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# RESEARCH NEWS

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## Comparison of Self-Confidence on Different Levels of Participation in Volleyball Players

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### Abstract

Self-confidence can also be divided into two separate orientations, state-confidence and trait-confidence. The state confidence and self-efficacy is related to a special situation or very limited time episodes. The sample of the present study comprised of 100 male university volleyball players of India. Keeping the view the purpose of the study they were divided into three groups all India intervarsity (N=100), west zone intervarsity (N=100) and intercollegiate (N=100) man volleyball players. The result indicated that significance difference between all India, west zone intervarsity and intercollegiate man volleyball players in the anxiety level. It is evident that all India intervarsity, west zone intervarsity and intercollegiate man volleyball players in anxiety test differed significantly, as the obtained F-value of 109.94 is much more than the tabulated value  $F_{0.05}(2,297) = 4.71$ .

**Key words:** Self-confidence.

### Introduction

Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules. It has been a part of the official program of the Summer Olympic Games since 1964. The game is played by two team of six players, with up to six substitutes allowed in a squad. A net is fixed across the middle of a court eighteen meters long and nine meters wide.

Self-confidence has been shown to be significantly correlated with skillful sport performance, but whether there is a causal relationship, and what the direction of that relationship is, cannot be determined from the correlation designs of the Studies. Self-confidence is the inner feeling of certainty; it is a feeling of certainty about who you are and what you have to offer to the world and also it also offers the feeling that you are worthwhile and valuable. Everyone craves to possess self-confidence because it makes life so much easier and so much more fun. Self-confidence gives us the energy to create our dreams.<sup>3</sup>

Psychology is the systematic study of behavior and mental processes as the study of humans is the primary focus of much of the field of psychology. Sports psychology is a specialization within the brain psychology and kinesiology that seeks to understand psychological/mental factors that affect performance in sports, physical activity and exercise and apply these to enhance individual and team performance. Sport psychology is the scientific study of people and their behaviors in sport. It deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance. Most research studies of sports anxiety have analyzed the relation of the anxiety components and sports efficacy. Thus, for example, Jones, Hanton, & Swain (1994), by analyzing the differences between 97 elite and 114 non-elite swimmers, have not found any significant differences in the level of cognitive and somatic competitive state anxiety. Elite swimmers, in comparison to non-elite swimmers, considered anxiety symptoms to be more stimulating.

### Methodology

The collection of data became instrumental in providing correct insight into the sport self-confidence. Sports Self Confidence Inventory prepared by Robin S. Vealy (1986) was used for this study. Questions were based on how confident players generally felt when they competed in sports. They compared their self-confidence to the most confident athlete they knew. A reliability quotient of 0.73 was reported for the Sport Confidence Inventory.

The study was conducted on three hundred (300) men volleyball players which were selected through simple random sampling. The data were categorized into three main groups:

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inter collegiate (100), west zone intervarsity (100), and all India intervarsity (100) man volleyball players. The sample representing the intercollegiate man volleyball players who participated in inter collegiate man volleyball championship, 2013 held at Sant Dyneshwar College Soegaon, Aurangabad 24/09/2013 to 30/09/2013. The sample representing the west zone intervarsity man volleyball players who participated in the west zone intervarsity man volleyball championship, 2013 held at Shivaji University, Kolhapur, Maharashtra from 14/02/2014 to 17/02/2014. And all India intervarsity man volleyball championship, 2013 held at Shivaji University, Kolhapur, Maharashtra from 20/02/2014 to 23/02/2014.

### Statistical Analysis

An Analysis of variance (ANOVA) was applied to find out the significance of mean difference in the variable. This was followed by Least Significance Difference Test (L.S.D.) of Post-hoc comparison to determine the significance of difference between ordered paired means at 0.05 level.

### Analysis of Data and Result of the Study

There are at least three levels at which data are categorized, presented and analyzed statistically in this study. The psychological status of all India intervarsity players (N=100) has been compared with west zone intervarsity (N=100) and intercollegiate (N=100) man volleyball players.

Mean Score and Standard Deviations of All India Intersivity, West Zone Intersivity And Intercollegiate Man Volleyball Players on Self-Confidence Variable

Table - 1

Variable	All India Intersivity (n = 100)		West zone Intersivity (n = 100)		Inter collegiate (n = 100)	
	Mean	S.D.	Mean	S.D.	Mean	S.D.
Anxiety	71.77	12.07	75.6	10.29	79.07	12.30

71.77	75.6		3.83*	
71.77		79.09	7.3*	2.03
	75.6	79.09	3.47*	

\*Significant at 0.05 level

It is obvious from Table-3 that significant difference exists between all India intervarsity and west zone intervarsity; all India intervarsity and intercollegiate and west zone intervarsity and intercollegiate players at the 0.05 level in the self-confidence, as the mean difference respectively 3.83, 7.3 and 3.47 is higher than the critical difference of 2.03. Therefore the null hypothesis is rejected between these groups.

### Result

The result indicated that significance difference between all India, west zone intervarsity and intercollegiate man volleyball players in the self-confidence level. It is found that all India intervarsity, west zone intervarsity and intercollegiate man volleyball players on self-confidence is significant as the obtained F-value of 24.79 is much more than the tabulated F 0.05 (2,297) = 4.71. It is obvious that significant difference exists between all India intervarsity and west zone intervarsity; all India intervarsity and intercollegiate and west zone intervarsity and intercollegiate players at the 0.05 level in the self-confidence, as the mean difference respectively 3.83, 7.3 and 3.47 is higher than the critical difference of 2.03. Therefore the null hypothesis is rejected between these groups.

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