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Comparative study of self-confidence of high and low level junior female volleyball players

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Abstract

The present study was based on the assessment of Self Confidence of high and low junior level female volleyball players. The purpose of the study was to measure the assessment of Self Confidence of high and low junior level female volleyball players. In this study the scholar used the random sampling method. 30 high level junior volleyball players and 30 low level junior volleyball players were selected from different districts of Punjab. T test was employed to compare the two groups of volleyball players. The statistical package SPSS was utilized for analysis. Within the limitations of the present study, the conclusion was showed that there is no significant difference found in high and low level of junior female volleyball players.

Keywords: Assessment, volleyball, self-confidence and district players

Introduction

Self Confidence helps to arouses positive emotions. When we feel confident, we are more likely to remain calm and relaxed under pressure. This state of mind and body allows being aggressive and assertive when the outcome of the competition lies in the balance. In addition, research has revealed that athletes with high confidence interpret their anxiety levels more positively than do those with less confidence. This provides more productive belief system in which one can reframe emotions as facilitative to performance. Confidence affects goal. Confident people tend to set challenging goals and pursuer them actively: Confidence allows reaching for the stars and realizing potential. People who are not confident tend to set easy goals and never push themselves to the limits.

Review of related literature

Hardy, Woodman, and Carrington (2004) ^[5] this paper inspects Hardy's (Stress, Anxiety and managing: An International Journal (1996) 9, 69-86) presented a theory that self-confidence might act as the prejudice cause in a butterfly disaster model of pressure and appearance. Men golfers ($V=8$) took part in a game and reported their somatic anxiety, intellectual anxiety, and self-assurance before to their tee shot on each hole. All anxiety, self-confidence, and presentation score were excellent within participants in order to control for human being differences. The data were then collapsed across participants and classified into a high self-confidence condition and a low self-confidence condition by means of standard break. A series of two-way (somatic anxiety x cognitive anxiety) ANOVA was held on each self-assurance situation in order to flag where the highest cognitive anxiety x somatic anxiety interaction effect size lay along the physical anxiety axis.

Sabina and Stankov (2007) ^[3] the famous sports researcher Sabina and Stankovic identified the natural word of self-confidence factor and intellectual factor and judge the person. Player had to face seven intelligence tests that judge the three constructs; correctness, pace and determination. Self-confidence is a topic not only makes its visibility on the question with right answers but also solid the beliefs concerning preceding that may never occur. Awareness Inventory (MAI, Schraw, G., and Dennison, R.S. 1994) ^[6]. Assess met cognitive knowledge. The Self-assurance matter taped not only processes connected to an appearance on items that had the right result, but also certainty stage in beliefs concerning proceedings that may never happen. Ranked division multiple regressions showed that the Self-assurance reason was predicted by the accuracy of presentation, Met cognitive alertness Questionnaire, and beliefs of capability in way of thinking skill.

Objective of the study

To compare the Self-confidence of high and low level junior level female volleyball players.

Hypothesis

It was hypothesized that there will be significant difference in the Self-confidence of high and low level junior level female volleyball players.

Delimitation

1. The study was delimited to female volleyball players of different districts of Punjab.
2. The study was delimited to 60 volleyball different districts of Punjab only.
3. Further the study was delimited to 30 junior high level volleyball players and 30 junior low level volleyball players.

Research methodology

The present study was survey type research. In this methodology the following procedures were adopted for the selection of subjects, selection of variable, selection of test, description of test, scoring of questionnaire and statistical techniques were elaborated.

Samples

The subjects for the study were 30 junior high level female volleyball players and 30 junior low level female volleyball players from different districts of Punjab.

Tool used

For the collection of the data required for the study the M. Basavanna’s questionnaire test was used.

Statistical Procedure

To check the significant difference of Self-confidence of junior high and low level female volleyball player’s T test was used to compare the groups at 0.05 levels of significance.

Results and Discussion

The finding of the various parameters is discussed as under.

Table 1: Comparison of mean, S.D. and t-value of junior high and low level female volleyball players

Sr. No.	Level	N	Mean	SD	t-value
1.	Junior (High)	30	35.61	7.81	1.24*
2.	Junior (Low)	30	33.26	6.76	

*Significant at 0.05

Table 1. Reveals that the mean value of self-confidence of junior high level female volleyball players is 35.61 with S.D. 7.81 and mean of junior low level female volleyball players is 33.26 with S.D. 6.76. The t-value 1.24 is found non-significant at 0.05 level of confidence.

Conclusion

There was no significant difference in the level of self-confidence of junior high and low level female volleyball player. So, hypothesis was rejected.

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