



A COMPARATIVE STUDY OF SPORTS CONFIDENCE AMONG THE PLAYERS OF INDIVIDUAL AND TEAM GAME

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ABSTRACT:

The objective of this study was to assess and compare the level of sports confidence among different athletes. Today, sport is not just a recreation. Nowadays, there are various scopes concerning sports for people as well as our society. Presently, it is in the process of transformation. Concentrated efforts are now being made to bring physical education into the mainstream of education. In the process, there are problems and solutions, embarrassment and insights, and finally confusion and adjustment.

Sport confidence is regarded as a key success factor for athletes at all levels. According to studies, sports confidence is a multifaceted concept rather than a talent variable construct, and the sport confidence model established three distinct forms of sports confidence (i.e., physical skill and training, cognitive efficiency, and resilience) that are needed for sporting success (Machida, 2017).

This study was employed with a non-experimental comparative design. Specifically, this study was applied for a comparative study approach since the study seeks to compare different individuals in respect of their psychological variables as well as the relationship of different variables will also be considered in the study.

The subjects of the study were male athletes who attended national-level sports in different universities and clubs in West Bengal. 120 subjects were selected from 2 different sports areas viz Track & Field and Football. Athletes' mean age was 25 and the mean of years of their participation in sport was at least 4 to 5 years.

The study was conducted on psychological variables i.e., Sports Confidence (SC). In this study Sports Confidence was measured by the questionnaire Vealey's Trait Sports-confidence Inventory (TSCI). The mean and SD of TSCI scores for Track and Field athletes and Footballers were found as 86.63 ± 7.89 and 80.06 ± 11.06 respectively.

In the case of footballers, a negative correlation was observed with the Sports Confidence variable ($r = -0.0829$). Although technically a negative correlation, the strength of the relationship was very weak. On the other hand, for Track and Field athletes, results of the Pearson correlation indicated a very small and non-significant positive relationship with Sports Confidence ($r(58) = 0.0575$, $p = 0.663$). Furthermore, a two-sample z-test revealed a significant difference in Sports Confidence scores between Track and Field athletes and footballers. This is to conclude that, Track and Field athletes tend to exhibit higher levels of sports confidence compared to Footballers. These findings have implications for understanding and addressing the psychological factors that influence athletic performance in different sports.

KEYWORDS:

SPORTS CONFIDENCE, ATHLETES (TRACK AND FIELD & FOOTBALL).

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INTRODUCTION:

The purpose of the study was to compare the Sports Performance Anxiety and Sports Confidence among different sports persons. Today, sport is not just a recreation. Nowadays, there are various scopes concerning sports for people as well as our society. Presently, it is in the process of transformation. Concentrated efforts are

now being made to bring physical education into the mainstream of education. In the process, there are problems and solutions, embarrassment and insights, and finally confusion and adjustment.

Sport confidence is regarded as a key success factor for athletes at all levels. According to studies, sports

confidence is a multifaceted concept rather than a talent variable construct, and the sport confidence model established three distinct forms of sports confidence (i.e., physical skill and training, cognitive efficiency, and resilience) that are needed for sporting success (Machida, 2017).

This study was employed with a non-experimental comparative design. Specifically, this study was applied for a comparative study approach since the study seeks to compare different individuals in respect of their psychological variables as well as the relationship of different variables will also be considered in the study.

METHODOLOGY:

SUBJECTS:

The subjects of the study were male athletes who attended national-level sports in different universities and clubs in West Bengal. 120 subjects were selected from 2 different sports areas viz Track & Field and Football. Athletes' mean age was 25 and the mean of years of their participation in sport was at least 4 to 5 years.

CRITERION MEASURE:

The study was conducted on a psychological variables i.e Sports Confidence (SC). In this study Sports Confidence was measured by the questionnaire Vealey's Trait Sports-confidence Inventory (TSCI).

RESULT AND DISCUSSION:

TABLE NO. 1: DESCRIPTIVE STATISTICS

Variables/Sports	Track & Field		Football	
	Mean	SD	Mean	SD
TSCI Score	86.63	7.89	80.06	11.06

The mean and SD of TSCI scores for Track and Field athletes and Footballers were found as 86.63±7.89 and 80.06±11.06 respectively.

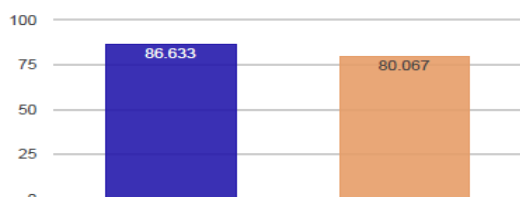


FIG NO.2: AVERAGE TSCI SCORE COMPARISON BETWEEN TRACK & FIELD ATHLETES AND FOOTBALLERS

TABLE NO. 3: TWO SAMPLE Z-TEST, USING NORMAL DISTRIBUTION (TWO-TAILED) OF TSCI SCORES

TSCI score	Mean	SD	z	p-value
Track & Field	86.63	7.89	9.065075*	4.44089e-16
Football	80.06	11.06		

Table No. 3 shows that, since $p\text{-value} < \alpha$, H_0 is rejected. The average of **Track and Field Athletes' TSCI score** population is considered to be **not equal to** the average of Football Players' TSCI score population. In other words, the difference between the sample average of **Track & Field athletes' TSCIscores** and **Football players'TSCI scores** is big enough to be statistically significant.

The p-value equals **4.44089e-16**, ($p(x \leq Z) = 1$). It means that the chance of a type I error (rejecting a correct H_0) is small: 4.441e-16 (4.4e-14%).

The test statistic Z equals **9.065075**, which is not in the 95% region of acceptance: [-1.959964: 1.959964]. $\bar{x} - \bar{x} = 6.57$, is not in the 95% region of acceptance: [-1.419782: 1.419782]. The standard deviation of the difference, S' equals 0.724392, is used to calculate the statistic.

Footballers showed a negative correlation with Sports Confidence, with an r value of -0.0829. Although this indicates a negative correlation, the relationship is very weak. For Track and Field athletes, the Pearson correlation revealed a very small and non-significant positive relationship with Sports Confidence ($r(58) = 0.0575$, $p = 0.663$). Moreover, a two-sample z-test showed a significant difference in Sports Confidence scores between Footballers and Track and Field athletes.

CONCLUSION:

This is to conclude that, Track and Field athletes tend to exhibit higher and more significant levels of sports confidence compared to Footballers. These findings have implications for understanding and addressing the psychological factors that influence athletic performance in different sports.

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