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## A comparative study of self-confidence on Kabaddi and Kho-Kho players.

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### Abstract

The sports have been of great interest to people from times immemorial even today's a sport is on its world map, Olympic, world cup tournament, Asian game and test matches of national comply the breadlines in newspapers every day columns after columns are devoted to the sports news the importance and the recognition which the sports have received from government press and public clearly indicate that sports are not taken up for more creation presage purposed the preparation in sports.(Byrne,1974).

Physical education is a phase of total education and contributes to all the objectives of education each activity contributes to the organics near muscular interpretative and emotional development of the individual sport is one of the most enduring of all human activities virtually form the beginning of any written human records in civilization across the world account of sport and sport related activities are found for less than last century sport has been studied scientifically and sport psychology is an important part of the scientific study in international field holding the promise of becoming important and only to the understanding of competitive athlete.

Sports psychology denotes a sub category of psychology that deals with the behavior of athletes and teams engaged in competitive sports. Sports psychology is an important ingredient of sports training programme and deals with the way in which various psychological states and traits influence sports performance. It is the application of psychology to the issues and problems of sports persons are quite unique, different, subtle and complex.

Self confidence is a simple attribute of perceived self; Strictly speaking any kind of failure or success will be determined by the self confidence. Self Confidence come with good goals, good preparation familiarly with success, prediction of success, re-experiencing past success and giving the appearance of assuredness.

Kabaddi is a basically an outdoor team game played on level and soft ground which requires both skill and power and combines the characteristic of wrestling and rugby. In our country, there are many national games. One of them is "Kho-Kho" based on national principles of physical development. It is vigorous and fosters a healthy competitive spirit among youths.

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Key words- Sports psychology, Self confidence, Kabaddi, Kho-Kho.

## INTRODUCTION

Sports, games and physical education activities are looked upon as avenues for achieving and establishing supremacy, prestigious social recognition and etc., to achieve this recognition; one requires extraordinary talent, skill, sustained interest, determination, training and so on (Agya, 1982). The players are creating and breaking new records in today's competitive sports. Traditionally the motto of Olympic festival is higher and stronger is still alive in the field of physical education and sports. The aim of the games and sports is firstly suited with every field. The old records are not remaining on boards they are establishing time the level of physical fitness and motor ability is increasing day by day because of development of science and technology today's athletes are trained scientifically the equipments of training are also developed scientifically the 'dandbethak' and 'akhadas' activities become out high-tech gymnasium and health centers takes its place. (Russel, 1971).

Physical education and sports being an integral part of education have also experienced the impact of scientific advancements. Now, the sportsman have been able to give outstanding performance because of involvement of new scientifically substantiated training methods and means of execution of sports exercise such as sports techniques and tactics, improvement of sportswear and equipments as well as other components and conditions of the system of sports training. It is evident in this modern world that sports and games are no more only an area of play and pass time; indeed it is area of new finding and experimentations, with an aim to enhance the performance of each sports person. (Ibid, p.288)

Today in the modern competitive year every sports man is a race to excel others and competition has become a fundamental mode of human expression as it is one of the every important functions by which national and international recognition and prestige is gained. From its very simple form, sports have emerged into highly organized activity of human society and it has become a complex social and cultural phenomenon. Most of the games and sports activities, which originated as leisure pursuits and recreational activities have acquired a strong competitive and challenging form technological and scientific advancement has influenced the mode of selection, screening and training the athletes in various sports activities. (Kenneth, 1985).

## **Psychology**

Human beings and animals are product of a long process of biological evolution. Their activities are highly complex in nature and directed from within. Since ancient times philosophers have tried to understand why human beings and other animals behave as they do (Murphy, 1955).

## **Sports psychology**

Sports psychology denotes a sub category of psychology that deals with the behavior of athletes and teams engaged in competitive sports. Sports psychology is an important ingredient of sports training programme and deals with the way in which various psychological states and traits influence sports performance. It is the application of psychology to the issues and problems of sports persons are quite unique, different, subtle and complex.

### **Self confidence**

Self confidence is a simple attribute of perceived self, it is neither a part of the self, nor it is independent from the self simply speaking self confidence refers to in individual perceived ability to act effectively in a situation to overcome obstacles and to attain success. I do this work whether the given problem is simple or complex may attain success or not, all these perceptible factors determine the output. Strictly speaking any kind of failure or success will be determined by the self confidence.

