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Comparative study of self confidence and shooting efficiency of female national pistol shooters

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Abstract

Aim: To compare the self confidence and shooting efficiency of female pistol shooters from Delhi and Patiala.

Material & Methods: The study was conducted on 100 female shooters and their age ranged 18 to 25 years. All subjects, which have been selected for sampling, participated in National or International level competitions and 50 players selected from Dashmesh Rifle club, Badal, District Mukatsar Sahib (Punjab) and 50 players selected from Dr. Karni Singh Shooting range, Delhi(UT).

Result: It is concluded that female national pistol shooters from Punjab and female National pistol shooters from Delhi had equal level of self confidence and Shooting efficiency in match performance and shooting efficiency in single series.

Keywords: Pistol shooting, self-confidence, shooting efficiency

Introduction

Shooting is considered as one of the sports that can be taken up by any individual or participant regardless of age and sex for professional involvement and recreation. Self confidence is a common word, which we used in daily life. It is an Emotion about each and every person. Self Confidence plays an important role to do any work on the other hand higher level of Self confidence maintain the focus of person in particular work and helpful to perform in better way. Sports differ from one another so all sports demand Self confidence which affect the performance of sportsperson negatively or positively totally depends on the level of Self confidence and type of sport. Self confidence is an Emotion characterized by feelings, thoughts and physical changes. Low level of self confidence generates negative thoughts in mind of player and responsible for poor co-ordination of body parts, imbalance of thoughts & body. Self-confidence defined as the belief that an individual can successfully perform a desired behaviour. Players have high level of self-confidence can enhance positive emotions, concentration, setting more challenging goals, increasing effort and developing effective competitive strategies for their sports event. Efficiency is an ability to do any work successfully and well mannered with accuracy. This word often use in every field to do things in right way with their possible efforts. Shooting efficiency is related with the ability of pistol shooters regarding hit on the target. Pistol shooting being a individual and team sport, demands good skill, accuracy, fitness and above all it develops self confidence, team spirit in a player. In this technical sports event, shooting performance is determined by several factors, namely skill, self confidence, fitness, technique, training etc. It is well understood that only an appropriate co-ordination of psychological and physical ability can determine a player's success in any sports. It is noticed that Psychological training combined with physical training on scientific and daily basis will help the players to attain peak performance and to maintain it for longer duration. Since the number of research on such shooting efficiency and psychological aspect of Pistol shooting are not too many, that's why the researcher was motivated to take it up for this study.

Material & Methods

The female pistol shooters numbering about 100 have been selected as a subject for the conduct of present study. All the female shooters are in the age group of 18-25 years, who

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have participated at national and international level. Evaluate the Self confidence of the shooters, a State Sports Confidence Inventory (SSCI) was used for the State sports confidence and Trait Sports Confidence Inventory (TSCI) was used for the Trait self confidence. Shooting Efficiency (single series) of pistol shooting investigated by used 10 bullets hit in the target and shooting efficiency (match performance) investigated by

used 40 shots hit on the target. Pistol Shooters (10M) were selected for the sample and data gathered from 50 players selected from Dashmesh Rifle club, Badal, District Mukatsar Sahib (Punjab) and 50 players selected from Dr. Karni Singh Shooting range, Delhi (UT). Following steps have been taken in procedure for tools for measurement of self-confidence and shooting efficiency variables in materials & methodology.

Following steps have been taken in procedure for tools for measurement of self-confidence and shooting efficiency variables in materials & methodology.

Sr. No.	Variable	Tool used	Developed by	Year
1	Self-Confidence	The Trait and State Sports Confidence Inventory	Robin S. Vealey	1986
2	Shooting Efficiency (Match performance)	10 meter air pistol shooting Performance (40 Shots hit on the target)	Criteria Given by National Rifle Association of India (NRAI) in NRAI match book	2018
3	Shooting Efficiency (Single series)	10 meter air pistol shooting Performance (10 shots hit on the target)	Criteria Given by National Rifle Association of India (NRAI) in NRAI match book	2018

For the purpose of study, Self confidence in shooting was evaluated with the help of a questionnaire given to the participants of 10 M Pistol shooting after the competition and they are asked to fill it independently. The demonstration has been given before the filling of a questionnaire. Sum of 13 questions obtained on 9 point Likert scale was taken as the score of Trait Sports Confidence of each subject. Sum of 13 questions obtained on 9 point Likert scale was taken as the score of State Sports Confidence of each subject. Efficiency of pistol shooting (single series) investigated by used 10 bullets hit in the target hitting number (1-10) by the shooter considered as scoring of shooting Efficiency (single series). Efficiency of pistol shooting (Match performance) investigated by used 40 bullets hit in the target hitting number (1-10) by the shooter considered as scoring of shooting Efficiency (Match performance). For the purpose of Statistical analysis t-test was used to compare the shooting efficiency and self confidence of female National pistol shooters from Delhi and Patiala.

value of Trait self confidence is 0.75 which is less than tabulated value. Trait self confidence of Delhi players the mean value and SD was observed to be 88.1 and 5.42 respectively, whereas in case of Punjab, Mean value and Standard deviation of trait self confidence in Shooting is 89.84 ±8.59.

