

A COMPARATIVE STUDY OF SELF CONFIDENCE AMONG VOLLEYBALL AND HANDBALL PLAYERS

Ningthoujam Jiteshwor Singh¹ , Prof. T. Inaobi Singh²

¹Physical Education, Ph.D. Scholar, Dept. of PESS, Manipur University, India.

²Physical Education, Professor, Dept. of PESS, Manipur University, India.

KEYWORDS -

self-confidence,
volleyball and
handball

ABSTRACT

For the present study, there were the male players (age: 18-25 years) who have participated at least State Level Tournaments of Manipuri players only. It is a comparative study under the descriptive type of research. The investigator was assessed and compared the self confidence among the volleyball players and handball players. A standard questionnaire was administered to the subjects. The researcher had visited all the clubs and institutions to give information in details before the test for taking the permission of players to collect the data's for those who are participated for at least state level tournaments. For the data collection the time limitation of test will be one hour and all the instructions were shared to them before starting the test. After completed one hour the paper will collect on that day. Those who are incomplete in filling up questionnaires were not entertained in the present study. The study was further analyzed by computing raw score of the data. The data collected from the samples were arranged in a tabular form and to find out the significant difference of the variables. The t-test analysis was used for the comparing of two subjects. The entire analysis of the data was done on the basis of the objective of the study. The data score were obtained by administrating the questionnaire test of Self-confidence scale (SCS-GMLB) by Dr. Madhu Gupta and Bindiya Lakhani (2014). The result, in this comparative study, revealed that volleyball players are contributed to improve self confidence among the males players ($t=4.48$, $p<0.05$) (Table 1). The result as appeared seems to be logical and in turn supports the findings of many of the earlier research reports about self-confidence in volleyball and handball (Kristjan Kais and Lennart Raudsepp, 2004; Rafael E Reiga et al., 2019). Thus, the result finally concludes that the volleyball players are more self-confidence than handball players. In addition, regular practice of volleyball exercises had a long term effects to improve span of self-confidence.

INTRODUCTION

Self-confidence is an important predictor of success. Self-confident people may have realistic expectations. They will be positive and to accept themselves. People who are not self-confident tend to avoid taking risks because they fear failure. Self-confident people are willing to take risk and generally trust their own abilities. Self-confidence is the main psychological variable for key to success in sports and games. Some studies recommended that to develop of Self Confidence among

sports persons some Psychological Training must be included in the Coaching Program in sports (Dr. Haridas Kuloor and Dr. Ashok Kumar, 2022).

Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules. It has been a part of the official program of the Summer Olympic Games since Tokyo 1964. Beach volleyball was introduced to the programme at the Atlanta 1996. The adapted version of volleyball at the Summer Paralympic Games is sitting volleyball.

Handball (also known as team handball, European handball or Olympic handball) is a team sport in which two teams of seven players each (six outcourt players and a goalkeeper) pass a ball using their hands with the aim of throwing it into the goal of the other team. A standard match consists of two periods of 30 minutes, and the team that scores more goals wins.

Objectives of the study:

- To assess the status of volleyball players.
- To find out the status of handball players.
- To compare the self confidence among volleyball and handball players.

Delimitation of the study:

The study was delimited to the male players (age: 18-25 years) who have participated at least State Level Tournaments of Manipuri players only.

Limitation of the study:

- Certain factors like habits, life style, routine work, etc. might have an affect the result of the present study hence they were not considered.
- Data from the subjects were taken through the questionnaire.
- Those who were willing to give the answer were limited for the study.

Hypothesis:

Ho: There may be a significant difference in self confidence among the volleyball and handball players of Manipur.

METHODOLOGY

Research design: It is a comparative study under the descriptive type of research. The investigator was assessed and compared the self confidence among the volleyball and handball players.

The Subjects: Male players (age: 18-25 years) who have participated at least State Level Tournaments of Manipuri players only.

Selected variables:

- Self confidence (consists of 48 statements into five dimensions)

1. Decisiveness
2. Self-Concept
3. Self-Control
4. Inter-Personal Relation
5. Parental Support

Tools: Self-confidence scale (SCS-GMLB): Self Confidence Scale (questionnaire) is used for assessing self-confidence of secondary and senior secondary school students. It was developed by Dr. Madhu Gupta and Bindiya Lakhani (2014) having five dimensions viz., decisiveness, self-concept, self-control, inter personal relation and parental support.

Scale: 1-5, Questions: 48 nos., Reliability: 0.728, Validity: 0.264

Sample size: A total of 60 players (30 of volleyball and 30 of handball players respectively) was the sample of the present study.