Self Confidence come with good goals, good preparation familiarly with success, prediction of success, re-experiencing past success and giving the appearance of assuredness.

### **Kabaddi**

Kabaddi is a basically an outdoor team game played on level and soft ground which requires both skill and power and combines the characteristic of wrestling and rugby. It was originally meant to develop self-defense in addition to attack and reflexes of counter attack by individuals and defense by groups of teams. It is believed that kabaddi was invented to develop a defensive response by an individual against group attacks and

group's responses to an individual attack. This is only combative sport in which offence is an individual effort where as defense is a group effort.

### **Kho-Kho**

In our country, there are many national games. One of them is “Kho-Kho” based on national principles of physical development. It is vigorous and fosters a healthy competitive spirit among youths.

When we witness a Kho-Kho match we see a panther playing the game in human from the physical skills of the panther is at play during the game. Panther is well known as the fastest animal it can dead stop and make turn within a moment. It leaps and makes a dive with ease.

### **THE STATEMENT OF PROBLEM:**

A comparative study of self-confidence on Kabaddi and Kho-Kho players.

### **HYPOTHESIS**

It was hypothesized that there will be a significant difference in self confidence between Kabaddi and Kho-Kho players.

### **THE SIGNIFICANCE OF STUDY**

1. The study helps to find out the level of self-confidence of kabaddi and kho-kho players.
2. Findings of the study may provide guidelines to kabaddi and kho-kho players.
3. The result of the study may be helpful to physical education directors to formulate the training program to improve the self-confidence.
4. The study may help for further research in sports psychology.
5. The study would make the subjects conscious about their performance.
6. The study may help to promote the awareness about psychological variables.

**Selection of subjects:**

In order to achieve the purpose of study 25 players from each game during the intercollegiate tournament of Karnataka State women's University.

**Sample:** In the present study total sample consists of 50 Players. 25 Kabaddi and 25 Kho-Kho players of Karnataka State Women's University, Vijayapur

**Sample Size:****Table-1**

Shows the sample design and sample composition of Kabaddi and **Kho-Kho** players of Karnataka State Women's University Vijayapur.

Game	Number of Students	Total
Kabaddi	25	50
Kho-Kho	25	

Self confidence questionnaire (SCQ) developed by M.Basavanna is used in the present study this questionnaire consists of 100 items. The add an even split half reliability was calculated for a sample of 200 subjects drawn randomly from the group of 800. The reliability co-efficient as corrected by the Spearman brown periphery formula was found to be using 94. In addition to determining the indices of item validity attempts have been made to establish construct validity for the inventory. Hypothesis tested that people with high self confidence were significantly more capable of taking risk in predicting their performance than to less confident ones the hypothesis was confirmed.

**Scoring**

The answer of self confidence test was scored according to the key prepared for the purpose. All the positive items answered negatively and the negative items answered positively were given me point each. The positive items answered positively and the received negatively received zero score. This scoring procedure

yielded each individual a score that was indicative of his level of self confidence. The items were keyed in such a way that the lower the score higher was the level of self confidence and vice versa

According to the distribution of scores of the normative group on the self confidence. The score in between were considered as indicative of an average level of self confidence.

### **Statistical Techniques**

As the purpose of the study was to of self confidence of Kabaddi and Kho-Kho players, and also to find out the difference between the Kabaddi and Kho-Kho players of self confidence the mean, SD, T value were calculated to test the significant difference between the two groups, further the level of self confidence was compared with norms as mentioned above.

### **THE ANALYSIS, INTERPRETIONS AND RESULTS OF STUDY**

The study was to identify the level of self confidence of Karnataka State women's University intercollegiate Kabaddi and Kho-Kho players.

In this study an attempt has been made to find out the difference in groups and also find out the level of self confidence between two variables. Hence Mean, SD and 't' value have been calculated to know differences in groups.

#### **Hypothesis related to mean differences**

Below in made on attempt to explore differences among. The Kabaddi and Kho-Kho players of self confidence variable.

Sports and education system are an activity where there will be a challenging atmosphere. Naturally the women's are taking part in intercollegiate events these events should have higher level of self confidence. With this supposition it is hypothesized that the Kabaddi and Kho-Kho Players will have higher level of self confidence.

