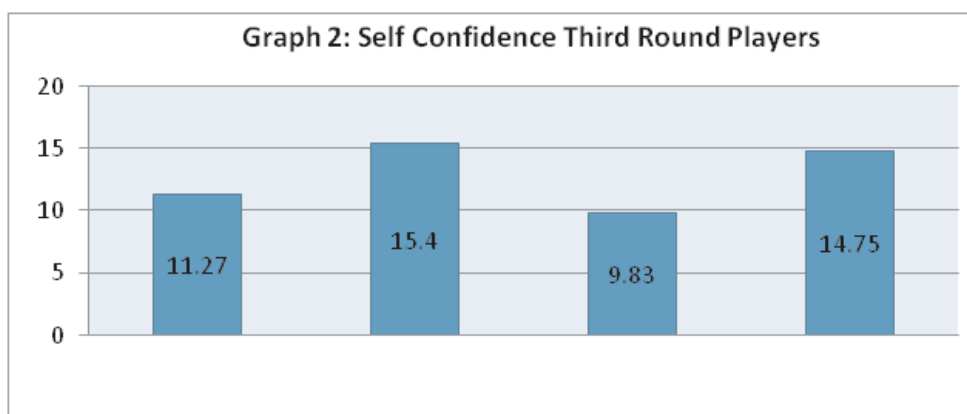
The Means, SDs and t-value of self confidence of V and VI match (Third round players are presented in table-2. It is observed that mean scores of Mangalore is higher (15.4) followed by Bangalore (14.75), Davangere (11.27) and VTU (9.83). This shows that the players of VTU are more self confident than the other university players who participated in South zone Inter University Volley Ball championship Competition. But the t-values are not significant. This clearly reveals that Mangalore university players have in significantly higher self

confident than VTU, Davangere and Bangalore players. The Self confidence of Bangalore players is also higher than Davangere and VTU, but the differences are not significant. The VTU University players are found to have the least self confidence. The graph also shows similar findings. Thus all players have same amount of self confidence.

Table: 3 Mean, SD and t-values of Self Confidence of First round and Third round players (N=91)

Sample	Mean	SD	t-value
First Round players (N=43)	14.45	10.83	1.10
Third round players (N=48)	12.81	10.12	

Table-3 Presents the Mean, SD and t-value of Self confidence between First and Third round players. It is seen that the self confidence of First Round players is 14.45 and that of League Qualifier Round is 12.81. It is surprising to note that First Round Players self confidence who have lost 1 and 2 matches have higher Self confidence than Third round players. But the t-value (1.10) is not significant. This shows that though there are mean differences between the two sample subgroups, they are not significant. This means that the Self confidence of both first round and Third round players is similar. The graph 2 also reveals the same.

CONCLUSIONS:
The following are the conclusions:
1. The KSLU university players are significantly higher self confident than Gulbarga University players.
2. The RGUHS players have scored higher Self confident than JSSU and Gulbarga.
3. The Mangalore University players of Third round have insignificantly higher self confidence scores followed by Bangalore and Davangere.
4. The players of Gulbarga and VTU are found to have the least Self confident comparatively.
5. The first round players have collectively scored higher self confidence than the League qualifier round

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