



A study of state sports confidence and selected behavioral characteristics of swimmers

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Abstract

The study was undertaken to understand the State Sports Confidence and the selected behavioral characteristics of Swimmers. For the purpose of the study 100 male Swimmers were randomly selected from the participants of All India Inter University Aquatics Championship 2015-16, held at Panjab University, Chandigarh. To ensure a homogeneous group on the basis of performance, the research scholar selected the subjects from swimmers who had qualified for the finals of each event. The necessary data was collected by administering State Sports Confidence Inventory (Robin S Vealey), Sports Aggression Inventory (Anand Kumar and Prem Shankar Shukla), Self- Concept Questionnaire (Dr. Raj Kumar Saraswat), and Stress Inventory (Miller and Allen) on the selected subjects. The results revealed that the State Sports confidence is significantly related to the sports aggression ($r= 0.874^*$), self concept (0.973^*) and stress (-0.829^*) among the All India Inter University Swimmers.

Keywords: State sports confidence, sports aggression, self concept, stress

Introduction

Confidence is having vital role in sports and while giving performance. Self-confidence is commonly defined as the sureness of feeling that you are equal to the task at hand. This sureness is characterised by absolute belief in ability. You may well know someone whose self-belief has this unshakable quality; whose ego resists even the biggest setbacks. In such people, confidence is as resilient as a squash ball: the harder the blow, the quicker they bounce back. Nonetheless, although confidence is a desirable characteristic, arrogance or a sureness of feeling not well founded in one's ability is undesirable. If self-confidence is perhaps the 'guardian angel of sports performers' then arrogance is their nemesis. Confidence is related to personality and those who exude self-confidence across a range of contexts, say at work, socially and in their sport, are said to be high in trait confidence. However, confidence can also be very specific – to a particular situation or with reference to a set of circumstances – in which case it is known as state confidence or self-efficacy. Recent studies have shown that the level of confidence plays significant role in performance as it is related with various mental as well as emotional aspects of athletes.

Performance accomplishments are the strongest contributor to sports confidence. When you perform any skill successfully, you will generate confidence and be willing to attempt something slightly more difficult. Skill learning should be organised into a series of tasks that progress gradually and allow you to master each step before progressing on to the next. Personal success breeds confidence, while repeated personal failure diminishes it. Being involved with the success of others can also significantly bolster your confidence, especially if you believe that the performer you are involved with (eg a teammate) closely matches your own qualities or abilities. In effect, it evokes the reaction: 'if they can do it, I can do it'.

Considering the importance of the role of confidence in the social behavior of athletes which leads to successful season among athletes this study was undertaken to understand the State Sports Confidence in relation to the selected

behavioural characteristics of All India Inter University Swimmers.

Procedure and Methodology

Subjects: For the purpose of the study, 100 male Swimmers were randomly selected as subjects of the study. The subjects were selected from the participants of All India Inter University Aquatics Championship 2015-16, held at Panjab University, Chandigarh. To ensure a homogeneous group on the basis of performance, the research scholar selected the subjects from Swimmers who had qualified for the finals of each event.

Measures: The necessary data was collected by administering State Sports Confidence Inventory (SSCI) developed by Robin S. Vealey, Sports, Sports Aggression Inventory (SSI) developed by Anand Kumar and Prem Shankar Shukla, Self- Concept Questionnaire (SCQ) developed by Dr. Raj Kumar Saraswat, and Stress Inventory developed by Miller and Allen on the selected subjects as per the instructions in the respective questionnaire manuals. Pearson's Product Moment method of correlation was used to understand the State Sports Confidence in relation to the selected behavioral characteristics of Swimmers. For analyzing data, the SPSS software was applied.

Results

Table 1: Relationship between State Sports Confidence with Selected Behavioral Characteristics of Swimmers

| State Sports Confidence in relation with | Coefficient of Correlation |
|--|----------------------------|
| Sports Aggression | 0.874** |
| Self Concept | 0.973** |
| Stress | -0.829** |

N=100 **Correlation is significant at the 0.01 level (2-tailed)

The results obtained from the analysis of the data presented in table 1 reveals that the attribution variable i.e. State Sports Confidence was found significantly related with

Sports Aggression and Self Concept as the coefficient of correlation (r) obtained were 0.874 and 0.973 at $p \leq 0.01$ which is greater than the tabulated value 0.195. On the other side, the above table also reveals that the attribution variable i.e. State Sports Confidence was found significantly related with Stress as the coefficient of correlation's (r) obtained was -0.829 at $p \leq 0.01$.

Discussions & Conclusion

The result of the study revealed that the correlation between State Sports Confidence with Sports Aggression was found to be significant as well as positive which explains that higher state self-confidence results in higher Sports Aggression or vice-versa. The correlation between State Sports Confidence with Self Concept correlation was also found to be significant as well as positive which explains that higher state self-confidence results in higher Self Concept or vice-versa. While the findings also imply that the correlation between State Sports Confidence with Stress was found to be significant but negative which explains that higher state self-confidence results in lower Stress or vice-versa. Today, it is important for the athletes, physical education teachers as well as coaches to recognize the vital role that science of psychology plays in the field of physical education and sports. Sports confidence whether state or trait is one of the most frequently cited psychological factors considered to influence behavior of an athlete which may deviate their athletic performance. It has been called the most critical cognitive factor in sport.

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