



ANALYSIS OF SPORTS CONFIDENCE INVENTORY AMONG DIFFERENT AGE LEVEL OF GYMNAST FROM MADHYA PRADESH

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ABSTRACT

In this study total ninety male and female gymnasts (n=90) of Madhya Pradesh state were selected as the subject of under 14, 17 and under 19 years of age. The study was delimited on the Questionnaire of Self Confidence i.e. State Sports Confidence Inventory by Vealey. Questionnaire was distributed to the gymnasts and under the supervision of their coaches and the investigator the data was recorded appropriately. For finding the difference among groups the ANOVA (Analysis of Variance) was employed by SPSS (20.0) and for testing the hypothesis the level of significance was set at 0.05. According to the calculated results the investigator finds that the calculated value (1.363) is much lesser than critical value (3.10) there for the investigator null hypothesis is being rejected at 0.05 level of significance.

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INTRODUCTION

Self-confidence is the inner feeling of certainty. It is a feeling of certainty about who you are and what you have to offer to the world. It is also the feeling that you are worthwhile and valuable. Everyone craves to possess self-confidence because it makes life so much easier and so much more fun. Self-confidence gives us the energy to create our dreams. It is an essential element to being able to create powerfully. In sport, self-confidence is one of the most frequently cited psychological factors thought to affect athletic achievements. "Self-confidence," as the term is used here, is the belief that one can successfully execute a specific activity rather than a global trait that accounts for overall performance optimism. For example, one may have a high degree of self-confidence in one's driving ability in golf but a low degree of self confidence in putting. In sport, self-confidence is one of the most frequently cited psychological factors thought to affect athletic achievements. "Self-confidence," as the term is used here, is the belief that one can successfully execute a specific activity rather than a global trait that accounts for overall performance optimism. For example, one may have a high degree of self-confidence in one's driving ability in golf but a low degree of self confidence in putting.

Objective

To analyze the Self confidence of the different age level gymnasts from Madhya Pradesh.

1. The study was delimited to the Gymnasts of Madhya Pradesh.
2. The study was further delimited to the ninety male and female Gymnasts (n=90) those who had participated in state level championship.
3. The study was delimited to the subjects belonging to the age group from under 14, 17 and under 19 years of age.
4. The study was delimited on the Questionnaire of Self Confidence i.e. State Sports Confidence Inventory by Vealey.

Limitations

1. True responses given by the subject on questionnaire may act as limitation of the study.
2. Daily routine, training age, individual differences and environmental factors may act as a limitation for the study.

Hypothesis

It is hypothesize that there will be no difference among the different age level of the gymnasts

Sample

For the present study the (Non Probability Sampling) Purposive sampling technique was employed to select the sample of ninety male and female gymnasts (n=90) of under 14, 17 and under 19 years of age participated in Madhya Pradesh state gymnastics championship.

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Tool

The selection of suitable tools is of paramount significance in any investigation. The success of research immensely depends upon the instruments, which are used for the data collection. In the present study, the following tool was used:

Questionnaire of Self Confidence i.e. State Sports Confidence Inventory by Vealey.

METHODS

The methodology of the study consist of selection of subjects, selection of variables, testing procedure and the technique employed for analysis of data. In this study total ninety male and female gymnasts (n=90) of Madhya Pradesh state were selected as the subject of under 14, 17 and under 19 years of age. Questionnaire was distributed to the gymnasts and under the supervision of their coaches and the investigator the data was recorded appropriately. For finding the difference among groups the ANOVA (Analysis of Variance) was employed by SPSS (20.0) and for testing the hypothesis the level of significance was set at 0.05.

RESULTS AND DISCUSSION

Table No. 1 Descriptive Statistics of Different Age Groups of Gymnasts

Age Category	N	Mean	Std. Deviation	Std. Error
Under 14	30	64.2000	14.15286	2.58395
Under 17	30	69.5000	16.85793	3.07782
Under 19	30	69.6667	12.40504	2.26484
Total	90	67.7889	14.64677	1.54391

Table No. 2 Analysis of Variance among Different Age Groups of Gymnasts

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	580.022	2	290.011	1.363	.261
Within Groups	18512.967	87	212.793		
Total	19092.989	89			

* F (2,87) = 1.363, p < 0.05

According to the calculated results the investigator finds that the calculated value (1.363) is much lesser than critical value (3.10) there for the investigator null hypothesis is being rejected at 0.05 level of significance.

The differences among groups can occur because of their growth and development pattern, individual differences, heredity, training methods and some environment factors possess in them and these variables may be may be responsible for the difference between the three age category for the development of confidence level.

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