



## A COMPARATIVE STUDY OF SELF CONFIDENCE BETWEEN HOCKEY PLAYERS AND FOOTBALL PLAYERS

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### Abstract-

The present study was planned to compare the self-confidence of university players on the basis of their age. To conduct the study, 58 Hockey players (Ave. age 24.32 years) and 65 Football players (23.16 years) who represented their Universities were chose as sample. The selection of sample was mainly from Universities operational in East-Zone. To assess self-confidence of selected subjects, self-confidence inventory prepared by Pandey (1983) was used. Results indicate that self confidence in university Hockey Players was found to be significantly higher as compared to university Football players.

**Keyword:** Self-confidence, Hockey & football players.

### Introduction

Self-confidence is one of the most frequently cited psychological factors considered by many to be a key factor for a successful performance. That in social cognitive theory and individuals' degree of self-confidence influences performance. Self-confidence the foundation of all great success and achievement:

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Sports have become a psycho- social activity. Physical strength hand skills are not the only factors determining the outcome of competition. The socio-psychological variables play an important role in inducing sportsmen to exhibit best possible performance during competition, such as conducting research in sports and in predicting success in sports. Variables such as personality, aggression, self esteem, achievement motivation, self confidence, social adjustment, locus of control and self concept may play a great role to shape up an individual of the society.

Elite performance in sports does not merely depend upon systematic training of physical,

physiological variables and technical aspects of sport but, it also demand training of psychological characteristics of the sports man for success (Cratty1968). Throughout the world, the concept of sports psychology was changed. Today athletes face acute and unique challenges. The standards are higher, the competition is tougher and the stakes are higher. Among the best physical preparation is more complete and psychological component is more important than ever before. According to Silva and Weinberg (1984) during the past two decades, sports psychology has emerged as a legitimate field of scientific enquiry. As with all scientific endeavors sports psychology show the same basic goal of science. Researchers are awarded with ample opportunities to observe, describe and explain the various psychological factors that influence diverse aspects of sports and physical activity (Silva and Weinberg 1984). There are certain moments during competition that appear to carry great psychological significance, when the momentums start to shift in one direction or another. These situations require athletes to remain completely focused and calm in the face of difficult circumstances. Tennis player talk of the big point during a tight match, such as a fleeting chance to break serve. For an athlete it could be the final triple jump in competition after seriously underperforming; for a footballer, it could be how you react to a perceived bad referring decision or behind in a match your team is expected to win. Thinks about the time when things have not gone quite as per plans & how you reacted. The journey towards peak performance is rarely a perfect smooth road and we learn for our mistakes or should do. Do setbacks shake your self-belief and lower you're motivated or act as a catalyst for even greater effect? Even great athlete and teams suffer setback.

### **Review of Literature**

Gaynor parfitt & john (2010) pates the effects of cognitive and somatic anxiety and self-confidence on components of performance during competition. This study of competitive anxiety and self-confidence. Basketball players (n=12) were trained to self-report their cognitive anxiety, Performance was video-recorded and aspects of performance that could be characterized as requiring either largely anaerobic power (height jumped) or working memory (successful passes and assists) the data from seven matches were subjected to regression analyses and then hierarchical regression analyses. The results indicated that, somatic anxiety, Self-confidence, and not cognitive anxiety, was the main predictor of performance scores with working memory demands. Identifying these differences will be valuable in recommending intervention strategies designed to facilitate performance. Rattanakoses, Rowowalaball (2009) conducted study to evaluation the relationship of imager and self confidence in female and male athletes. Subject were selected by purposive sampling and consisted of 71 male 49 female athletes. The data was analyzed using a t-test and ANOVA test to determine the difference of the means between imagery and self confidence measures in male and female. The result show that are significant correlation between male and female in terms of imagery and self-confidence (r=0.71). Freeman Paul and Rees Tim (2009) conducted study to perceived social support from the team mates, direct and stress buffering effect on self-confidence the sample consisted of 152 university athletes (74 female and 78 male) with a mean age of 20.1 year(s=1.4) the self confidence ( $\_R^2=0.13-0.17$ , all  $p<0.01$ ) with support and positively predicting self confidence perceived emotional ( $\_R^2=0.05$ ,  $p<0.05$ ) esteem ( $\_R^2=0.02$ ,  $p<0.05$ ) and informational ( $\_R^2=0.03$ ,  $p<0.05$ ) support also and stress buffering effects on self confidence

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the all four dimensions of support positively predicated self-confidence. Kais Kristjan and Rauds eplennart (2004) conducted study to the cognitive and somatic anxiety and self-confidence in athletes in performance of beach volleyball the study of 66 male beach volleyball players the original intensity scale and a direction scale of Jones and swain players performance was scored from the video record using a standard rating scales to the self confidence were moderately positively ( $r=0.27$  to  $0.51$ ). Correlation with different skill component and sum of skill of beach volleyball self-confidence were significant predictors of Bach performance but accounted for 42% of variance. Mamassis and Docjanis George (2004) the effects of a mental training program on juniors pre competitive anxiety self confidence and tennis performance the study which MTP player ( $n=5$ ) the results indicated in increase in the direction of the self-confidence for the intervention group at the posttest The intensity of self confidence as well as the overall tennis performance. Woodman Tim and Hardy Lal (2003) conducted study to the relative impact of cognitive anxiety and self confidence upon sport performance a Meta analysis. The self confidence mean effect size was  $r=0.24$  ( $p<0.001$ ) A paired sample t-test revealed that the magnitude of the self confidence mean effect size was significantly greater than that of the cognitive anxiety mean effect size. Farouk Ahmed and Elazizab d Ahmed (2002) conducted study to the psychological rehabilitation program on self-confidence level and competition anxiety for soccer players of anterior cruciate ligament injury, the sample included 8 of soccer players of the applied experimental method by using two group (control and experimental) that the proposed program impacted positively on improving self-confidence level decreasing of cognitive and physical anxiety dimensions and increasing of confidence which is the positive dimension of

