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A COMPARATIVE STUDY OF SELF – CONFIDENCE OF HIGHLY SKILLED VOLLEYBALL AND KABADDI PLAYERS

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Abstract

Volleyball is a team sport in which two teams of six players are separated by a net. Kabaddi is a combative team game, played on a rectangular court, either out-doors or indoors with seven players on the ground for each side. The sample of the present study comprised of 100 volleyball (N=200), kabaddi (N=200) were calculated in self-confidence. Analysis of data leads us to conclude that the mean self – confidence of high skilled kabaddi players is significantly greater than the mean self – confidence of high skilled volleyball players by 11.45 percentage.

Key Words: Self-Confidence, Volleyball, Kabaddi

Introduction

Sports play an important role in our society. The theme of the game is going to be animated by the different colors. Human embryonic stigma flairs away with this type of game is purged. The potential generated by sport excitements bed sufferers luck wish to jump from their stakes are so great. Momentarily game often makes society morlorn hearts comfortable treatment. Human traits and heritage of the game between the various factors in the direction of human development is considered one of the most important heritage. The legacy of human

society is forging ahead with rapid strides. Although there is no finishing line for the race to development for the betterment of the game surrounding area is definitely not a line.

Sports psychology is a branch of psychology which not only studies the behavior of sportspersons but also reveals the impact of all the psychological variables which are directly or indirectly, positively or negatively related to sports performances. Many studies have been done to see the impact of psychological variables on sports performances. Preparation of the mind of players is as important as the preparation of their body, because under the stress of competition players react physically as well as mentally in such a way that it can adversely affect their performance. Players become highly tensed; they worry about their performance and also about the outcome of the competition and find it difficult to concentrate on the given task. In other words, their concentration goes down which leads to poor performance in sports. In the present times, coaches and physical educators have become more aware and concerned about the psychological and sociological aspects of sports rather than merely physiological fitness and skill in various activities. They realize that these characteristics of the participants contribute more towards their success than only physical fitness.

Kabaddi is a contact sport that originated in Ancient India. Kabaddi is an umbrella term which encompasses various forms of the game including International rules Kabaddi, and the Indian Kabaddi styles – Sanjeevani, Gaminee, Amar and Punjabi, Kabaddi also encompasses similar sports known by their regional names, such as hadudu in Bangladesh, baibalaa in Maldives, chedugudu in Andhra Pradesh, sadugudu in Tamil Nadu and hututu in Maharashtra. Kabaddi is the national game of Bangladesh and Nepal and also the state game of the Indian states of Tamil Nadu, Maharashtra, Bihar, Andhra Pradesh, Telangana and Punjab. India is the most successful team on the world stage, having won every world cup and Asian Games title so far, in both men's and women's categories.

Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules. It has been a part of the official program of the Summer Olympic Games since 1964. The complete rules are extensive. But simply, play proceeds as follows: a player on one of the teams

begins a 'rally' by serving the ball (tossing or releasing it and then hitting it with a hand or arm), from behind the back boundary line of the court, over the net, and into the receiving team's court. The receiving team must not let the ball be grounded within their court. The team may touch the ball up to 3 times but individual players may not touch the ball twice consecutively. Typically, the first two touches are used to set up for an attack, an attempt to direct the ball back over the net in such a way that the serving team is unable to prevent it from being grounded in their court.

Physical education and sports for the purpose of efficient game participant's physical education skills to students and between students specifically for the game develops specific fitness is to help it become. Physical education students by playing games with the help of experienced social and personal values. Physical education is taught in schools and how the game has the potential to revolutionize. Many physical therapists to successfully design and implement physical education and sports seasons have been undertaken. Physical Education and Sport and confidence necessary values team work, communication, discipline and fair play, which includes teaches life skills. Physical education and sports such as reducing depression and enhances concentration psychological importance. Physical education and sport in general, to learn a child's ability to enhance concentration and overall achievement improves. Play, physical education and recreational activities have a positive impact on the child's education. The children are having fun and being active are they a better way to learn. Within schools, physical education and sport is an integral part of quality education. They can be leaders through sport and play to improve their self-esteem so that they are given the opportunity for social interaction outside the home have less opportunity than boys, for girls in particular are beneficial learn skills and values through. As girls begin to participate in sports, they become more engaged in school and community life, allowing access to new opportunities. Physical education to learn how to handle success and failure, which offers a pleasant and exciting atmosphere. This engagement, enjoyment, effort, record keeping, and growing festival events has proven successful in closing. An active, healthy living and the growing recognition of the importance of making responsible decisions is not needed. Physical education teaching program are safe and promote stable relationships between children that are causing the atmosphere.

