



A comparative study of self-confidence between kabaddi and KHO-KHO intercollegiate men players of Mangalore University

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Abstract

The Purpose of the present study was to compare the psychological variable namely self-confidence between kabaddi and kho-kho intercollegiate men players of Mangalore University.

Methodology: To achieve the purpose of the study sixty subjects (n=60) out of thirty (n=30) players from kabaddi and thirty (n=30) players from kho-kho discipline who were participating in intercollegiate tournaments were selected. The purposive simple random technique was used for selection of subjects. The age of the subjects chosen for this study were ranging from 18-28 years. The study focused on psychological variable namely self-confidence. The standardized Sports competition self-confidence questionnaire prepared by Gayton and Richmond was used to assess the level of self-confidence among kabaddi and kho-kho men players of Mangalore University. The collected data was statistically analyzed by using percentage values.

Result: The result reveals that there is a significant difference between kabaddi and kho-kho intercollegiate men players of Mangalore University in the level of self-confidence. Compared to kho-kho players, kabaddi players were found better in the level of self-confidence.

Keywords: self-confidence, kabaddi, kho-kho

1. Introduction

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.

Psychology is a science in which, we study about human behavior and Sports Psychology is primarily concerned with the analysis of behavior of sports persons. Sports psychology involves the study of how psychological factors affect performance and how participation in sports and exercises affect psychological and physical factors. Concentration, confidence, control, and commitment are generally considered the main psychological qualities that are important for successful performance in sports.

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, 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 comes with good goals, good preparation familiarly with success, and 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. 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.

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.

1.1 Purpose of the study

The main purpose of the study was to compare the psychological variable namely self- confidence between kabaddi and kho-kho men players of Mangalore University.

2. Methodology

2.1. Selection of Subjects

For the study the investigator was selected sixty subjects (n-60) out of thirty players from kabaddi and thirty players from kho-kho discipline who were participating in intercollegiate tournaments. The purposive simple random technique was used for selection of subjects. The age of the subjects chosen for this study were ranging from 18- 28 Years. The study focused on psychological variable namely self-confidence.

2.2. Test Administration

The standardized sports competition self-confidence questionnaire prepared by Gayton and Richmond was used to assess individual differences in competitive self-confidence or the tendency to propose competition situation on threatening and/or to respond to these situations with elevated self- confidence.

2.3. Scoring

Table 1: The rating scale of self-confidence is as follows

Si No	Score	Self Confidence Level
1	16-35	Low level self confidence
2	36-65	Medium level self confidence
3	66-90	High level self confidence

3. Analysis of data

Collected data was statistically analyzed by using Percentage values. The results pertinent to self-confidence were compared with the use of percentages and pie-charts.

Table 3.1: showing the Self Confidence Level of kho-kho intercollegiate men Players.

Si no	Self confidence level	No players	Percentage
1	Low level	05	19%
2	Average level	20	64.3%
3	High level	05	16.6%

The above table shows that five kho-kho men players in low level of self-confidence. Twenty players in Average level five players in High level Self-confidence.

The levels of self-confidence in respect of kho-kho men players are depicted diagrammatically in following pie charts respectively.

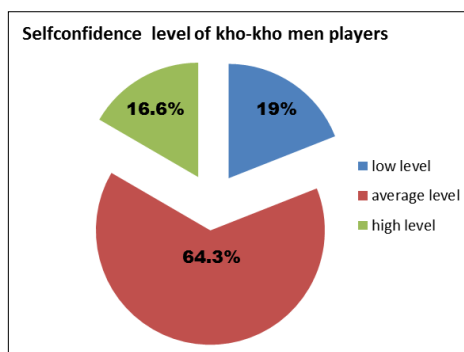


Fig 1

Above Pie chart indicates that the level of self-confidence, the kho-kho men players have 16.6 % of high level and also 64.3 % of average level and finally 19 % have low level in self- confidence.

Table 3.2: Showing the Self Confidence Level of kabaddi intercollegiate men Players.

Si no	Self confidence level	No players	Percentage
1	Low level	04	13.3%
2	Average level	23	78.6%
3	High level	03	8%

The above table shows that four wrestling men players in low level of self-confidence. Twenty three players in Average level three players in High level Self-confidence. The levels of self-confidence in respect of kabaddi men players are depicted diagrammatically in following pie charts respectively.

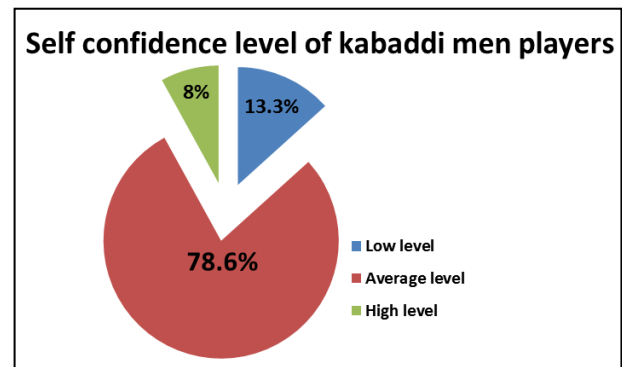


Fig 2

The above Pie shows that the level of self-confidence, the kabaddi men players have 8 % of high level and also 78.6 % of average level and finally 13.3% have low level in self-confidence.

4. Results of the study

The results in respect of self-confidence levels of kho-kho and kabaddi intercollegiate men players seems to be moderate specially that of kho-kho players, whereas the kabaddi players lack confidence level (19% - low level self-confidence). Over all the kabaddi players are better in self-confidence when compared to kho-kho men players. High level self-confidence is seen only in five kho-kho men players and three kabaddi men players respectively.

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