

A Study of Self-Confidence on Different Levels of Participants in Cricket Players

Dr. Bhupender Singh

Assistant Professor, Department of Physical Education, JVMGRR College, Charkhi Dadri (Haryana)

ABSTRACT

Self-confidence gets us moving toward success instead of trying to avoid failure. When confident tend to focus our thoughts and images on coping with the environment, our opponent and on mastering the task and on the rewards that will accrue from success. It leads to worrying and catastrophe sizing about performing below par and the consequence of doing poorly. The sample of the present study comprised of 300 male university cricket players of India. For the purpose of the study they were divided into three groups all India intervarsity (N=100), west zone intervarsity (N=100) and intercollegiate (N=100) man cricket players. The result indicated that significance difference between all India, west zone intervarsity and intercollegiate men cricket players in the self-confidence level. It is evident that all India intervarsity, west zone intervarsity and intercollegiate men cricket players in self-confidence test differed significantly, as the obtained F-value of 4.74 is much more than the tabulated value $F_{0.05}(2,297)=4.71$.

Keywords:-Failure, intercollegiate, Intersarsity, Player, Self-Confidence, Zone.

INTRODUCTION

Confident tend to focus our thoughts and images on coping with the environment, our opponent and on mastering the task and on the rewards that will accrue from success. It leads to worrying and catastrophe sizing about performing below par and the consequence of doing poorly.

Cricket is one of India's most popular sports in India. Cricket is a played in almost all urban areas in India. Cricket is also said to be the top sport in the almost all the states. Mumbai is considered to be the home of Indian cricket. The city contains the some most famous Indian club teams.

REVIEW OF LITERATURE

Riley (1983), studied the inter-relationship between self-confidence and physical performance from the perspective of symbolic interaction theory and findings revealed a Significant positive relationship between self-confidence and physical performance.

Mathew, Jose & Ranganathan, (1987), in their study concluded that there is no difference in the self-confidence of Players, particularly the cricket players.

Tucker (1999); Croxton et. al. (2006) & Klomsten et. al. (2004), carried out a study on students' self-confidence and sports participation. The results revealed that participation in sport impacted favorably upon the descriptions and ideas used to determine their self-confidences. Specifically, students' self-confidence was described in positive terms which consisted of descriptions of their attributes, qualities and skills. These descriptions were fairly stable over the time. Examinations of the relationship of physical activity and physical self-confidence have produced mixed results.

Ibrahim & Morrison (1976), found that athletes have lower self confidence than non athletes.

Vicent, (1976), also contends that athletes had higher self confidence than non athletes.

Young (1981), reported no differences in global self confidence between athletes and non athletes. Most approaches to this area of the self assume that the self-confidence has both “content” and a “structure”.

Most basically our self- confidence is what we think we are? In various respects and has content also. But these component images of our selves are interrelated with each other in same way and thus implying structure. The later point is subtle, but it is one that researchers in self-confidence often emphasize. One study showed that the age of onset of asthma was related to self confidence. Children who had asthma before the age of five had poorer self confidences (Mc.Nelis et al., 2000).

METHODOLOGY

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. A reliability quotient of 0.73 was reported for the Sport Confidence Inventory.

The present study was conducted on three hundred (300) men cricket players of India. The data were categorized into three main groups. Such as- inter collegiate (100), west zone intervarsity (100) and all India intervarsity (100) men cricket players. The sample representing the intercollegiate men cricket players who participated in the inter collegiate men cricket championship- 2019, which was held at Arts Science and Commerce College Saharanpur, (U.P) from 09/12/2018 to 11/12/2018. The sample representing the west zone intervarsity man cricket players who participated in the west zone intervarsity men cricket championship- 2019. Which was held at C. C. S. University, Meerut (U.P.) from 07/01/2019 to 24/01/2019. And all India intervarsity men cricket championship, 2019 held at Saveetha University, Chennai from 03/02/2019 to 6/02/2019.

Statistical Analysis:-

An Analysis of variance (ANOVA) was applied to find out the significance of mean difference in the variable. This was followed by Least Significance Difference Test (L.S.D.T.) of Post-hoc comparison to determine the significance of the difference between ordered paired means at 0.05 levels.

Analysis of data and result of the study:-

There are at least three levels at which data are categorised presented and analyzed statically in the study. The psychological status of all India intervarsity players (N=100) has been compared with west zone intervarsity (N=100) and intercollegiate (N=100) man cricket players. Mean score and standard deviations of all India intervarsities, west zone intervarsity and intercollegiate men cricket players on Self-Confidence variable.