sports competition anxiety. Leisha Strachan, Krista Munroe-Chandler, the Using Imagery to Predict Self-Confidence and Anxiety in Young Elite Athletes it is important to study the psychological development of these athletes, specifically the management of self-confidence and anxiety. The purpose of the current study. The Seventy-six athletes were divided into two age cohorts: 7-11 and 12-15 years. A modified version of the Sport Imagery Questionnaire (SIQ; Hall et al., 1998) and the Competitive State Anxiety Inventory 2 for Children (CSAI-2C; Stadul is et al., 2002) were given to each participant. Results indicated that developmental differences might exist between the two age cohorts in imagery use, self-confidence, and anxiety.

#### **Hypothesis**

It was hypothesized that there will be significant difference in self-confidence between hockey players and football players.

#### **Methodology**

To test the above mentioned hypothesis, following methodological steps were taken.

#### **Sample**

To conduct the present study, 58 Hockey Players, (Ave. age 24.23 years) and 65 Football Players (Ave. age 23.16 years) were randomly selected, All the Player were the participants of Inter University tournaments operational in East-Zone.

#### **Tools**

To assess self-confidence of selected subjects, 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 reliability and validity of the inventory is satisfactory.

#### **Procedure**

For the present study based on Self-Confidence, the data has been collected by questionnaire

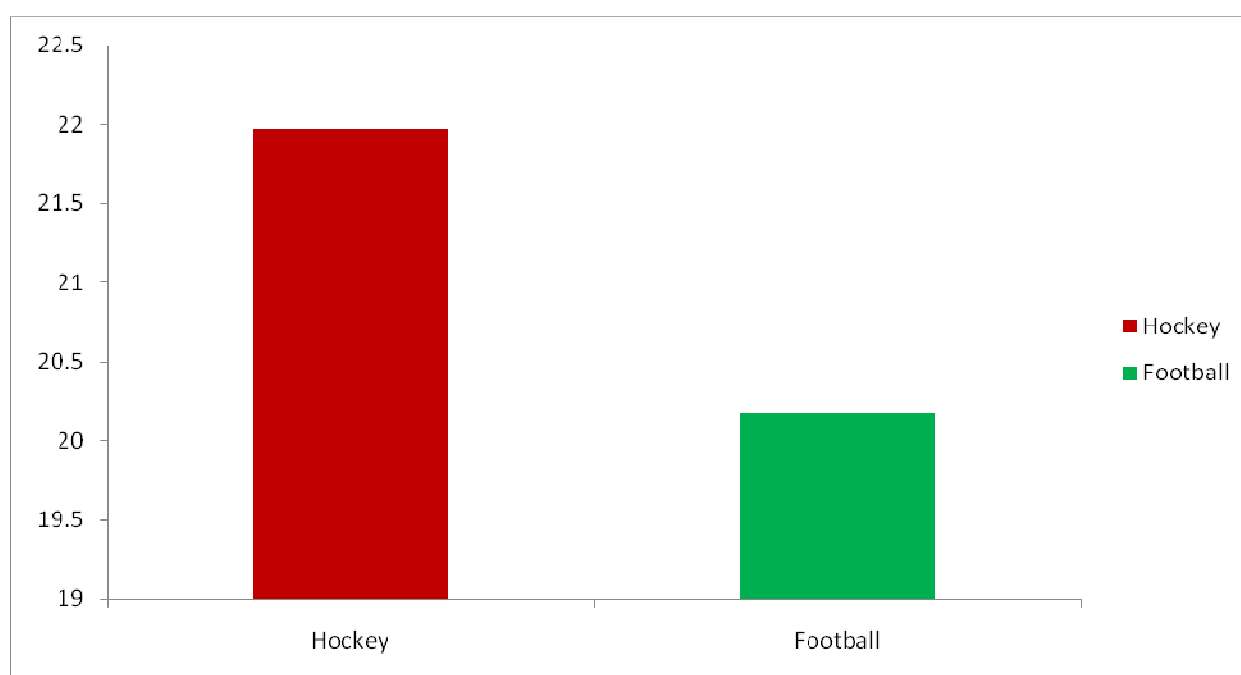
method & scoring has been done according to the method prescribed by the author.

**Result**

After scoring, the data were tabulated according to their respective groups. ‘t’ test was used to find out differences between these two groups. Results are presented in table 1.

**Table No. 1** Comparison of Self Confidence between Hockey and Football Players

Variable	HockeyPlayers, (N=58)		FootballPlayers, (N=65)		t	Level of Significance
	Mean	S. D.	Mean	S. D.		
Self-confidence	21.97	5.71	20.18	6.03	1.23	0.01



The reported ‘t’ value is 1.23 in table no. 1, which is statistically significant at 0.01 level of significance and mean values. Indicate that hockey players (Mean=21.97) are significantly much more self- confident about their own abilities as compared to their counterpart i.e. football players (Mean=17.85).

**Discussion and Conclusion**

The socio-psychological concept of **self-confidence** relates to self-assuredness in one's personal judgment, ability, power, etc, sometimes manifested excessively. Self-confidence is the realistic belief that you are capable of accomplishing the task at hand. The

results of the present study can be explained in a way that hockey players are at par with footballplayers on motor skill related components of that particular sports but the experience they have for such type of competition is far greater than the football players. This infuses more confidence in hockey players as compared to footballplayers, on the basis of analysis, it can be concluded that Self-Confidence in hockey players is significantly higher as compared to the football players.

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