Confidence in a person's thoughts and feelings, fears and fantasies is a composite of what he is, what he has done, what he might have their views, and their attitude towards their own

concept. On others it successfully without learning to deal with situations and to have a positive self-assessment is a feature of perceived competence. Generally speaking, self-confidence to overcome the essence of all things and go right to get off in a position to act effectively refers to the ability of a person alleged. A confident person themselves social, successful, intellectual enough, emotionally mature, competent satisfied, decisive, optimistic, independent, self-reliant, self-assured, moving forward, to be quite vocal and leadership qualities experiences. Confidence and a better self-image will be improved physically. To show any real improvement, the first to believe in his abilities and he has something to contribute to the program that feeling, and then he can have a positive outlook on themselves and their improvement. Vealey Should (1986, p. 222) defined as "confidence game 'faith or the degree of certainty to individuals about their ability to succeed in the game I have. "Confidence can increase or improve sports skills that well known factor. Most sports programs at low skill level of the players has been found to help in infrastructure development, which consist of mental exercises. It seems that confidence factor for good performance athletes and coaches as relevant considering that one has been found. Confidence can be a critical factor for a successful performance is considered by many one of the most frequently cited psychological reasons that social cognitive theory and performance influences the degree of confidence of the person.

Gouda Ravindra and Virupaksha, N.D. (2012) Performing to the best of abilities has become more relevant in today's sport, because of the extensive media exposure. Sports are at the peak of their popularity all throughout the world, cutting across the barriers of richness or poverty, nationality, race or religion. In order to sustain the tremendous expectations of the fans and also to maintain a high ranking in the international arena, it is important to perform well. One aspect it is emphasized and become increasingly vital during the recent years in the study of psychological characteristics that limit the performance of an individual in a given sport during high level competition. The purpose of the study was to compare the self confidence of individual and team game male players. To achieve the purpose of the study 35 players from each category was selected as subjects and to assess the self confidence of the players self confidence questionnaire constructed and standardised by Basavanna was used. The collected data was analysed by using statistical technique, t-test. The results showed that there is no significant difference between individual and team game male players. So we have to give more

exposure to participation at different level, psychological training and motivation to the players to develop the self confidence among the sports persons.

Statement of the Problem:

Retreating the objective of the study we are stated our problems as; "*A comparative study of self – confidence of Highly Skilled Volleyball and Kabaddi Players*".

Hypothesis:

There will not be significant difference between the mean scores of self – confidence of Volleyball and Kabaddi players.

Delimitation of the Study

- 1) The present study will be delimited to male and female Volleyball and Kabaddi players.
- 2) The present study will be delimited to 200 Volleyball and 200 Kabaddi Players.
- 3) The present study will be delimited to the players of 18-27 years of age.
- 4) The present study will be delimited to those players who were participated at Interuniversity competitions.
- 5) The presented study will be delimited to the self- confidence.

SELECTION OF THE SUBJECTS:-

For the purpose of this study (N = 400) Total 200 volleyball and 200 kabaddi players were selected. Who were participated in inter university tournaments was randomly selected ad subject for the present study. Kabaddi players were selected from West zone and inter – zonal Kabaddi tournaments. West zone intervarsity Kabaddi (Men) tournament 2014-2015 was held at Sant Gadge Baba Amravati University, from 19th to 22nd January – 2015. North zone and Inter zonal Kabaddi (Men) tournaments was held at Ch. Charan Singh University, Meerut (U.P.) from dated 18th to 28th February 2014. West zone intervarsity volleyball (women) 2014 was held at Jiwaji University, Gwalior from dated 23rd February to 5th march 2015. And inter – zonal volleyball (women) also held at Jiwaji University Gwalior. West zone intervarsity volleyball (Men) was held at Mohanlal Sukhadiya University, Udaipur from dated 14th October to 18th

October 2014. Inter – zonal Kurukshetra University from dated 3rd November to 9th November 2014. Their age ranged from 18-27 years.

Design of the Study

The present study is a status study, which did not require the investigator basically to manipulate any of the variables included in it. Rather the collection of data became instrumental in providing correct insight into the self – confidence which cannot otherwise be assessed. It was not intended to study the interaction among various variables. In all there were two sample and three variables to be investigated.

Tools of the study

Sports Self – Confidence Inventory scale;

To measure sport self-confidence Sports Self Confidence Inventory prepared by Robin S. Vealy (1986) was used for this study Questions were based on how confident players generally felt when they competed in sports. They compared their self-confidence to the most confident athlete they knew. A reliability quotient of 0.73 was reported for the Sport Confidence Inventory.

Procedure:-

Sport confidence inventory has thirteen items. There are no rights or wrong answers in the inventory. Every question has nine possible responses, i.e. 1 to 3 low, 4 to 6 medium, 7 to 9 high. The subjects were instructed to respond to each question how they felt by placing a circle on the appropriate response.

Scoring:-

The scholar scrutinized the completed questionnaires in order to ensure that that the subjects respond to every item and there was no question left unanswered. The level of self-confidence depends upon the score obtained. The subjects were assigned to the following categories according to the scores obtained by them:

Raw/Mean Score	Classification
13 – 47	Low Self –Confidence
48 – 82	Moderate Self-Confidence
83 – 117	High Self-Confidence

Responses obtained from the subjects on each statement of self confidence inventory were recorded for analysis of data.

