



## **The role of self-confidence on participation in sports tournament**

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### **Abstract**

The purpose behind this investigation is to see whether the self confidence of understudies is influence by sports interest, for this investigation Purposive randomized sampling technique was employed to select the participants. Initially sample of 160 subjects was taken from the population in which 80 subjects were sports students another 80 subjects were non sports students. Self Confidence of the students was determined with the help of score obtained by the Self Confidence Inventory (SCI-GR) constructed by Rekha Gupta. (Agnihotri), mean, S.D. and 't' test was applied to find out the difference between groups. The result obtained through the study showed sports students exhibit higher self confidence than non sports students. Sports participation increases self confidence of students.

**Keywords:** sports tournament participation, sports, self confidence

### **Introduction**

Game interest is emphatically connected with lists of change, for example, confidence, among juvenile members. Less is thought about the procedures through which more youthful kids advantage from their game interest. The motivation behind this examination was to test whether kids' game self-idea intervened the longitudinal relationship between time spent in individual-and group arranged sorted out game exercises and later confidence. Slutzky, C. B., and Simpkins, S. D. (2009)<sup>[3]</sup> utilized four influxes of information from the Childhood and Beyond Study gathered from three accomplices of grade school-matured kids (N = 987), their folks, and their instructors. Discoveries showed that kids who invested more energy in group activities, yet not time in singular games, announced higher game self-idea, which, thusly, was related with higher confidence than their associates. Multi-bunch investigations proposed that these relations did not differ crosswise over sexual orientation, wear capacity, brandish significance convictions, or companion acceptance. Study comes about recommended that the relations between time spent in games and youngsters' game self-idea depends, to some degree, on whether the time was spent in group or individual games. This examination featured the benefit of analysing intervening procedures in order to better elucidate the relationship between time in games and confidence.

Youth Youth don writing fights that the improvement of confidence is affected by social associations in the physical space. Be that as it may, little research has examined the part of the associate gathering in creating impression of physical skill and social acknowledgment. Weiss, M. R., and Duncan, S. C. (1992)<sup>[5]</sup> was to analyse the relationship, between ability in physical aptitudes and relational fitness with peers in a game setting. Youngsters (N=126) finished measures surveying view of physical capability and associate acceptance» impression of accomplishment for athletic execution and relational aptitudes, causal attributions for physical execution and relational success» and desires for future achievement in these two zones. Instructors' appraisals

of youngsters' genuine physical capacity and social abilities with peers were likewise acquired. Sanctioned connection examinations showed a solid relationship ( $rc = .75$ ) between files of physical fitness and companion acknowledgment. Youngsters who scored high in genuine and saw physical skill and who made stable and by and by controllable attributions for wear execution likewise scored high in real and saw peer acknowledgment and made stable attributions for effective companion connections.

Bowker A, Gadbois S, and Cornock B. (2003)<sup>[2]</sup> inspect the part of sex, sports interest, and sexual orientation introduction in foreseeing people's area particular and worldwide confidence. An example of 100 Grade 11 understudies finished measures of self-discernment, self-perception, sex introduction, and games investment. The outcomes demonstrated that despite the fact that young men revealed more prominent fulfilment with weight and appearance, there were no sexual orientation contrasts by and large self-esteem. Moreover, more ladylike people who took an interest in focused games announced lower levels of apparent athletic fitness and worldwide self-esteem, yet revealed higher confidence when they partook in more non-competitive games. In spite of the fact that games investment predicts confidence, members' sex introduction and the kind of games in which they take an interest are directing elements.

Games is the most unmistakable extracurricular movement in U.S. optional schools as far as understudy investment and school spending plans. The last is frequently defended in light of the fact that solid bodies deliver sound personalities, that school sports support school soul, and that cooperation in school-based games builds understudies' confidence. In this article we inspect the interrelationships among support in a school-based game and the advantages thought to be related with it. In particular, we test a model that hypothesizes that school soul, operationalized as connection to class, and solid bodies, operationalized as a feeling of physical prosperity, intervene the connection between school games and confidence. Information from the National Longitudinal Study of Adolescent Health on Caucasian and African

American young ladies and young men were utilized to test the model. School connection and physical prosperity retained the measurable impact of taking an interest in a game for each of the four sex by-race gatherings. Among Caucasian young ladies a negative lingering impact of games cooperation was watched, which recommends that games support epitomizes various impacts with opposing impacts. For African American young ladies school connection without anyone else's input was not a huge go between of the impact of games cooperation on confidence. For all gatherings a feeling of physical prosperity was the all the more capable arbiter (Tracy, A. J., and Erkut, S. 2002) [4].

