



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2018; 3(2): 555-557

© 2018 Yoga

www.theyogicjournal.com

Received: 22-05-2018

Accepted: 24-06-2018

Dr. Sudhira Chandel

Professor, School of Physical Education, Devi Ahilya Vishwavidyalaya, Indore, Madhya Pradesh, India

Evaluation and comparison of state sports confidence between Punjab and Madhya Pradesh Cricket teams of Under 19

Dr. Sudhira Chandel

Abstract

In this study The sample consist of 30 male Cricketers (15 Cricketer from each team) from two 'Under 19' Cricket teams (Punjab and Madhya Pradesh) from J.Y. LELE Trophy held at Vadodara (Gujarat) in 2017. The Researcher visited coaches from the teams that had been selected and explained the nature of the study and in the second stage explained the questionnaire to the athletes and distributed materials. At the third stage State Sport Confidence Inventory (SSCI) were administered to subjects within 2 hours prior to the start of the competition. With the help of SPSS (20.0) Independent T-Test was used to find the comparison in groups. In results it was concluded that $t(28) = -.045$, $p = .964$ and the test found Insignificant because the calculated p value .964 is much higher than the level of significance 0.05 and with this the investigator reject the null hypothesis and we can conclude that there is no difference among the Punjab and Madhya Pradesh Cricket teams.

Keywords: state sport confidence inventory, cricket, etc

Introduction

Proposed a sport specific theory of confidence, she defined sport confidence as 'the belief or degree of certainty individuals possess about their ability to be successful in sport'. Sport Confidence theory measures two factors: trait sports confidence (SC trait) and state sports confidence (SC State). Trait sports confidence (SC trait) is innate and described as a natural disposition. Like all personality traits it is relatively stable. Trait confidence is different from specific confidence as it relates to a generalized belief of an individual about the extent to which their ability will bring success across a wide range of sports. For this reason trait confidence is also global.

State sports confidence (SC State) can be developed through learning and tends to be unstable and changeable. State confidence relates to an individual's belief about the extent to which their ability will bring success at one particular moment. For this reason, state confidence is also specific to a situation. State sports confidence directly determines the quality of the skill that is to be performed, for example a putt in golf. The degree of state sports confidence is determined by the interaction of three factors:

1. Trait sports confidence (Innate and described as a natural disposition)
2. The objective sports situation (The type of skill that is to be performed. This could include the situation in which the skill could be performed)
3. The performers competitive orientation (The extent to which an individual is prepared to compete. Also, whether an individual strives to achieve a performance goal or product goal).

Identified a number of strategies to improve state sport confidence (SC State) which are described below.

- Mastery of skill -This occurs when a skill has been acquired and the performer perceives that progress has been made.
- Styling - Confidence will increase if the athlete can demonstrate a highly skilled performance in significant others.

Correspondence

Dr. Sudhira Chandel

Professor, School of Physical Education, Devi Ahilya Vishwavidyalaya, Indore, Madhya Pradesh, India

- Physical and mental preparation will increase the likelihood of successful performance.
- Social reinforcement - Praise and approval by significant others, particularly in the context of strong team cohesion, will raise confidence.
- Effective leadership promotes confidence in team members.
- Environmental comfort - People who lack self-confidence will be helped if the working conditions are suitable, for example the novice should not be observed when learning a new skill.

By way of conclusion, Vealey's sport confidence model is very useful for explaining the relationship between general sport confidence and situation-specific sport confidence. An athlete who is very successful at one sport transfers much of the confidence derived from his success to other sport situations.

Objective

- To evaluate the difference of State Sports confidence of the 2 (two) different semifinalist teams of J.Y. LELE Trophy held at Vadodara (Gujarat) in 2017, i.e. Punjab and Madhya Pradesh of under 19 Cricket.

Delimitations

- The study was delimited to the Cricketers of under 19 years of age.
- The study was further delimited to the 30 male Cricketers (15 cricketers from each team) of 'Under 19' teams.
- The study was delimited to the Punjab and Madhya Pradesh teams only who were the Semi Finalist of J.Y. LELE Trophy held at Vadodara (Gujarat) in 2017.
- The study was delimited on the Questionnaire of Self Confidence by Vealey i.e.
- State Sports Confidence Inventory.

Table 1: Descriptive Statistics of under 19 Cricket teams (Punjab and Madhya Pradesh)

	Groups	N	Mean	Std. Deviation	Std. Error Mean
State Sports Confidence	Punjab	15	91.4000	12.62537	3.25986
	Madhya Pradesh	15	91.6000	11.47544	2.96295

