

INFLUENCE OF SELF CONFIDENCE ON THE PHYSICAL FITNESS OF INTER COLLEGIATE CRICKET PLAYERS OF GULBARGA DISTRICT

Dr.PRADEEPKUMAR MAHANTHAGOUDA

Lecturer, Shri,B,Shyamsundar Memorial College of Physical Education, Kalaburgi

Abstract

In the present study an attempt was made to study the influence of self confidence on physical fitness among inter collegiate cricket players. To measure the self confidence the researcher used the Self confidence inventory developed by Basavanna.M Scale and AAHPED fitness test used to measure the fitness level of cricket players these were used as tools in this study, one hundred inter collegiate cricket players of Gulbarga district (Male only) were the sample of the study, statistically mean, SD, t-Value were used to find the influence and analyzed the result of self confidence on physical fitness among inter collegiate cricket players of Gulbarga district. Finally the high SC cricket players were better performed in physical fitness test than low SC cricket players of Gulbarga district.

Introduction

Self confidence is an attitude, which all individuals have positive yet realistic views of themselves and their situations. Self confidence people trust their own abilities have a general sense of control in their lives and believe that, within reason, they will be able to do what they wish, plan, and expect. Like self esteems, self confidence refers to individual's perceived ability to act effectively in a situation to overcome obstacles and to get things goes all right. Hence self-confidence is believed to increase one's performance. The higher level of confidence generates enthusiasm for the given activity. It is the variation in confidence that makes differences in performance of sports activity. Therefore studying the influence of confidence assumes importance.

Basavanna .M (1975) studied self-confidence in relation with self and ideal self and found that self confidence people particularly who were capable. Successful and adjusted, had significantly higher self ideal and self-congruence than those who were low in their level of self-confidence.

There are so many studies in India in relation with self and its correlates viz., self esteem, self-confidence personally perceived self, socially perceived self, self confidence and academic achievement, self and level of aspiration, self and attribution, self confidence and adjustment self confidence and social intelligence etc. However, systematic studies in relation with self confidence and academic achievement, self confidence and sex has not been exhaustively carried out which may be helpful for the educator, vocational counselors, psychologist to guide students so that they will attain success in their academic and sports life. In this connection some studies are reviewed. Maya Deb (1985) administered test to measure personality variables and adjustment to 45 females (aged 18-20 years) attending 1st year degree classes at

a college in Calcutta, India. Results indicate that emotional maturity, introversion. Self-awareness, self-confidence, sociability and Self confidence are significantly associated with different dimensions of adjustment. Sudhakara Reddy M. (1983) studies self-confidence in relation with achievement and found that self-confident was positively correlated with academic motivation and academic achievement. Basavanna (1971) studied self-confidence in relation with self and ideal self and found that self-confidence people particularly who were capable. Successful and adjusted, had significantly higher self-ideal self-congruence than those who were low in their level of self-confidence. Around (1975) in her study tested the relationship between self-confidence and social intelligence and found positive correlation between these two.

Hence several researchers have made significant attempts to relate motivation with sports and found significant association between the level of motivation and the* corresponding sports activity. It has been proved empirically that persons with greater amount of motivation are found to be superior to others who are less motivated. This reveals that the motivated groups improve significantly in the given sports activity more than the non-motivated group (Hansen, 1967). However, there is no single motivational technique that is superior to other techniques. This marks very clearly that each motivational technique is, by and large, important depending upon the conditions in which it is presented. Hence motivational techniques produce desirable effects to the extent that a coach or coaches present them wisely. In a similar way, the social factor like social support, SE5, personal factors like self-confidence have significant impact on the performance of persons. Thus present study makes an attempt to assess the influence of all such factors on performance of sportsman selected from the colleges of Gulbarga division. Research Questions.

METHODOLOGY

The purpose of the present work is to study the effect of self confidence on the performance of cricket players. The investigator has come across one questionnaire that would measure the level of self confidence. After a thorough search and examination of the Self Confidence Inventory (SCI) developed by Basavanna .M (1975) and physical fitness tests (AAPHER and French Bobbing)

Hypothesis

- 1) There is a significant deference in self confidence among inter collegiate cricket players.
- 2) There is significant influence of self confidence on the physical fitness of inter collegiate cricket player.

Sample

100 Cricket players those had participated in inter-collegiate cricket tournament, served as subjects for the present study. These 100 subjects together represented the sample for the present study.

Test Administration and Collection of Data

To collect necessary data pertaining to the present study, all the selected subjects were Administered to Self confidence Inventory (SCI) Test during the intercollegiate Cricket tournament. The data were in the form of answer given by the subjects in response to the various questions of the questionnaire. The subjects completed answering the questionnaire within the stipulated time after which the questionnaires were collected back and the standard scoring manual was used to get the score. After the scoring of the completed questionnaire the subjects were divided into “High” and “Low” groups in both the variables according to the key manual and then the physical fitness tests were conducted for both the groups.

