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Self-confidence level basketball players and non-basketball players: A comparative study

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Abstract

The present study was conducted with the aim to compare level of self-confidence among Basketball player and non-Basketball player Students studying in various collages affiliated to Rajasthan University Rajasthan. For present study a total of forty (40) female students twenty (20) Basketball player and twenty (20) non-Basketball players of age group 19 to 26 were selected with the help of purposive random sampling were selected as subjects for collection of data. Level of self confidence was assessed with the help of a pre established tool in form of a questionnaire Agnihotri Self-Confidence inventory (ASCI). Data gathered was then assessed with the help of Descriptive statistics and t-test. Level of confidence was set at 95 %. Further the results revealed a significant difference between Basketball player (mean 14.70) and non-Basketball player (mean 23.75) which shows a significantly higher level of self confidence among Basketball players in comparison to non-Basketball player subjects selected for the study.

Keywords: Self-confidence, basketball players, non-basketball players

Introduction

Self-Confidence refers to an individual's perceived ability to act effectively in a situation to over some obstacles and to get things go right." (Basavanna, 1975) ^[1]. Numerous studies were carried out in present time to assess psychological aspect of human being, self-confidence is needed must in present scenario to accomplish various task of our life The structure of self is formed as a result of the interaction with the environment particularly as a result of evaluating interaction with others, it is an organized, fluid, but consistent conceptual pattern of perceptions of characteristics and relationships of the T or the 'me' together with values attached to these concepts." Silverman in his study, seen that people with high confidence review not many realities identifying with inadequate errands after disappointment than the people with low confidence. Individuals so stream confidence brood over the things of past and stress. They basically can't get over the matter and switch over to the future things. A negative self is consistently a block. Certain individuals characterize self-assurance as discernment. (Silverman, 1964) ^[6]. In general terms, self-confidence refers to an individual's perceived ability to act effectively in a situation to overcome obstacles and to get things go all right".

William James is usually considered the founder of modern American psychology According to W. James "Self-satisfaction is – what we achieve and what we set to be achieved" (James, 1890) ^[4]. Global definition of self-confidence is personality trait or disposition Situation specific self-confidence means believing that you can succeed at a given task Bandura's theory is a form of situation-specific self-confidence. "Self-confidence means believing in your abilities even in the worst of times. It is rightly said by Smith "Experience tells you what to do; confidence allows you to do it" (Smith, 2013) ^[7]. Everybody desires to have self-confidence since it makes life such a ton simpler thus considerably more fun. Fearlessness gives us the energy to make our fantasies. Fearlessness is a fundamental component to having the option to make intensely. The present study aimed to determine the difference in self-confidence of Basketball players and Non Basketball players.

Statement of the problem

The present study was an attempt to compare the "Self-confidence level Basketball players and Non Basketball players of collage level students of collages affiliated to University, Rajasthan".

Research Methodology

Selection of Respondents: The present study is based on a comparative study carried out on 40 female Basketball player and Non-Basketball player students of Rajasthan.

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For the purpose of the study Twenty (20) female Basketball players and Twenty (20) female non-Basketball players of various colleges affiliated to Rajasthan University were selected on the basis of purposive random sampling. Consent for being the part of study was also acquired from subjects for this study. The students were given questionnaire in order to take their responses, questionnaire were given through email and personally. However, responses given by subjects are purely on jurisdiction of subject and it is also a delimitation of the study but researcher tried to gather the correct responses by explaining them the importance of their response for present study. The respondents were explained thoroughly by the scholar to any queries to him. The main aim and purpose of the study is to compare the level of self confidence of Basketball players and Non-Basketball players.

Selection of Tools of Survey

The researcher used questionnaire developed by Agnihotri: Agnihotri Self Confidence Inventory (ASCI) 1987 to yield the response.

Administration of Questionnaire

The students were given questionnaire in order to take their responses, questionnaire were given through email and personally. The research scholar informed all the respondents that the information/response supplied by the

strictly kept confidential and will be used for research purpose only. The respondents got sufficient time to fill up the questionnaire. The researcher requested to respondents to present true and authentic information. Each question mentioned in the questionnaire was with an option of yes or no.

Statistical technique employed in the study

Researcher collected the filled questionnaire back after the completion and analysis was done. The appropriate statistical technique i.e. descriptive analysis and t-test was used for analyzing the data. The collected data from different respondents were analysis with the help of analytic software SPSS 2019 version and were also present in the tabular form, bar diagrams, wherever considered helpful to do so.