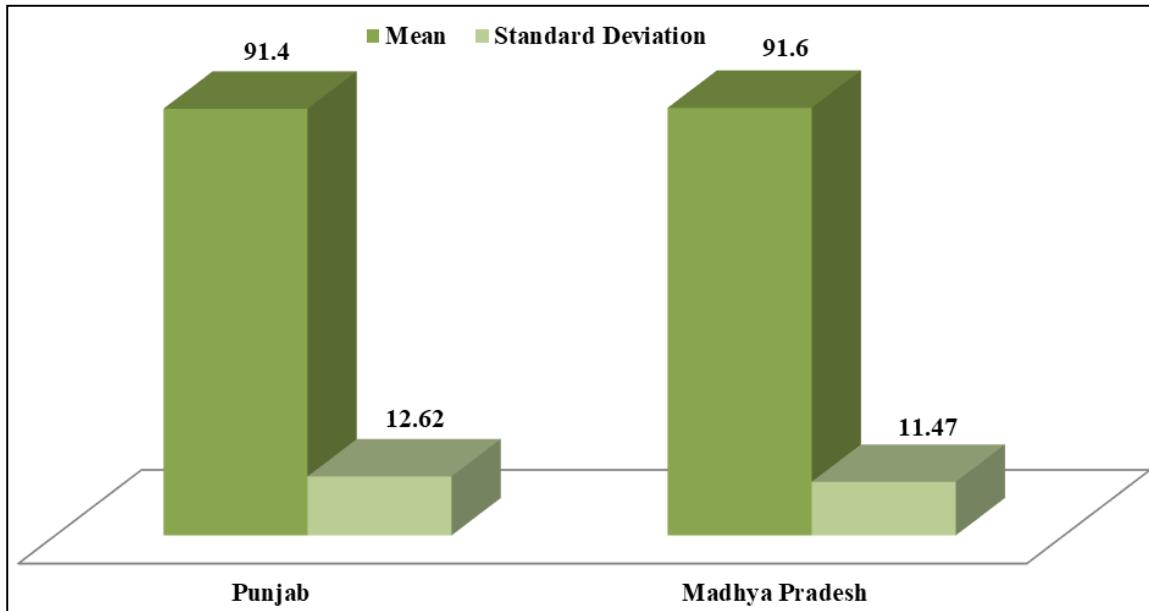


Figure 1: Graphical representation of Descriptive Statistics

Hypothesis

- It is hypothesize that there will be a difference among the Punjab and Himachal Pradesh under 19 Cricket teams in State Sports Confidence Inventory.

Methods and Procedures

Procedure

At first, researcher visited coaches from the teams that had been selected and explained the nature of the study and in the second stage explained the questionnaire to the athletes and distributed materials. At the third stage State Sport Confidence Inventory (SSCI) were administered to subjects within 2 hours prior to the start of the competition.

Sample

With the help of Purposive sampling, the researcher has selected the sample of 30 male Cricketers from two 'Under 19' Cricket teams (Punjab and Madhya Pradesh) i.e. 15 Cricketer from each team.

Tools

State Sport Confidence Inventory

Vealey's State Sport Confidence inventory developed by Robin S. Vealey. This Inventory is a 13 question instrument which measures state sport confidence. To aid in the conceptualization of sport-confidence, Vealey perused the literature on self-efficacy, perceived competence, and performance expectancy. Sport-confidence was defined "as the belief or degree of certainty individuals possess about their ability to be successful in sport".

Statistical Technique

With the help of SPSS (20.0) Independent T-Test was used to find the comparison in groups.

Results

Table 2: Independent T -Test of under 19 Cricket teams (Punjab and Madhya Pradesh)

		Levene's Test for Equality of Variances		t-test for Equality of Means				
		F	Sig.	t	df	Sig. (2tailed)	Mean Difference	Std. Error Difference
State Sports Confidence	Equal variances assumed	.585	.451	-.045	28	.964	-.20000	4.40519
	Equal variances not assumed			-.045	27.748	.964	-.20000	4.40519

*Level of significance 0.05*Degree of freedom =28 t (28) =-.045, p = .964

Discussions

In above results we can see that the variance of two groups (Punjab and Madhya Pradesh) are equal, to test the equality of variance, Levene's test was used in table no. 2 whereas *F-value* is .585 which is insignificant as the *p-value* is .451 which is more than 0.05, thus it can concluded that the variance of two groups are equal.

If we move on the independent T-Test then we see that *t* (28)= -.045, *p* = .964 and the test found In-significant because the calculated *p* value .964 is much higher than the level of significance 0.05 and with this the investigator reject the null hypothesis and we can conclude that there is no difference among the Punjab and Madhya Pradesh Cricket teams, because both the team are semi-finalist of the tournament and the same level of competition and the performance of the teams could be the reason for In-Significant result. At good level of competition in sports generally most of the players possess same characteristics in terms of their performance ability as well as their mental ability and because of this the test found In-Significant.

References

1. <https://believeperform.com/performance/sports-confidence-theory-2> [accessed on 15.05.2018].
2. <http://hdl.handle.net/10603/195519>
3. Weinberg RS, Gould D. (ED.). Foundations of Sport & Exercise Psychology. United States: Edwards Brothers, 2003.
4. Mahoney MJ, Avener M. Psychology of the elite athlete: An exploratory study. Cognitive theory and research. 1997; 1:135-141.
5. Gould D, Weiss MR, Weinberg RS. Psychological characteristics of successful and non-successful Big Ten wrestlers. Journal of Sport Psychology. 1981; 3:69-81.
6. https://www.researchgate.net/publication/259537426_stat_e_and_trait_self_confidence [accessed Apr 27 2018].
7. <https://www.believeperform.com/performance/sports-confidence-theory-2>