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**Dr. Amandeep Singh**

Assistant Professor, Akal College  
of Physical Education, Mastuana  
Sahib, Sangrur, Punjab, India

## Self-confidence Among performer and non-performer hockey players

**Dr. Amandeep Singh**

### Abstract

The purpose of present study was to access the Self Confidence between the Performer and Non-performer Hockey players. In the present study, the subjects for data collection were collected from Punjabi University Patiala Inter-College Hockey Championship (Men). The subjects were purposively selected in the case of Performer and randomly in the case of Non-Performer. The sample consist of 60 Inter-College Hockey players which further divided into two groups (N=30) Performer and (N=30) Non-Performer Hockey Players. To measure the level of Self Confidence of the subjects, Self Confidence Inventory by M. Basavanna (1975) was applied. The result revealed significance difference between Performer and Non-Performer Hockey Players. It has been observed that Performer Hockey Players had higher level of Self-Confidence than the Non-Performer male Hockey Players.

**Keywords:** Self-confidence, performer and non-performer, hockey players

### Introduction

To enhance the top level sports performance psychological parameters play a major role. The present research will be useful to understand the psychological differences between the two groups: Performer and Non-performer hockey players. The Self Confidence is the most important psychological factor which effect the Players performance. If the level of Self Confidence is lower, the performance of the players will be lower, where as moderate and high level self-confidence will give the good results in the competitions. Self Confidence influences by the number of factors like physical and mental training, skills, good environment, standardized equipment, camps, competitions, boarding and lodging facilities, socio-economical factor etc. Self-Confidence is well known factor that may enhance and maintain the sports performance. Mental training plays a major role to develop the basic skills. Self-Confidence is one of the most frequently sited psychological factor considered by many to be factor for a high level performance.

### Self-confidence

Self-Confidence is the simple attribute of perceived self. It is a neither a part of self, nor it is independent from self. Self-Confidence refers to an individual perceived ability to act effectively in a situation to overcome obstacles and to attain successes.

Kais Kristjan and Raudseplennart (2004) <sup>[1]</sup> conducted study to the cognitive and somatic anxiety and self-confidence in athletic performance of beach volleyball the study of 66 male beach volleyball players the original intensity scale and a direction scale of Jones and swain players performance was scored from the video record using a standard rating scale to the self-confidence were moderately positively ( $r=0.27$  to  $0.51$ ) correlation with different skill component and sum of skill of beach volleyball self-confidence were significant predictors of Bach performance but accounted for 42% of variance.

### Methodology

The present study was to access the Self-Confidence between the Performer and Non-performer hockey players. In the present study, the subjects for data collection were collected from Punjabi University Patiala Inter-College Hockey Championship (Men). The subjects were purposively selected in the case of Performer and randomly in the case of Non-Performer.

**Correspondence**

**Dr. Amandeep Singh**

Assistant Professor, Akal College  
of Physical Education, Mastuana  
Sahib, Sangrur, Punjab, India

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Basavanna (1975) <sup>[3]</sup> was applied.

## Result

**Table 1:** Mean Differences in the Scores of Self-Confidence of Performer and Non-Performer Male Inter-College Hockey Players

S. No.	Variables	Performer Players = 30		Non-Performer Players = 30		Mean Diff.	SEDM	t-value
		Mean	SD	Mean	SD			
1.	Self- Confidence	10.13	1.61	8.87	1.42	1.26	0.35	3.62*

\*Significant at 0.05 level of significance (df=58)

Table-1 above shows the results related to the variable Self-Confidence between Inter-College Performer and Non-Performer Male Hockey Players. The Performer subjects had Mean value 10.13 and S.D. value 1.61 respectively, whereas the Non-Performer subjects had Mean value 8.87 and S.D. value 1.42 respectively. The calculated 't' - value between these two groups was 3.62\* which was found to be significantly higher than the table value of 2.00 at 0.05 level of significance with (df=58). The Performer Players were found to be have higher level of Self-Confidence as they had obtained higher mean scores.

## Discussion

The results revealed that Punjabi University Patiala Inter-College Performer had higher level of Self-Confidence than the Non-Performer Hockey players. The result indicates that Non-Performer Hockey players may have not latest equipment, Hockey turf, good environment, Physical and Technical training which results their level of Self-Confidence is lower as compare to Performer Hockey Player.

## Conclusion

Statistically significance differences were found among Performer and Non-Performer Hockey Players in Self-Confidence. It is further concluded that Performer Hockey Players have better Self-Confidence as compare to their counterpart in relation to their performance.

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