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A study on self-confidence among different discipline sports officials

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Abstract

The purpose of the study was to find the level of Self-confidence among different discipline sports officials. Data were collected from 330 male subjects belonging to four groups i.e. 1. Individual - Athletics, swimming, Wrestling, 2. Indigenous - Kabaddi, Kho-Kho, 3. Ballgames - Football, Volleyball, Basketball, 4. Bat & Racket Games - Cricket, Badminton, Hockey who were from the Karnataka respective association sports officials. The age of the subjects was ranged from 24 to 58 years. To find out the Self- confidence among sports officials Self-confidence scale established by Agnihotri was used. The collected data were analysed by using the Analysis of Variance (ANOVA), the level of confidence was fixed at 0.05. Based on statistical results it is stated that the self-confidence level is more in Indigenous game officials as compared to other game officials, there was a significant difference between Individual, Indigenous, Ball games and Racket game officials.

Keywords: Self-confidence, individual, indigenous, ball games, racket & bat games

Introduction

Self-confidence has been defined as the belief that one can successfully perform a desired performance. High levels of self-confidence can enhance competitive spirit, concentration, fix high-level goals, increasing effort and developing effective competitive strategies. Self-confidence is considered by a high expectancy of achievements in their life leads to success. It can help individuals to arouse positive emotions, facilitate concentration, set goals, increase effort, focus their game strategies and maintain momentum (Weinberg and Gould. 1999). Self-confidence is widely believed to be an important aspect of the psychological growth of the individual athlete (Jones and Hardy, 1990).

Confidence is one of the key characteristics of good officials. Sports psychology indicated that confidence is the one factor that differentiates highly successful from a less successful performance. Self-confidence as a characteristic that clearly distinguishes between successful and unsuccessful top sports performer, officials consistently display a strong belief in themselves and their ability.

Sports officials shall build confidence, fear bias-free guides, directing, sustaining ability. An official must develop to handle the pressure, increase concentration, mentally fit/ prepared for accepting the assignments, self-confidence and in control effectively communicate with players and other officials and stay highly motivated to work effectively on an addition to overcoming mental and physical stress.

With regard to the above mentioned, the main idea of a higher self-confidence leads to higher efficiency, the main question of the present research is the self-confidence among different discipline of sports officials.

Statement of the problem

The purpose of the study is to know the level of self-confidence of different sports discipline officials.

Hypothesis: It was hypothesised that there would be no significant difference between sports discipline officials belonging to four types of games (Individual, Indigenous, Ball games and Racket & Bat games) with respect to Self-confidence scores.

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Methodology

Selection of Samples

The study was conducted on a sample of 330 randomly selected subjects of different discipline officials. The data were collected from the officials, subjects were divided into four groups 1. Individual (90) - Athletics, swimming, Wrestling, 2. Indigenous (60) - Kabaddi, Kho-Kho 3. Ballgames (90) - Football, Volleyball, Basketball 4. Bat & Racket Games (90) - Cricket, Badminton, Hockey of Karnataka armature association Male officials. The age of the samples was between 24-58 years. All the officials had at least five years of officiating experience in the field of officiating.

Tools Used for Collection of Data

The self-confidence questionnaire developed by Agnihotry (1987) was used this questionnaire consists of 58 items. With true or falls the items are scored according to scoring key. This standardized questionnaire validity and reliability are 0.82 and 0.91 respectively.

Statistical tools used

The data was assessed in SPSS 20.0 program, the descriptive analysis was mean, standard deviation & Analysis of Variance (ANOVA) was applied to compare four groups i.e.

1. Individual - Athletics, swimming, wrestling.

2. Indigenous - Kabaddi, Kho-Kho.
3. Ballgames - Football, Volleyball, Basketball.
4. Bat & Racket Games - Cricket, Badminton, Hockey.

Tukey's multiple posthoc test was used where f value is found significant, the level of confidence fixed at 0.05.

Tabulation of Data Analysis

Table 1: Mean, standard deviation (SD) of self-confidence among sports discipline officials.

Characteristics	n	Self confidence	
		Mean	SD
Types of game			
Individual games	90	29.58	10.66
Indigenous games	60	44.65	6.68
Ball games	90	34.18	12.75
Racket & Bat games	90	44.62	5.50

From the table-1 it is clearly indicates that the mean value of Self-confidence of four groups were 29.58±10.66, 44.65±6.68, 34.18±12.75 and 44.62±5.50 respectively. The mean of Self-confidence in Indigenous game officials has more self-confidence where compared to the other game officials.

Table 2: Analysis of variance test between sports discipline officials among four sports group officials (Individual, Indigenous, Ball games and Racket & Bat games) with respect to Self-confidence.

Sources of variation	Degrees of freedom	Sum of squares	Mean sum of squares	F-value	p-value
Between games	3	14264.39	4754.80	51.8383	<0.05
Within games	326	29901.92	91.72		
Total	329	44166.31			

(Required table value 3 and 326= 2.63) *significant at 0.05 level of confidence

From the results of the above table, it can be seen that the sports discipline officials belonging to four types groups (Individual, Indigenous, Ball games and Racket & Bat game) differs significantly with respect to Self-confidence scores (F=51.8383) is greater than table value (2.63) hence it is significant at 0.05 level of confidence from the degree of freedom 3 and 326. Therefore, the null hypothesis is rejected and the alternative hypothesis is accepted. It means that the sports discipline officials belong to four types of games

(Individual, Indigenous, Ball games and Racket & Bat games) have different Self-confidence scores.

Further, if F is significant to know the pairwise comparisons of sports discipline officials belong to four types groups (Individual, Indigenous, Ball games and Racket & Bat games) with respect to Self-confidence scores by allying the Tukey's multiple posthoc procedures and the results are presented in the table given below.

Table 3: Tukey's multiple posthoc test for the difference among Paired wise comparisons of sports officials among four groups (Individual, Indigenous, Ball games and Racket & Bat games) with respect to Self-confidence.

Types of game	Individual games	Indigenous games	Ball games	Racket and Bat games
Individual games	-			
Indigenous games	p=0.0001*	-		
Ball games	p=0.0070*	p=0.0001*	-	
Racket and Bat games	p=0.0001*	p=0.9999	p=0.0001*	-

*Significant at 0.05 level of confidence.

From the results of the above table, it can be seen that,

- The sports discipline officials belong to Individual games and Indigenous games differ significantly with respect to Self-confidence scores at a significance level of 5 percent. It means that the sports discipline officials belonging to Indigenous games have significantly higher Self-confidence scores as compared to sports discipline officials belonging to individual games. Among the Individual games and Ball games, sports discipline officials belonging to Ball games have significantly higher Self-confidence scores as compared to individual

game officials. Among the Individual games and Racket & Bat games, sports discipline officials belonging to Racket & Bat games have significantly higher Self-confidence scores as compared to Individual games sports officials.

- The sports discipline officials belong to Indigenous games and Ball games differ significantly with respect to Self-confidence scores at a significance level of 5 percent. It means that the sports discipline officials belonging to Indigenous games have significantly higher Self-confidence scores as compared to Ball games sports

officials. Among Indigenous games and Racket & Bat games, sports discipline officials belonging to Indigenous games and Racket & Bat games have similar Self-confidence scores.

- The sports discipline officials belong to Ball games and Racket & Bat games differ significantly with respect to Self-confidence scores at a significance level of 5 percent. It means that the sports discipline officials belonging to Racket and Bat games have significantly higher Self-confidence scores as compared to Ball games sports officials.

Conclusion

On the basis of above study, it was concluded that based on significance difference the self confidence among Indigenous officials are better compared to the other groups sports officials.

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