Result and Analysis

Analysis of the data conducted in a phased manner so that each fact of the study may reveal. In first phase tables showing the descriptive analysis between Basketball players and Non-Basketball players Subjects selected for the study, Second phase shows the Comparative analysis between Basketball players and Non Basketball players Subjects selected for the study.

Result and Interpretation of Data

Table 1: Descriptive Statistics

Variable	Sub-type	N	Mean	Std. Deviation	Std. Error Mean
Self-confidence	Basketball player	20	14.7000	5.74090	1.28370
	Non Basketball player	20	23.7500	9.11260	2.03764

Table 1 shows descriptive values of both groups i.e., Basketball players and Non Basketball players, table shows the mean value 14.70 for Basketball players and 23.75 for Non Basketball players with standard deviation of 5.74 and 9.11 respectively. According to ASCI the lower the score,

the higher would be the level of Self-Confidence and vice-versa. In relation to descriptive statistics it may be seen that Basketball players having high level of self confidence in comparison to Non Basketball players.

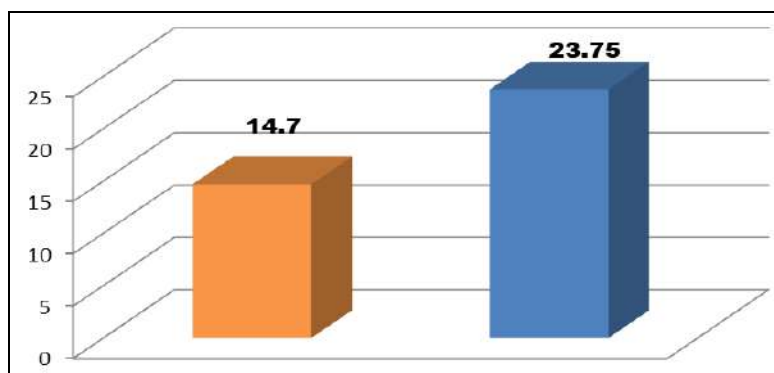


Fig 1: Graphical Presentation

Descriptive data gathered in table 1 is shown here with the help of a bar diagram in Illustration 1 for better understanding of the results.

Table 2: Independent Samples Test

		Levine's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Self confidence	Equal variances assumed	9.323	.004	3.758	38	.001	9.05000	2.40829	13.9253	4.17467
	Equal variances not assumed			3.758	32.03	.001	9.05000	2.40829	13.9553	4.14465

Table 2 shows values for independent t test of both groups i.e., Basketball players and Non-Basketball players, there was a significant difference found in the scores for Self confidence level scores the twenty (20) Basketball player students ($M = 14.70$, $SD = 5.74$) compared to the twenty (20) Non Basketball players students participants in the control group ($M = 23.75$, $SD = 9.11$, as the value for $t(38) = 3.75$ and p value = 0.001 is found significant at $P < 0.05$ level of significance.

Findings and discussion

Findings of the present study shows significant differences in terms of self-confidence between Basketball players and Non Basketball players students studying in various collages of Rajasthan, it shows high level of self confidence in Basketball players in comparison to Non Basketball players Students of various collages of Rajasthan, this significant difference seen in present study may be due to various reasons, few of them are discussed below.

- Physical education and sports play a vital role in improving self-confidence of an individual so this high level of self-confidence seen in Basketball player students might be due to regular involvement and success in competitive sports.
- Studies have shown our genetic makeup affects the amount of certain confidence-boosting chemicals our brain can access. Serotonin, a neurotransmitter associated with happiness. Physical activity also stimulates the release of dopamine, nor epinephrine, and serotonin. These brain chemicals play an important part in regulating your mood. For example, regular exercise can positively impact serotonin levels in your brain. Raising your levels of serotonin boosts your mood and overall sense of well-being. It can also help improve your appetite and sleep cycles, which are often negatively affected by depression. Regular exercise also helps balance your body's level of stress hormones, such as adrenaline (Healthline, 2006) and this responsively boosts self confidence level of an individual, so this might be a reason for differences in level of self-confidence of Basketball players and Non-Basketball players.
- Low level of self-confidence generally associated with ongoing stressful life event, Poor academic performance stress for academic activities (health, 2014), and these factors might be responsible for lower self confidence level among students those are not involved much in activities other than academics like sports and other co- curricular activities.

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