

Comparative Study on Self Confidence among Different Area of Kabaddi Players

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Abstract: *The main aim of this investigation is to compare the self-confidence among the different area of kabaddi players. Twenty male kabaddi players selected from each area (rural, urban, and tribal) of Nagpur Region (Mean Age 23) were volunteered in this study. Dr. Rekha Gupta was assessed using the measured self-confidence Inventory (SCI) of the subjects. This study explores 60 male kabaddi players through the stratified random sampling technique from Vidarbha Region. One way analysis of variance (ANOVA) was used to find the overall mean significance difference of three groups. The result indicated there was a mean significance difference in self-confidence between different three area level of Kabaddi players of Nagpur Region. The researcher was concluded that Tribal players are more confident than the Urban and Rural Kabaddi players..*

Keywords: Self-Confidence, Kabaddi, Different Area

I. INTRODUCTION

Sports performance is the culmination of several variables that might differ from person to person, even if they ultimately perform similarly in competition. The attempt by sports psychologists to examine athletes' high mental processes, sports behaviour, and performance has captured the interest of physical educationists, who have ever specialised in the discipline, more than anything else. Numerous psychological elements also affect athletic performance, with self-confidence being a key component. One definition of self-confidence is the conviction that you can carry out a desired behaviour. Positive emotions, focus, establishing more difficult goals, exerting more effort, and creating successful competing strategies can all be improved by having high levels of self-confidence. High expectations for achievement are a sign of self-confidence. Studies show that confidence is the most reliable characteristic that separates highly successful athletes from less successful ones (Woodman & Hardy, 2003). The self-confidence in sport has been examined as critical things deeply impact on sport performance (Durrani et al., 2024).

Kabaddi is a team sport that requires significant skill, fitness, and most importantly, fosters team spirit and character in individuals. In a game like Kabaddi, performance is influenced by various elements, including skill, fitness, technique, tactics, and training. It is widely recognized that a suitable mix of mental and physical capabilities is essential for a player's achievement in any sport (Department of Physical Education Visva Bharati University Santiniketan-731235 West Bengal, India et al., 2014). Integrating psychological training with physical training in a systematic and daily manner will assist athletes in reaching optimal performance and maintaining it over an extended period. Given the limited research on the psychological dimensions of Kabaddi, the researcher was inspired to pursue this topic for investigation.

II. METHOD

Subjects:

Total sixty male kabaddi players, 20 in each group of different area (Rural, Urban and Tribal), from Vidarbha Region were volunteered in this study.

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271

Samples: The sample for the present study consisted of 60 male kabaddi players of VidarbhaRegion, (Mean Age 23) drawn on the basis of random sampling from different large scale kabaddi players of Maharashtra.

Tool used:

This research study is based on the primary data. Standardised questionnaire designed by Dr. Rekha Gupta was used to evaluate the self-confidence Inventory (SCI). The items used to measure the construct were adapted from the various prior relevant research studies the respondents were measured on multiple choice scale. The lower score indicates the high level of self-confidence. The obtained validity indices ranged of this questionnaire was between .07 and .73.

Statistical treatment

One- way analysis of variance (ANOVA) was used to find out the overall mean significance difference of three areas.

III. RESULTS

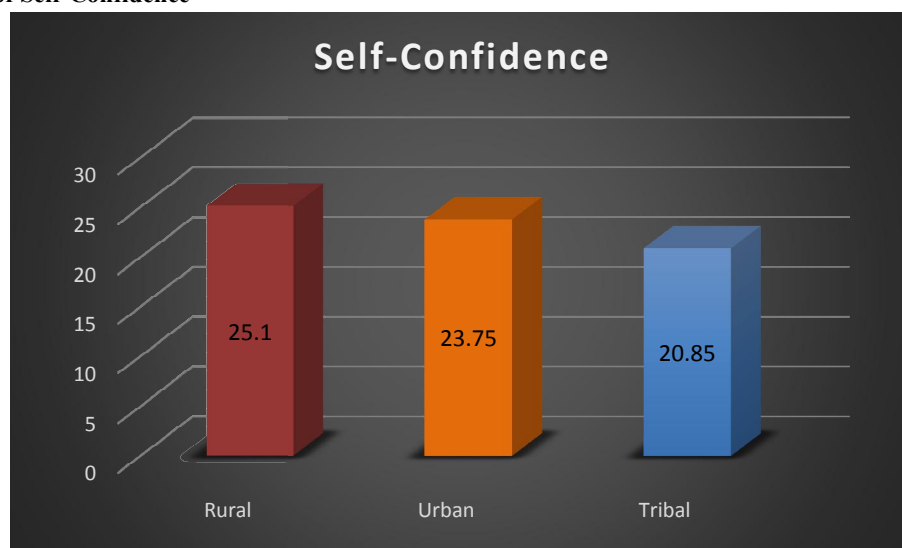
The present study was aimed to compare the self-confidence by three classified groups of kabaddi players of VidarbhaRegion of different areaon self-confidences. The results were obtained by using SPSS software 2021.

TABLE: I

Descriptive Statistics of Self Confidence of all the classified groups					
	Mean	Std. Deviation	Std. Error	Minimum	Maximum
Rural	25.10	8.72	1.95	8.0	42
Urban	23.75	8.88	1.98	8.0	41
Tribal	20.85	9.02	2.01	8.0	41
Total	23.23	8.90	1.15	8.0	42

From the Table-I, it is clear that mean values in self-confidence of the different area of Rural, Urban and Tribal kabaddi players were 25.12, 23.75 and 20.85 respectively. The mean self-confidence level of the Tribal area kabaddi players (20.85) was lower than the urban and tribal.

Mean Score of Self-Confidence



(Score in numbers)

Table-II shows the one way ANOVA of self-confidence among the different area of kabaddi players.



TABLE-II: One way ANOVA of Self-Confidence among the different area of Kabaddi Players

ANOVA for Self-Confidence					
	Sum of Square	df	Mean Square	F	Sig.
Between Groups	188.63	2	94.31	1.19	.31
Within Groups	4494.10	57	78.84		
Total	4682.73	59			

***Significant at 0.05 level.**

From the Table-II, it is clear that the obtained F- ratio 1.19, df=2 and 57, $P > 0.05$ these values clearly indicate that there is no difference between the groups.

The differences in mean scores in self-confidence between the three different area levels found that Rural and Urban was found 1.35, between Urban and Tribal area of kabaddi players was 2.90, and between Tribal and Rural area of kabaddi players was found to be 4.25. The self-confidence level of the All-areas kabaddi players was insignificant ($p > .05$). Tribal area has very lower mean score and Rural area of kabaddi players have very high mean score. So, the results indicate a very lowest difference between these two groups. Hence the results indicate that lowest mean score have high self-confidence between the all three areas. Hence the Tribal kabaddi players have highly self-confidence than the other different area.

IV. CONCLUSION

From the above results, it is summarised that from the three different area of kabaddi players of Vidarbha Region are found to be not significantly affecting self-confidence. Therefore, the research concludes that, Tribal players are more confident than the Urban and Rural Kabaddi players.

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