One-way analysis of variance (F-ratio) was applied to find out the significance of mean difference among all India intervarsity, west zone intervarsity and intercollegiate cricket players on Self-Confidence variable. Least Significant Difference test of Post- Hoc comparison was used to determine the significance of difference between ordered paired means at 0.05 levels. One way analysis of variance and L.S.D. of self-confidence variable are given from table- 2.

Table 1: Comparison of Self-Confidence of Intercollegiate, West Zone Intersivity and All India Intersivity Men Cricket Players

Variable	All India intersivity (N=100)		West Zone intersivity (N=100)		Inter Collegiate (N=100)	
	Mean	S. D.	Mean	S. D.	Mean	S. D.
Self-Confidence	80.27	11.92	78.11	12.54	72.41	11.52

Source: Computed from Primary data

Table 2: Analysis of variance of intercollegiate, West Zone Intersivity and All India intersivity men cricket players on self confidence level (Significance at 0.05 levels)

Source of Variance	Degree of freedom	Sum of Squares	Mean Square	F Value
Between Group	(r-1) = 2	1380.27	690.121	4.74
With in Group	(N-r) = 297	43190.80	145.421	
Total	299	44571.07	-	

Source: Computed from Primary data

It is evident from Table-2 that all India intervarsity, west zone intervarsity and intercollegiate men cricket players on self-confidence is significant differed, as they obtained F-value of 4.74 is much more than the tabulated F 0.05 (2.297) = 4.71.

Table-3: Significance of Difference between the Ordered Paired Means of Intercollegiate, West Zone Intersivity and All India Intersivity Men Cricket Players on Self- Confidence Level (* Significance at 0.05 level)

All India Intersivity	West Zone Intersivity	Inter Collegiate	Mean Difference	Critical Difference
80.29	72.12	72.43	7.86*	2.17
80.29	78.12	72.43	5.69*	2.39

Source: Computed from Primary data

As the F-ratio was found to be significant Least Significant Difference (L.S.D.) test of Post-Hoc comparisons was applied to study the significance of difference between all India intervarsity, west zone intervarsity and intercollegiate cricket players and the data is presented in Table - 3.

It is obvious from Table- 3 that there is significant difference between all India intervarsity and intercollegiate and west zone intervarsity and intercollegiate players on self-confidence level at 0.05 levels as the mean difference of 7.86 and 5.69 respectively is higher than the critical difference of 2.93. But the mean difference of 2.17 between all India intervarsity and west zone intervarsity players is insignificant at 0.05 levels as critical difference of 2.93 is higher than the mean differences of 2.17.

CONCLUSION

From the analysis of the collected data, it is found result that significance difference between all India, west zone intervarsity and intercollegiate men cricket players in the Self-Confidence level.

The all India intervarsity, west zone intervarsity and intercollegiate man cricket players in Self-Confidence level is significantly as the obtained F-value of 4.74 is more than tabulated value F0.05 (2,297) 4.71. There is a significant difference between all India intervarsity and intercollegiate; west zone intervarsity and intercollegiate players on self-confidence level at 0.05 levels as the mean difference of 7.86 and 5.69 respectively is higher than the critical difference of 2.93. But the mean difference of 2.17 between all India intervarsity and west zone intervarsity players is insignificant at 0.05 levels as critical difference of 2.93 is higher than the mean differences of 2.17.

REFERENCES

- [1]. Ibrahim, H. & Morrison, N. (2012). Self actualization and self confidence among athletes. *The Research Quarterly*, 97, pp- 68-79.
- [2]. McNelis, A. M., Huster, G. A., Michel, Mallingsworth., Eigen, H. Austin & J. K. Factors. (2013). Associated with self-confidence in children with asthma. *Journal of Child Adolescent Psychiatr Nurs.*, 13, pp-55-68.
- [3]. Tucker, S. C. (1999). *School Sport Self-confidence of urban Aboriginal School children*. Crown University Press, Melbourne.
- [4]. Vincent, M. F. (2014). Sports Statistics. *The Research Quarterly*, 47, pp-218-225.
- [5]. Young, M. L. (1981). Exercise and Sport. *The Research Quarterly*, 52, pp- 286-290.
- [6]. Gail, Brenner. (2003). *Webster's New World American Idioms Handbook*. Webster's New World.
- [7]. Grewal, C. S. (November, 1989). Why Physical Education. *Vyayam Vidnyam*, 22(4): 15-19.
- [8]. Kales, M. L. & Sangria, M. S. (1988). *Physical and History of Physical Education*. Parkash Brothers, Ludhiana.
- [9]. Nathan, M. Murata. (2003). Language Augmentation Strategies in Physical Education. *The Journal of Physical Education, Recreation & Dance*, Vol. 74.
- [10]. Sethumadhava, Rao V. S. (2002). *Brand Image of Physical Education*. HPE Forum 2 (2) October: 1-3.