STATISTICAL TECHNIQUE:-

Mean score and standard deviation of volleyball (N=200), kabaddi (N=200) were calculated in self-confidence. Retreating the objective of the study for finding the mean differences among certain psychological variables of high skilled volleyball and Kabaddi players. Z-test was applied on collected data for analyzing the mean difference in certain psychological variables of volleyball and kabaddi players. Where the differences were found significant simple percentage differences was calculated for finding the greater the lesser differences. Level of significance was set at .05 level.

ANALYSIS OF DATA AND DISCUSSION OF FINDINGS:

**Table – 1
Self – Confidence**

	Volleyball	Kabaddi	Z – test	Percentage Deference
Mean	71.415	80.65	8.810455	11.45071
S.D.	9.273227	11.56487		

* Significant at 0.05 level

** Z value for one tail test to be significant at 0.05 level 1.645

Table – 1 Shows calculated Z value is greater than tabulated Z value thus our hypothesis is rejected, we are able to conclude that mean self – confidence of kabaddi players is significantly greater than mean self – confidence of volleyball players, which leads us to conclude that the mean self – confidence of high skilled kabaddi players is significantly greater than the mean self – confidence of high skilled volleyball players by 11.45 percentage.

Figure – 1

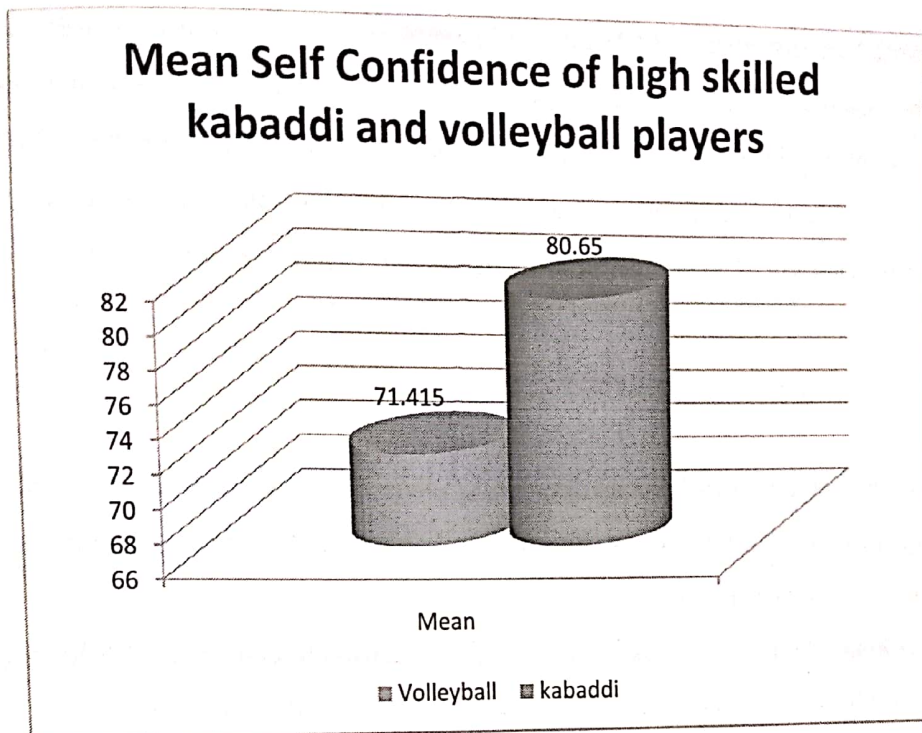


Figure 1 shows the mean self – confidence of high skilled kabaddi and volleyball players.

DISCUSSION OF RESULTS:

Self – Confidence:

Analysis of data leads us to conclude that the mean self – confidence of high skilled kabaddi players is significantly greater than the mean self – confidence of high skilled volleyball players by 11.45 percentage.

Similarly, adolescents with high emotional maturity have significantly higher stress coping abilities and self-confidence than those with lower emotional maturity (Lane et al, 2009 and Van Rooy & Viswesvaran, 2004).

Neil (2006) examined the intensity and direction of competitive anxiety symptoms and psychological skill usage in rugby union players of different skill levels. Elite (n=65) and nonelite (n=50) participants completed measures of competitive anxiety, self-confidence, and psychological skills. The elite group reported higher levels of self-confidence.

Modrono et al. (2010) The purpose of the investigation was to study anxiety and self-confidence characteristics of windsurfers competing at high levels of competition with particular

attention devoted to differences that may be present in relation to gender, age, competitive outcomes, and season-long ranking. Participants in the study were 79 professional and amateur windsurfers competing in events at regional and world championships. Athletes who had a top-five season-long ranking had higher self-confidence levels than did their counterparts who did not achieve this ranking. Gender differences were not found for anxiety or self-confidence characteristics.

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