

INFLUENCE OF SELF-CONFIDENCE ON SPORTS PARTICIPATION OF COLLEGE WOMEN IN COASTAL KARNATAKA

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Abstract

Sport is widely regarded as a social good – something that contributes to both the health and social capital of young people. In recent years, sport and physical activity as a strategy for the empowerment of girls and women has been gaining recognition worldwide. Sport and physical activity have not yet been used on a large scale as a strategy within women's movements. Women's increased involvement in sports can promote positive development in sport by providing alternative norms, values, attitudes, knowledge, capabilities and experiences. Women in India are still unable to take a stand for themselves. A society, which does not allow a girl to do something simple as primary education, is unlikely to let her participate in sport without any hurdles. It is possible only with the co-operation and motivation of the family, proper guidance and facilities from the educational institutions, encouragement from the Government and sports authorities and mainly psychological readiness of the girls. This study sets out to determine how Self-confidence influence college women sport participation in Coastal Karnataka. This study will provide knowledge that will aid the understanding of the phenomenon of the determinants of sports and physical activity participation, among college women aged 16-21.

Index Terms: women, sports, Self-confidence, Coastal Karnataka, empowerment, society etc.

INTRODUCTION

Today's era is the age of competition. Everyone is running so as to make others a step behind in this competitive world. Competition can be seen in various aspects of human life, whether it is a field of education, sports, politics or it may be business. Every individual has a feeling of competition among others. The world is becoming more and more competitive. Quality of performance has become the key factor for personal progress.

WHO says, Physical inactivity is now identified as the fourth leading risk factor for global mortality. Physical inactivity levels are raising in many countries with major implications for the prevalence of non-communicable diseases (NCDs) and the general health of the population worldwide. There is an international consensus that participation in physical activities can offer a great deal to individuals, communities and nations. Evidence suggests that from an early age, differences in gender-based attitudes towards and opportunities for sports and physical activities can have a significant influence on children's participation. This may, in turn, affect later involvement in physically active lifestyles, and the social and health benefits that may result for them.

Sports and physical activities play an important role in the development of physical, mental, emotional, social and emotional aspects irrespective of gender, caste and creed. For this developmental aspect both male and female should be given equal importance and equal opportunity.

Women who begin sports younger in life are more likely to continue being active as they get older (Crouter, 2007).

Nowadays, the attitude towards sports participation is changing among females, as results there are few females who have made sports part of their day to day living. Females are increasingly becoming aware of importance of physical activity for healthy life. Participating in sports improves the physical and mental health which in turn enhances the quality of life among females.

More than 50% of the Indian population is women. This major part of the population cannot be neglected in terms of health and other opportunities.

As per the observation girls participation in the school and colleges have been decreased. It doesn't mean that they are not interested to play or take part in physical activities. But the real problem is because of too much of traditional, social, cultural restrictions make girls to stay away from the activities. They will always have psychological struggle than the true sports competitions. Apart from this struggle also some of the girls excelled in sports may be just because of family or institutional support or because of their inner urge and strength.

Statement of the problem

The purpose of the study is to find out the reason for increasing dropout from sports and to identify the factors which will decrease the dropout as they reach college. The purpose is to find out how Self-confidence influences the sports participation.

Significance of the Study

This study has brought to light some new facts regarding women's non participation in games and sports after schooling. The result may go a long way in removing some of these prejudices, thus some hidden talents of women will be helpful to improve the level of participation and achievement at the national and international level.

Hypothesis

It is hypothesized that there is no significance difference in between Self-confidence and sports participation among the college women's of Coastal Karnataka.

Methodology

The subjects were contacted personally and their sincere co-operation was solicited. The scholar visited different Pre-University and degree colleges of Udupi, Mangalore and Uttara Kannada districts of Coastal Karnataka and collected data from the girls aged between 16 to 21 years. Questionnaire is administered to 686 students of Government, Aided and private institute of three districts of costal district. Pre testing is done prior conducting the main study Students who use to be part of sports in their school days are selected for study. In addition to these scholars interacted with the students so as to collect additional information otherwise it is not revealed by them or it was difficult to collect through questionnaire.