Tools Used The following Motor ability tests have been used in the study.

Self Confidence Inventory (SCI).

1. The self confidence inventory (SCI) developed by Basavanna .M (1975). The questionnaire consists of 100 items. The odd-even (split-half) reliability co-efficient calculated by spearman brown formula is found to be 0.94.

2. Motor Ability Tests (AAHPER)

Sl. No.	Motor Ability	Test	Unit of Measurement
1.	Speed	50 yard dash	Time
2.	Endurance	12 min. Run & Walk	Distance
3.	Flexibility	Sit & Reach test	Inches
4.	Agility	Shuttle run 10x4 yards	Time
5.	Strength	Pull Ups	Score

The procedure and scoring of selected physical fitness tests are done as per the norms given in the manual of tests and scales.

Statistical Analysis: To meet the objective of the study mean, standard deviation, t-values were used to calculate and analyze the data.

RESULT AND DISCUSSION

Table No-1 Mean,SD,t-Values of fitness component of High SC & Low SC cricket players of Gulbarga

	SC	MEAN	SD	t-Values
SPEED	HIGH	9.48	2.29	3.04**
	LOW	10.37	2.9	
EDURANCE	HIGH	2419.4	269.2	2.60**
	LOW	2340.2	274.6	
AGILITY	HIGH	10.69	1.4	2.26**
	LOW	11.12	2.06	
FLEXIBILITY	HIGH	4.12	2.81	3.53**
	LOW	3.20	1.77	
STRENGTH	HIGH	10.8	6.13	2.26**
	LOW	9.02	6.3	

Significant level 0.01

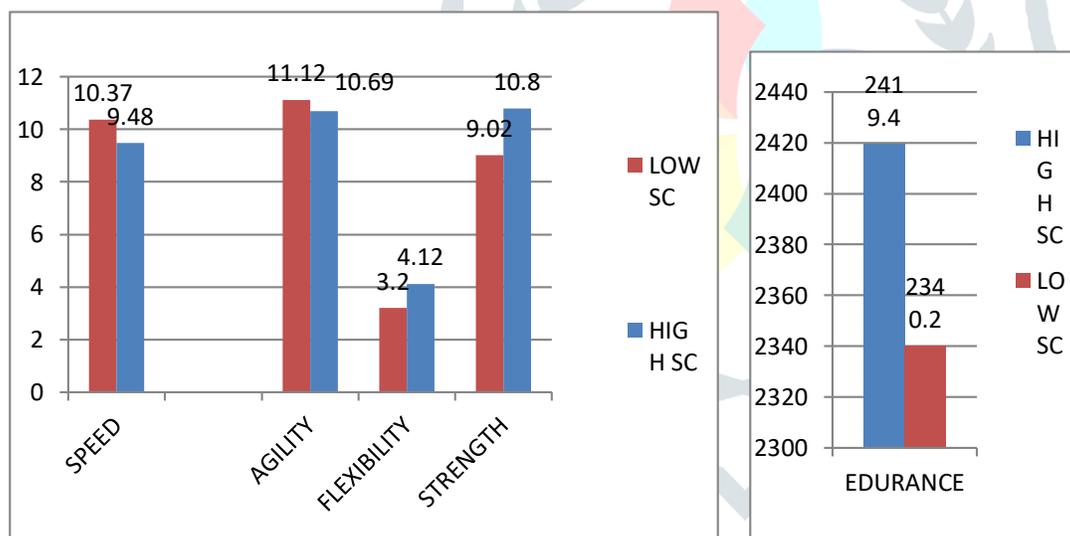


Table.No. 1 presents the mean scores of five physical fitness tests performances of cricket players in two levels of Self confidence. It can be observed that the mean score in high Self confidence group is higher than the low Self confidence group. This shows that the high Self confidence group participants have taken less time to complete the given task (Speed and Agility test) than the low Self confidence group. In endurance test the high Self confidence group participants have covered more distance in the given task than the low Self confidence group. In pull-ups (Strength) test the high Self confidence group participants have scored more in the given task than the low Self confidence group. In flexibility test the high Self confidence group participants have reached more range of motion or scored more in the given task than the low Self confidence group. The t-values were significant at 0.01 level which states that there is a significant difference in the physical fitness tests performances between the two Self confidence level groups. The high Self confidence is facilitated the higher performance of the cricket players.

CONCLUSION

1. here is a significant difference in level of self confidence among cricket players
2. There is a significant deference in physical fitness among High SC & Low SC cricket players.

REFERENCE

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