

## Self Confidence of Male and Female Sportsman

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### ABSTRACT

The aim of this study was to examine self-confidence of sportsman's. Hypothesis: There will have high level of self-confidence male sportsman's better than female sportsman's. To conduct study, tools were used Agnihotris Self Confidence Inventory (ASCI) has been designed by Dr. Rekha Agnihotrito measure the self-confidence of the sportsman's. For this study following statistical techniques were used, Mean, Standard Deviation, t-test. The present study was conducted on 60sportsmen. The sample included of 30 male and 30 Female from sport authority of India (SAI) in Aurangabad The findings of the study significance difference between self-confidence of male sportsman's and female sportsman's.

**Keywords:** *Self Confidence, Sportmans.*

**P**psychology is a science in which, we study about human behavior and Sports Psychology is primarily concerned with the analysis of behavior of sports persons. Sports psychology involves the study of how psychological factors affect performance and how participation in sports and exercises affect psychological and physical factors. Concentration, confidence, control, and commitment are generally considered the main psychological qualities that are important for successful performance in sports. Nowadays sports not only require physical skills, but a strong mental game as well. When athletes feel confident, they are more readily able to turn sporting potential into superior performance. Conversely, when they feel unsure of themselves, the slightest setback or smallest hurdle can have an inordinate effect on their performance. The nature and presents a theory underlying the causes of self-confidence in sport. He also reviews recent research and provides some powerful techniques that you can apply to enhance your own confidence or that of athletes in your charge. Several studies on sport psychology have investigated debilitating and facilitative effects of self-confidence on sport performance.

**Sports:** The word 'Sports' occasionally denotes either to a pleasant part time or somewhat hazardous recreation. Sports are psycho-social activity. Sports have a very important role in

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modern society. It is important to an individual, a group, a nation and indeed the world. The word sports have a popular appeal among people of all ages and both sexes, much of the attraction of sports comes from the wide variety of experience and feelings that result from participation of joy, anguish, success, failure, exhaustion pain relief and a feeling of belonging.

### REVIEW OF LITERATURE

**Wilson, N. C. and Khoo, S. (2013)** explored the benefits barriers influencing sports participation for athletes with disabilities. The results found that Malaysian athletes with disabilities had both positive and negative experiences their participation in elite sport. Positive experiences include the opportunity to travel and make new friends. Negative experiences were related to facilities, finance support ad coaching. The majority of barriers faced by the athletes were structural (equipment, facilities, funding) although there was concern expressed by the athletes about the negative attitude they felt from the government, public and media.

**Quadri, S. J. and Naiknaware, B. P. (2015)** contended study on “effect of gender on self-confidence and self-concept among intercollegiate players” the find out this study of Boys intercollegiate have significantly high self-concept that the girls intercollegiate and boys intercollegiate have significantly high self-confidence than girls.

**Tarakh, S. S.(2016)** found of the results on Subjects from sportsman and non-sportsman college students significantly differ on self-confidence. A summary of two way ANOVA shows that main effect Students is significant ( $F= 10.74$ ,  $df 1$  and  $96$ ,). Subjects from male and female college students differ significant among themselves dependent variable Self-confidence. A summary of two ways ANOVA shows that main effect gender is differing significant.

#### *Aim of the Study*

- The purpose of the study is to find out self-confidence of sportsman’s.

#### *Hypothesis of Study*

- There will have high level of self-confidence male sportsman’s better than female sportsman’s.

### METHODOLOGY

#### *Participations*

The present study was conducted on 60 sportsmen. The sample comprised of 30 male and 30 Female from sport authority of India (SAI) in Aurangabad. All participants are selected purposive sampling technique for the present study.

#### *Tools*

**Agnihotri’s Self Confidence Inventory (ASCI)** this test is developed and designed by Dr. Rekha Ahnihotri in the published under NPC, Agra. The ASCI has been designed in Hindi to assess the level of Self-Confidence among Sportsperson’s. The final form of the ASCI has 56

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true-false type items that works as perimeter to check self-confidence of the sportsman's. The reliability of this scale is .88 and validity is .82.

### Variables

#### Independent Variables

**Gender:** A) Male B) Female

#### Dependent Variables

Self-confidence

### Operational Definition

- 1. Self Confidence:** "self-confidence students will be determining with the help of Score obtained Agnihotri's Self-confidence inventory developed by Rekha Agnihotri."
- 2. Sportsmen:** "for this investigation normal persons will be consider as those who are actively participated Sport."

### Statistical Method

Descriptive Statistical method used for (mean, S.D and 't' test) out for analysis data.

## RESULT AND DISCUSSION

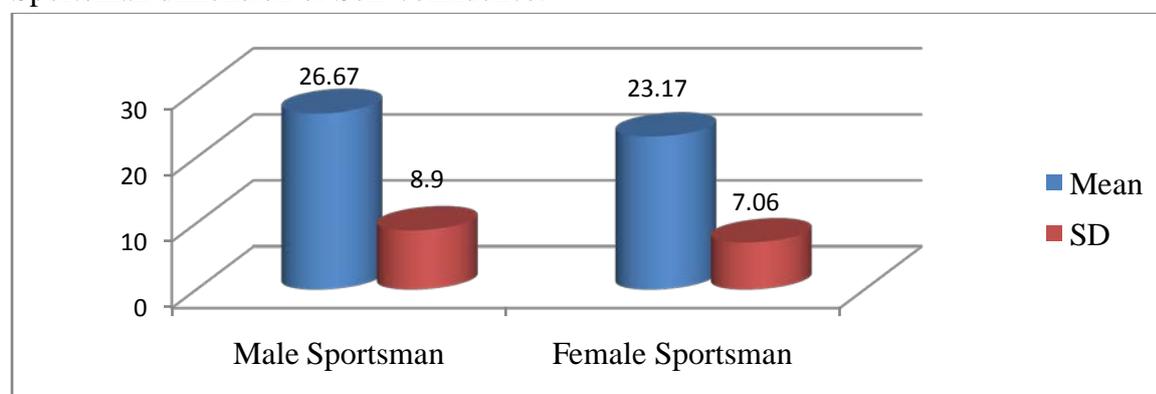
Table- showing the mean, SD and 't' value of the analysis of the Male Sportsman and Female Sportsman dimension of Self-confidence.

Gender	N	Mean	S.D	't' value	Sign
Male	30	26.67	8.90	5.13	0.01**
female	30	23.17	7.06		

Significant Level: 0.01=2.66 and 0.05=2.00

### Graph

Graph- showing the mean and SD of the analysis of the Male Sportsman and Female Sportsman dimension of Self-confidence.



Showing Table and Graph: The first mean of Male Sportsman was 26.67 and SD was 8.90 and second mean of Female Sportsman was 23.17 and SD was 7.06 and 't' Value is 5.13. Both level (0.01 and 0.05) are significant. Our hypothesis was accepted. (The level of self-confidence would be high in Male sportsman than female sportsman. Many reasons growth of

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self-confidence but before Every Match Couch Should be Motivated to players and increase these level of self-confidence its will be help of full for better performance in game

### CONCLUSION

The findings of the study significance difference between self-confidence of male sportsmen's and female sportsmen.

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### Conflict of Interest

The authors colorfully declare this paper to bear not conflict of interests

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