**Statement of the Problem**

“To study the Impact of the sports participation on self confidence of students.”

**Objectives**

1. To see whether the self confidence of understudies is influence by sports interest.
2. To search whether self confidence of students affected by sports participation.

**Hypotheses**

Sports Students will be exhibit higher self confidence than non sports students.

**Methodology**

**Participants and Sample**

The population of the study was undergraduate sports students from Aurangabad, Purposive randomized sampling technique was employed to select the participants. Initially sample of 160 subjects was taken from the population in which 80 subjects were sports students another 80subjects were non sports students. The efforts was made to have the sample as representative as possible in terms of area of living, education, All the subjects were from similar kind of socio-economic status, as well as all sports students were be participated at least one outdoor sports game at university level and still they were practicing daily two hours of same.

**Variables**

1. Sports participation is independent variable in this study.
2. Self confidence of students is dependent variables in this study.

**Research Design**

The present study was not possible experimentally because of the nature of the investigation. To attain objectives of the present study, single factorial design was employed to find out the significance differences between self confidence of students and Sports participation.

**Measurement Tools**

**Self Confidence Inventory:** Self Confidence of the students was determined with the help of score obtained by the Self Confidence Inventory (SCI-GR) constructed by Rekha Gupta. (Agnihotri). It contains 56 items and has been designed to assess the level of self confidence among adolescents and adults.

**Procedure:** Initially researcher was categorized the sports students and non sports students and record the score of self

confidence for 160 subjects on with the help of individual interview technique.

**Purposed Statistical Procedure**

The sample was available for statistical analysis consisted of 160 subjects after data collection. For the each subject, initially data of each group were separately scrutinized by employing descriptive statistics i.e. mean and S.D. The statistical analysis was mainly consisted of inferential statistics i.e. ‘t’ test with the help of SPSS.

**Result Analysis**

**Research Hypothesis:** Sports Students will be exhibit higher self confidence than non sports students.

**Table1:** Table showing Mean & S.D. Value for sports participation on self-confidence.

Variables	N	Mean	S.D.	‘t’	Significance
Sports students	100	21.15	9.23	7.77	0.01
Non sports students	100	14.78	10.17		

Statistical investigation depicts that the mean score of the sports students is (21.15) comparatively larger than mean score of the non sports students (14.78) on self confidence. Further inferential comparison i.e ‘t’ test (‘t’ = 7.77 P < 0.01, df=158) indicate that there is significant difference found between sports students and non sports students on self confidence. On the basis of the results it can be concluded that sports students exhibit higher self confidence than non sports students. Thus sports participation increases self confidence of students.

These outcomes are in accordance with ponder directed by Bowker, A. (2006) [1] who was to inspect the connections between sports cooperation and confidence, with specific enthusiasm for the conceivable intervening part of physical confidence. The members in this investigation were 382 understudies (167 young men; 215 young ladies) in Grades 5-8. Members finished a progression of paper and pencil measures, itemizing their games support, and additionally their self-recognitions concerning physical and general confidence. Games support was identified with all records of confidence and this was similarly valid for young men and young ladies. Two particular yet related elements were distinguished as segments of physical confidence (Physical appearance and Physical ability), differentially connected with confidence for young men and young ladies. Results bolstered a mediational display, with physical confidence interceding the connection between sports investment and general confidence. Critical sex contrasts were noted concerning particular records of physical confidence.

**Conclusions**

On the basis of data and discussion of results, the hypotheses were tested and verified and following conclusions were drawn.

1. Sports students exhibit higher self confidence than non sports students.
2. Sports participation increases self confidence of students.

**References**

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