



## A Study of Self Confidence in Female Volleyball Players: with Reference to Sports Achievements

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### Abstract

In the present study self confidence of national, state and district level female volleyball players was compared. For present study, 50 national female volleyball players (Ave. age 25.22 yrs), 50 state level female volleyball players (Av. age 22.12 yrs) and 50 district level female volleyball players (Ave. age 20.37 yrs) were selected as sample. Self confidence of selected subjects was assessed by PSCI (Pandey Self Confidence Inventory) prepared by Pandey (1983). One Way Analysis of data indicate significant difference in self confidence of female volleyball players participating in national, state and district level tournaments ( $F=3.41$ ,  $p<.05$ ). It was concluded that socio-psychological concept of self confidence is also applicable in sports as far as achievements are concerned.

**Keywords:** Self confidence, female, volleyball, players, sports achievements.

### Introduction

According to "The Oxford Dictionary, the socio-psychological concept of self-confidence relates to self-assurance in one's personal judgment, ability, power, etc."

Self confidence is our self assurance in trusting our abilities, capacities and judgment that we can successfully complete a given task. Self-confidence is commonly defined as the sureness of feeling that we are equal to the task at hand. This sureness is characterized by absolute belief in our ability.

It is believed that when athletes feel confident, they use their full potential but contrary to this when athletes doubt their abilities it may hamper their performance. Importance of self confidence in sports performance have long been explored by researchers but surprisingly in a team game like volleyball, self confidence has not been assessed in the light of sports achievements. It is also noteworthy that researchers like Barkhoff<sup>1</sup>, Antony et al<sup>2</sup>, Esfahani et al.<sup>3</sup>, Gezelsofloo et al.<sup>4</sup>, Nandal<sup>5</sup> carried out studies relating to psychological aspects of sports performance in volleyball, none have assessed self confidence in female volleyball players in the light of their level of participation.

**Objective:** The main objective of the present study is to compare self confidence of female volleyball players on the basis of their level of sports participation.

**Hypothesis:** Self confidence in female volleyball players participating in national, state and district level tournaments will vary significantly.

### Methodology

The following methodological steps were taken in order to conduct the present study.

**Sample:** For present study, 50 national female volleyball players (Ave. age 25.22 yrs), 50 state level female volleyball players (Av. age 22.12 yrs) and 50 district level female volleyball players (Ave. age 20.37 yrs) were selected as sample. The sampling was based on random sampling method.

**Tools: PSCI:** Pandey's Self Confidence Inventory<sup>6</sup> was used to assess self confidence of selected female volleyball players. It consists in all 60 questions which includes positive and negative worded statements. This inventory is highly valid and reliable. The scoring pattern of this inventory indicates that higher the score lower the self confidence.

**Procedure:** PSCI prepared by Pandey<sup>6</sup> was administered to all subjects as per standard procedure. The responses so obtained were scored off for each subject as per author's manual. One way ANOVA was used to compare self confidence of national, state and district level female volleyball players. The results are presented in table 1 and 2 respectively.

### Results and Discussion

Results obtained through One Way ANOVA indicate that self confidence was significantly different between groups consisting of national, state and district level female volleyball players. The F ratio of 3.41, which is statistically significant at .05 level, confirms this finding. This result is also confirmed by Least Significant Difference Test presented in table no. 2.

**Table 1**  
**Descriptive Statistics of Scores on Self Confidence Inventory in Various Study Groups (N=150)**

Groups	N	Self Confidence	
		Mean	S.D.
National Level Female Volleyball Players	50	24.32	8.78
State Level Female Volleyball Players	50	27.60	9.90
District Level Female Volleyball Players	50	28.86	8.18

**ANOVA Summary**

Source	Df	Squares	Sum of Squares	Mean	F	Sig.
Between Groups	02		549.293	274.647	3.41	.05
Within Groups	147		11868.900	80.741		
Total	149		12418.193			

**Table-2**

**Comparison of Mean Scores on Self Confidence in a Group of National, State and District Level Female Volleyball Players Least Significant Difference Test with Significance Level .05**

Mean (I)	Mean (J)	Mean Difference (I-J)
National Level Players	State Level Players	-3.28
	District Level Players	-4.54*
State Level Players	National Level Players	3.28
	District Level Players	-1.26
District Level Players	National Level Players	4.54*
	State Level Players	1.26

\* Significant at .05 level

Table-2 draws following inferences: i. The self confidence was found to be significantly higher in national level female volleyball players as compared to district level female volleyball players at .05 level of significance (Mean Difference 4.54,  $p<.05$ ). ii. No significant difference was observed in self confidence of national and state level female volleyball players although self confidence of national level female volleyball players was found to be superior as compared to state level female volleyball players but the mean difference of 3.28 could not met the criteria of statistical significance. iii. Similarly no significant difference was observed in self confidence of state and district level female volleyball players although self confidence of state level female volleyball players was found to be superior as compared to district level female volleyball players but the mean difference of 1.26 could not met the criteria of statistical significance.

As per theoretical considerations self confidence is believing in own abilities and capabilities to successfully execute certain task. In line with this there is no surprise that national level female volleyball players showed superior self confidence as compared to state and district level female volleyball players. The results clearly signifies the importance of self confidence in sports performance because a self confident sportsperson believes even in tricky situations that he/she can overcome that hurdle and win because he/she has the confidence that he/she has the basic abilities to execute that particular tasks. It is also due to fact that being confident means a sportsperson is

psychologically strong which naturally assist sports performance.

## Conclusion

On the basis of results, it was concluded that female volleyball players performing at national have superior self confidence as compared to state and district level female volleyball players.

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