

## AN ANALYSIS OF SELF CONFIDENCE AMONG INDIVIDUAL, TEAM AND COMBAT SPORT

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### ABSTRACT

*The survey type study was designed with a main objective to analysis self confidence among Individual, Team and Combat Sports. The research population included, forty five (N=45) male between the age group of 18-25 years were selected as subjects from Punjabi University Patiala. The results of Analysis of Variance (ANOVA) among three groups with regard to the sub-parameter self confidence were found to be statistically insignificant ( $P < 0.05$ ). Since the obtained "F" ratio 2.42 was found statistically significant.*

*Keywords: Self Confidence, Individual, Team and Combat Sports.*

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### INTRODUCTION:

Generally, the achievement of the sport skills depends on three readiness factors of physical, skill-based and mental issues. The athletes having nearly same physical abilities have different mental skills. Therefore, it is not possible to ignore the role of mental skills to achieve maximum performance (Heever, et al., 2007). Cox and Yoo (1995) indicated that success in professional sport not only depends on the physique of players and technical aspects but also on psychological skill. Research results have shown that athletes with good mental readiness are more successful in tournaments achieving specified tasks in the framework of individual and team sports. These better mental skills let them to have high potential functional issues particularly at their self-confidence when they compete in tournaments. Also these athletes have better positive thinking power and decision-making in compare to other athletes. Whereas if the athletes have certain mental inadequacies or they have not acquired certain mental coping skills to deal with themselves, competitive and other stressors, they are unlikely to perform to their full potential (Carton, 2007). In pressure situations, mental skills will elevate the ordinary athlete into the realm of the extraordinary (Weinberg and Gould, 2007). Hence, the mental readiness plan can develop the physical and skills of athletes.

**OBJECTIVE:**

To find out the significant difference of self confidence among Individual, Team and Combat Sports.

**HYPOTHESIS:**

There will be no significant difference of self confidence among Individual, Team and Combat Sports.

**METHODOLOGY:**

The survey type study was designed with a main objective to analysis self confidence among Individual, Team and Combat Sports. Total forty five male players (Individual = 15, Team = 15 & Combat = 15) were selected as sample .The age of subjects ranged between 18 to 25 year.

**Tool**

The questionnaire consists of a number of statements about experiences associated with competitive sport. Each subject was given a questionnaire and a pencil. The subjects were asked to read each statement carefully and then circle the appropriate number to indicate the extent to which one agrees with the statement. This was based on a six point scale from strongly agree to strongly disagree.

**STATISTICAL ANALYSIS:**

Table:-. Analysis of Variance (ANOVA) results with regard to Self Confidence among Individual, Team & Combat Sports.

Source of variance	Sum of Squares	Df	Mean Square	F-ratio	Sig.
Between Groups	10.80	2	5.40	1.157	.324
Within Groups	196.00	42	4.66		
Total	206.80	44			

\*Significant at 0.05,  $F_{0.05}(2, 42)$

It is evident from Table that the results of Analysis of Variance (ANOVA) among three groups with regard to the sub-parameter self confidence were found to be statistically insignificant ( $P < 0.05$ ). Since the obtained "F" ratio 2.42 was found statistically significant.

#### DISCUSSION OF FINDINGS:

To conclude, It is evident that the results of Analysis of Variance (ANOVA) among three groups with regard to the sub-parameter Self Confidence were found to be statistically insignificant ( $P < 0.05$ ).

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