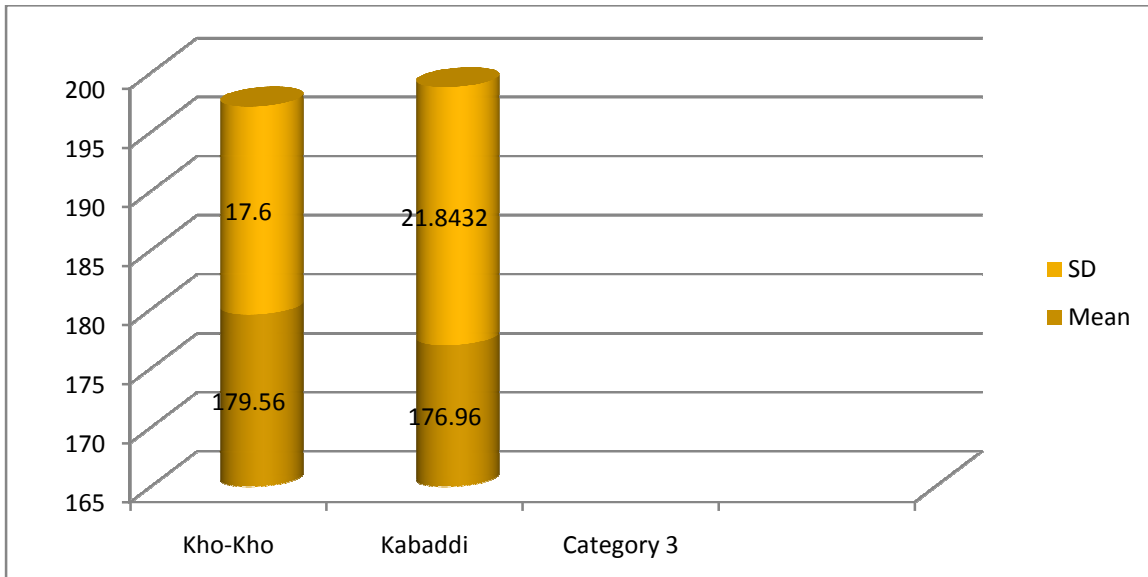


**TABLE 2: SHOWS THE MEAN, STANDARD DEVIATION AND 't' VALUE OF SELF CONFIDENCE.**

Sl. No.	Players	Mean	Standard Deviation	't' value	Significant
1.	Kho-Kho	179.56	17.6	2.0315	S
2.	Kabaddi	176.96	21.8432		

The above table shows the mean value standard deviation and 't' value of self confidence.

**FIGURE1. COMPARISON OF MEAN VALUE AND STANDARD DEVIATION OF SELF CONFIDENCE BETWEEN KABADDI AND KHO-KHO PLAYERS.**



The mean of players is Kho-Kho 179.56 and SD is 17.6 According to norms this mean score indicates average level of self confidence. The mean of Kabaddi players is 176.96 and SD is 21.8432. This score indicates

Average level of self confidence when compared with the norms. The obtain 't' value is 2.0315 which is significant. The result indicate that the Kabaddi players self confidence higher than Kho-Kho players.

## **SUMMARY, CONCLUSIONS AND RECOMMENDATIONS**

### **Summary**

In the present investigation it was assumed that the Kabaddi players will have higher level of self confidence than Kho-Kho players. Because they posses high efficiency, high mental abilities, and better logic idea. But the results indicate that t-ratio shows Kabaddi and Kho-Kho players have significant level of difference in self confidence.

### **Conclusions**

Within the limitations of present study, the following conclusions were drawn.

The study showed that there was a significant difference between Kabaddi and Kho-Kho players of Karnataka State women's University. Kabaddi players better then the Kho-Kho players in self confidence

### **Recommendations**

On the basis of the present research and findings. Of the study, below mentioned recommendations are made.

1. It is recommended that similar study may be conducted to different age groups.
2. Same study may be conducted on larger sample.
3. Similar study may be conducted for different levels.
4. More studies may be conducted to identify other components of level of Anxiety , Self esteem and players attitude in other games.
5. It may also help the Assistant Teachers and physical education teachers while teaching aid.

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