



**"A COMPARATIVE STUDY OF SELF CONFIDENCE AMONG INDIVIDUAL
AND TEAM GAMES PLAYERS OF PUNJAB"**

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ABSTRACT

Confidence is the absolute most critical mental factor in sports. Confidence is how emphatically you trust in your capacity to accomplish your objectives. Confidence is so vital in light of the fact that you may have the majority of the capacity on the planet to perform well, however in the event that you don't trust you have that capacity, at that point you won't perform up to that capacity. For instance, a tumbler might be physically and in fact equipped for executing a back somersault with a full wind on the floor work out, yet they won't endeavour the ability in a meet if doesn't have the confidence that they can effectively execute the aptitude..

INTRODUCTION

Sports are not merely sports but they are an admixture of self confidence. Sports give a purpose, a mission and an aim to achieve and once achieved the next challenge gives further encouragement to self exploration. A sports man gives into lethargy or indulges in self-pity but he takes in his stride each and every challenge and makes his life 'a win.' A sports person chisels his life with his own hands and what he requires to inch towards his goal are self confidence.

SELF CONFIDENCE

Self-confidence in games is discovered as an athlete's belief for victory. This expectation is based on the sources which are often beyond the control of players. As we can see, the confidence of a player goes high and low according to scores. Many sports experts believed the self-confidence is a source which helped the player to play well. The Self-confidence of hitting a ball or recovering from any injury always helps someone to do his or her job well. With Self confidence athletes not only win but also catch up his or her errors during the game. Self-confidence always helps the athlete to acquire both physical and psychological activities fully confidence athlete never the terrorized by his or her rival and not suffered his or her own in fulfilment.

Self-confidence is a belief in our Self and our skill. confidence is closely related with our liberty, however, confidence is only about comfort in that what we have done not for the result will be self-confidence differential the feeling of move ahead without any restriction and feeling feared by own wits.

Our point of view about ourselves affects a lot of others perception about us. The Self-confidence affects a lot of our success. One can not only be skilful in his or her own activity but also confidence in his or her own behaviour. The basic element of Self-confidence to accept every situation whether you win or lose the match. When someone lives out of negative outcome he can be more confident because he is less worried about



victory or failure. Every athlete has to focus on the main thing that is enjoyment in the game. It makes the situation more pleasant. Self-belief of an athlete allows him/her to perform a successful activity. A person with normal attitude appeared with Self-confidence in a field. This attitude is great and well-liked. Self-confidence defines the security of persons own decisions or actions. Self-confidence applies on some situations only. Self-confidence person knows well that he performed his action wisely and these corrective actions with led him to his goal.

STATEMENT OF THE PROBLEM

**"A COMPARATIVE STUDY OF SELF CONFIDENCE AMONG INDIVIDUAL
AND TEAM GAMES PLAYERS OF PUNJAB"**

OBJECTIVES OF THE STUDY

1. To compare the self confidence among individual and team games players of Punjab.

DELIMITATIONS OF THE STUDY

1. The study is delimited to the male players of Punjab only.
2. The study is delimited to the age group of eighteen to
Twenty-eight years.
3. The study is delimited to players of team games Basketball, Hockey, Handball, and individual game Athletics, Boxing, Wrestling only.
4. The study is delimited to the players who had participated at
a state and inter-University level.

TOOLS USED

Agnihotri's Self-Confidence Inventory (ASCI) prepared by Agnihotri year 1987.

STATISTICAL TECHNIQUE

T test is used to compare the individual and team games players of Punjab. Data is analysed through SPSS.

COLLECTION OF DATA

The researcher collected the data from 900 male players of Punjab from the different games like basketball, handball, hockey, athletics, boxing, wrestling only of different participation. Data is collected by using Agnihotri's Self-Confidence Inventory (ASCI) prepared by Agnihotri year 1987.

RESULT AND FINDINGS

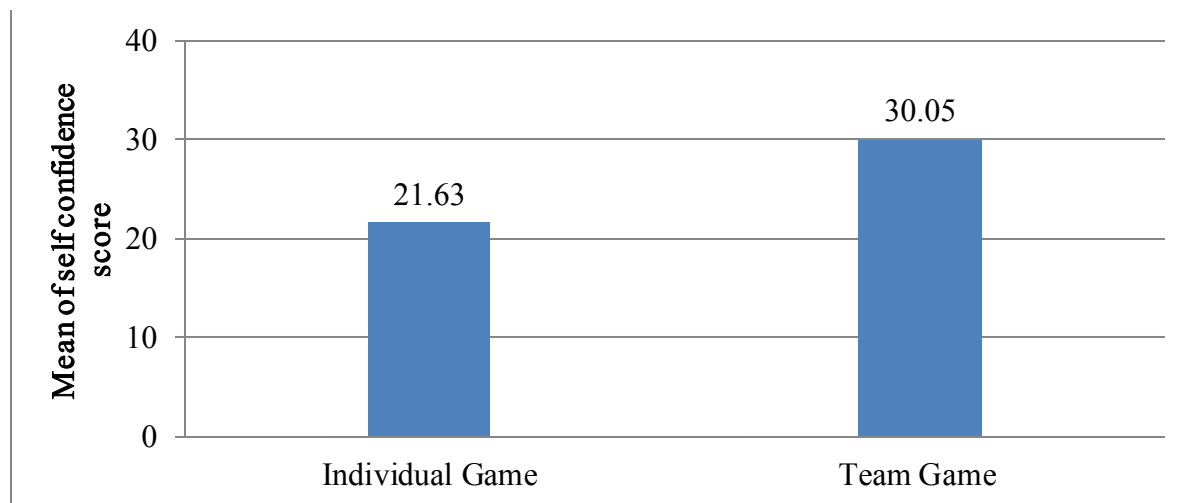
Table 1 Comparison of self-confidence between the male players of team and Individual games

Individual Game (n=450)		Team Game (n=450)		t value	df	p value
Mean	SD	Mean	SD			
21.63	5.27	30.05	5.78	22.81	898	0.00*

*significant at 0.05 level

Table 1 Represent the comparison of the self-confidence score between male team and Individual game. Mean and SD of the male Individual game was reported as 21.63 and 5.27 whereas Mean and SD of the team games male was 30.05 and 5.78 respectively. The result of the study shows the team game players were found to be significantly more confident ($t=22.81$, $p<0.00$) as compare to Individual game players

Figure 1: Showing the mean comparison of self confidence score between Individual and Team Game male players



CONCLUSION

Self confidence study concludes that team game players are having more Self confidence comparative to Individual game players.

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