Table 2: Mean S.D and t-value of shooting Efficiency of Female Pistol Shooters from Delhi and Punjab.

Variables	Group	N	Mean	Standard deviation	t value
Shooting Efficiency (Match performance)	Delhi	50	360.4	6.20	0.94
	Punjab	50	361.5	5.25	
Shooting Efficiency (Single Series)	Delhi	50	89.76	3.63	0.28
	Punjab	50	89.96	3.18	

Level of significance=0.05, Tabulated t value=1.98

Result and Discussion

The Results of the Study shows that female national pistol Shooters from Punjab and female national pistol shooters from Delhi had equal level of self confidence and shooting efficiency. Self confidence can improve your Shooting efficiency not only in firing area, but in other aspects of your life as well. It’s an extremely challenging Sport that tests limitations of players and to overcome physical and mental obstacles.

Table 1: Mean S.D and t-value of Self-confidence of Female Pistol Shooters from Delhi and Punjab.

Variables	Group	N	Mean	Standard deviation	t value
State Self Confidence	Delhi	50	91.12	6.24	1.42
	Punjab	50	93.30	8.56	
Trait Self Confidence	Delhi	50	88.10	5.42	0.75
	Punjab	50	89.84	8.59	

Level of significance=0.05, Tabulated t value=1.98

The above table reveals that State self confidence had no significance difference found between female national pistol shooters from Delhi and Punjab. The calculated t-value of State self confidence is 1.42 which is less than tabulated value. In analysis part the Mean and SD of State self confidence in shooting was found to be 91.12 and 6.42, whereas in case of Punjab State self confidence in shooting was found to be 93.30 and 8.56. Moreover, the calculated t-

It was observed that female national pistol shooters from Punjab had shown no significance difference in shooting efficiency of match performance and single series both compare with female National pistol shooters of Delhi. The calculated t-value of shooting efficiency of match performance is 0.94 which is less than tabulated value. Shooting efficiency (Match performance) of Delhi players the mean and S.D was observed to be 360.4 and 6.20 respectively, whereas in case of Punjab, Mean and Standard deviation of Shooting efficiency (Match performance) in Shooting is 361.5 ±5.25. Further, the calculated t-value of shooting efficiency of single series is 1.42 which is less than tabulated value. Shooting efficiency (Single series) of Delhi players the mean and S.D was observed to be 89.76 and 3.63 respectively, whereas in case of Punjab, Mean and Standard deviation of Shooting efficiency (Single series) in Shooting is 89.96 ±3.18.

Conclusion

It is concluded that female national pistol shooters from Punjab is having equal level of self confidence and Shooting efficiency in match performance and shooting efficiency in single series than female National pistol shooters from Delhi. The reason of the findings of Trait self confidence may be because personality traits in an individual. Some Traits are acquired from environment; in shooting sports female national pistol shooters have same circumstances for psychological training. Personality traits regarding self confidence of female

national level pistol shooters similar because they were raised in the same training environment. Further shooting efficiency of single series may be affected by duration of training of shooters. Shooting efficiency in match performance influenced by same competition temperament during 40 shots match and 10 shots final. Shooting performance not only depend on the physical fitness and skill of the players rather psychological variable re considered as indispensable factors for optimum level of performance. Hence coaches or trainers pay due to attention to build up the all those psychological variables, hence such result might have occurred in study. According to Jones and Hardy (1990) Self-confidence is widely believed to be an important factor of the psychological make-up of the individual player. Archana (2018) ^[1] compared the Self –confidence of female volleyball players and female boxing players. The subject age ranged between 18-25 years. Results showed no significance difference found between the female volleyball players and female boxing players. Mishra and Singh (2012) ^[9] compared the Self-Concept and Self-Confidence of the Sighted Children and the Visually Impaired Children. They found no significant difference of Self-Concept and Self Confidence of males and females. Hence it is recommended that Psychological Training must be included in the Coaching Program in sports for development of Self Confidence among shooters.

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