TEST ADMINISTRATION

For the present study, a standard questionnaire was administered to the subjects. The researcher had visited all the clubs and institutions to give information in details before the test for taking the permission of players to collect the data's for those who are participated for at least state level tournaments. For the data collection the time limitation of test will be one hour and all the instructions were shared to them before starting the test. After completed one hour the paper will collect on that day. Those who are incomplete in filling up questionnaires were not entertained in the present study. The study was further analyzed by computing raw score of the data.

STATISTICAL ANALYSIS

The collected data was analyzed by using t-test and the level of significance was set at 0.05.

ANALYSIS OF THE DATA AND RESULT

The data collected from the samples were arranged in a tabular form and to find out the significant difference of the variables. The t-test analysis was used for the comparing of two subjects. The entire analysis of the data was done on the basis of the objective of the study. The data score were obtained by administrating the questionnaire test of Self-confidence scale (SCS-GMLB) by Dr. Madhu Gupta and Bindiya Lakhani (2014).

Table-01: Comparison of volleyball and handball male players who have participated at least State Level Tournaments of Manipuri players in Relation with self-confidence:

GROUP	MEAN	MEAN DIFFERENCE	STANDARD DEVIATION	STANDARD ERROR	t- VALUE
Volleyball players	167.43	28.3	34.24	6.31	4.48*
Handball players	139.13		19.65		

*Significant at 0.05 level Tab 0.05(29) = 3.65

From the above **Table- 01** it is evident that the obtained t-value **4.48*** is greater than the tabulated t-value (3.65). Therefore, there is a significant difference among volleyball and handball male players who have participated at least State Level Tournaments of Manipuri players in Relation with self-confidence.

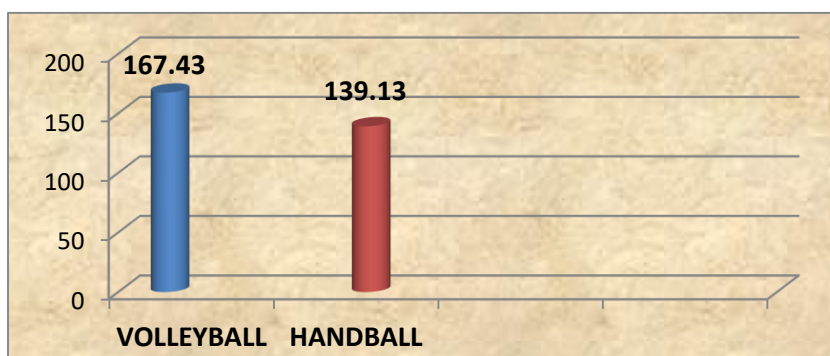


Fig. 01: A Graphical Representation of volleyball and handball male players who have participated at least State Level Tournaments of Manipuri players in Relation with self-confidence:

DISCUSSION OF HYPOTHESIS

Ho: There may be a significant difference in self confidence among the volleyball and handball players of Manipur are *accepted*.

RESULTS OF THE STUDY

From the Table-1, in case of self-confidence, it is evident that the obtained t-value **4.48*** is greater than the tabulated t-value 3.65 ($p < 0.05$), which is greater than the tabulated t-value (29) 3.65. Therefore, there is significant difference between volleyball and handball players on self-confidence. The result finally indicates that self-confidence could contribute to improve psychological values of volleyball players.

DISCUSSION ON FINDINGS

Self-confidence means a strong sense of worth and capabilities. It develops through self-reinforcing positive cycles of thoughts, feelings and actions.

The result, in this comparative study, revealed that volleyball players are contributed to improve self confidence among the males players ($t=4.48$, $p < 0.05$) (Table 1). The result as appeared seems to be logical and in turn supports the findings of many of the earlier research reports about self confidence in volleyball and handball (Kristjan Kais and Lennart Raudsepp, 2004; Rafael E Reiga et al., 2019).

Thus, the result finally concludes that the volleyball players are more self-confidence than handball players. In addition, regular practice of volleyball exercises had a long term effects to improve span of self-confidence.

REFERENCES

- Dr. Madhu Gupta and Bindiya Lakhani, “Self-Confidence Scale”, H.P. Bhargava Book House, Agra, ISBN:978-93-86616-25-8, pp.1-16.
- Barbara Schrodtt (6 October 2011). *"Team Handball"*. The Canadian Encyclopedia. Historica-Dominion Institute.
- Kristjan Kais and Lennart Raudsepp, “Cognitive and somatic anxiety and self-confidence in athletic performance of beach volleyball”, perceptive and motor skills, 2004, volume-98, issue-2, pp.439-449.
- Rafael E Reigal et al., “Psychological Profile, Competitive Anxiety, Moods and Self-Efficacy in Beach Handball Players”, ***International Journal of Environmental Research and Public Health***, 2019, volume-17, issue-1, p.241.