Statistical techniques used

Questionnaire is administered to 686 students of Government, Aided and private institute of three districts of costal district. Pre testing is done prior conducting the main study Students who use to be part of sports in their school days are selected for study. In addition to these, the scholar interacted with the students so as to collect additional information otherwise it is not revealed by them or it was difficult to collect through questionnaire.

Data is analyzed using SPSS software. Parametric tests are used for normally distributed data and non-parametric tests are used for skewed data. Some are normalized using natural log for analysis purpose. Chi-square test is used to find the association between nominal data. Multiple regression is used to find out independent factors which is influencing psychological factors for scale data, apart from this percentage analysis ANOVA, KM test etc are used to find out the outcome.

Results and Discussions

Multiple regressions

Model Summary											
Model	R	R Square	Adjusted Square	R	Std. Error of the Estimate	Change Statistics					Durbin-Watson
						R Square Change	F Change	df1	df2	Sig. Change	
1	.533 ^a	.284	.276		1.105	.284	38.446	7	679	.000	1.495
ANOVA											
Model		Sum of Squares		df		Mean Square		F		Sig.	
1	Regression	328.862		7		46.980		38.446		.000 ^b	
	Residual	829.723		679		1.222					
	Total	1158.585		686							
Coefficient											
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Collinearity Statistics				
		B	Std. Error	Beta			Tolerance	VIF			
1	(Constant)	.571	.214		2.671	.008					
	Quality of a good Sport Person	.499	.047	.416	10.602	.000	.685	1.461			
	Proud to be a Sports person	.329	.030	.033	.966	.034	.890	1.124			
	Not having Physical Education Teacher reduce self confidence	.017	.029	.019	.578	.564	.990	1.010			
	Respondent confidence about fitness	.233	.034	.145	3.882	.000	.760	1.315			
	Participating in Sports keeps lively and Cheerful	.045	.049	.039	.915	.360	.590	1.695			
	Love Challenges of winning any game or event	.004	.051	.003	.073	.942	.585	1.708			
	Passion for winning the game or event	.017	.031	.019	.553	.580	.891	1.123			

Self-confidence is the first trait need to be possessed by any sports man to be successful in any sporting event. Poor participation in sports in India is mainly due to the low self-confidence especially among rural people. Survey is conducted in costal districts of Karnataka covering rural, semi-urban, and urban area. Multiple regression analysis is used to find out the predictor of one of the psychological factor self-confidences

Self-confidence is selected as dependent variable and passion for winning, proud feeling as sports person, fitness, liveliness and cheerfulness by participating in sports, possessing the quality of a good sportsman and attitude of challenges of winning any game etc. selected as independent variables.

F value is 38.446 and P value for ANOVAs 0.000 which shows that we can construct with independent variable. Ultimately multiple regression test revealed that possessing good quality of good sportsman, fitness, proud feeling of being a sportsman does influence the level of self-confidence.

$$Y=0.57+0.499x_1+0.329 x_2+0.233x_2$$

Conclusion

Concluded that possessing quality of sportsman spirit, proud feeling as a sportsman, fitness automatically influence self-confidence and boost the self-confidence. This outcome gives us the clear indication of role of coach in boosting the self-confidence of sports person so as to withstand the pressure pain fatigue etc. It is the self-confidence which helps to bring out the full potential of oneself. Sports students should be made felt that they are also achiever. They should be assured that they can make up their life in sports. The moment the feel proud of themselves as sports person they will get the courage to withstand all the odds. The mountain of evidences can be quoted where in it was proved that self-confidence proved success. It is observed in our study that student lack self-confidence which has resulted in higher percentage of attrition.

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