

Study of Self Confidence of Individual/Team Game Players in relation to Gender & Age

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Abstract

Present study is aimed explore the impact of Age (junior/Senior) and Gender (Male/Female) on Self-confidence as Personality Trait. Sample is consisted of 120 male/female of Individual/Team Game Players drawn randomly. Self confidence is measured through Personality test designed by Dr. Abha Pandey. A2x2 factorial design is employed. Self confidence test scores are analyzed using ANOVA. The main effect of Gender is found significant, female team players demonstrated better on self confidence than male team players. The main effect of Age is also found significant, senior team players are higher on Self confidence. The main effect of Game Type (Individual/Team Game) on Self Confidence as personality trait is not significant.

Conclusions derived from study may have great implications in decision making and understanding psychological profile of players to coaches and sports psychologists etc.

Game is exclusive method which teaches children how to concentrate themselves inspired by the wish of becoming growing from the psychological aspects, game is an activity with the purpose of its own, but even in that way it's source and means of positive emotional and general mood which satisfies certain needs of children and influences on to psychological development of a child.

Today, in the world of sport, physical exercise is not regarded as the main factor to achieve success. In addition to physical and tactical abilities and professional skills, undoubtedly the abilities and mental health and personality traits are effective factors in sports person success, since success in sport competition is related to a range of factors. Furthermore the competitive nature of sports and perform under stressful condition caused to each athletes experience different personality traits that can have impact on sport performance. The psychological characteristic is assumed that has an influence on sport behaviour and sport person performance.

Personality

All people including you and me have a personality and every person each has a unique personality. It is what makes us the person we are our personalities control our behaviour, thoughts, emotions and even our unconscious feelings. It makes it possible to predict how a person will act or react under different situations. Personality is actually the true nature that lies in behaviors' thought and feelings.

Personality is the essence of a human being. Personality concerns the most important, most noticeable parts of an individual's psychological life. If you have anything really valuable to contribute to the world it will come through the expression of your own personality, that single spark of divinity that sets you off and makes you different from every other living creature.

On the basis of the large number of observation and evaluation of individual sportsman, a number of personality profiles related to high sport achievement, have been determined. These profiles are drive, determination, intelligence, emotional intelligence, aggression, leadership, emotionality, self-confidence, mental toughness, quality of life, and trust and conscience development.

In psychology personality is defined as "Personality is the dynamic organization within the individual of that psychophysical system that determines his unique adjustment to his environment (All port, 1937).

According to Eysenck, personality is the more or less stable and enduring organization of a person's character, temperament, intellect and physique that determine his unique adjustments to his environment.

Self Confidence

Self confidence is very important component of personality which denotes firm trust in one self. It means that one has confidence in his own abilities. He knew his abilities and capabilities and is able to put to use him well in time. Self confident person is cheerful, active and always ready to act and react whenever he gets opportunities. He is prompt and free from an anxiety of failure. He does not suffer from inferiority complex. He avails opportunities to show his abilities and skills. He is hardworking and free from aversion. He is bold enough to show whatever he has to show. He is calm, cool and balanced person. He is not afraid of audience. He is capable of acting before others as he can act alone. He is socially matured, emotionally balanced and intellectually sound.

Prominent psychologist, Jung says that, "a self confident person is extrovert. He likes social activities. He has leadership abilities. He is highly ambitious". Jersild reported that there is positive correlation between self confidence and success. He attempts with full determination. He does not leave his activity even if he fails in their preliminary attempts. He is always inspired for highest achievement. He is well dressed. He is neat & clean and admirable. He possesses pleasing manners. He is thoughtful and realistic. He does well in all the fields.

Hypotheses

1. Junior and senior team game players will differ on self confidence as a personality trait.
2. Male and female team game players will differ on self confidence as a personality trait.
3. Individual and Team Game subjects will differ on self confidence as a personality trait.

Methodology:

Sample

Participants of this Study include 120 male/female and junior/senior, Individual/team game players of 14-19 age range and 20-25 age range respectively, school and collegiate/University students, belong to team game as Kabaddi, kho-kho, Cricket, Volleyball and Hockey & Individual game Athletics Badminton, Table Tennis, Karate. Those were regularly participated in practice at least three sessions per week and in the last two year. Then, with multistage random sampling methods were adopted in subject's selection as per availability of subjects with their consent.

Research Design

Researchers wish to know the impact of Age, and Gender on Self confidence. To study independent variables (Age and Gender) $2 \times 2 \times 2$ factorial designed is employed. In this research all the two variables have 2 levels each there are 4 conditions. Researchers randomly allotted 30 subjects for 4 conditions. Researchers find it suitable to use two-way analysis or variance (ANOVA) for statistical estimation.

Details of Independent Variables:

1. **Gender:** denotes male and female subjects in the studies.
2. **Age:** denotes to junior and senior team of 14-19 age range and 20-25 age range respectively. Subjects of junior team usually were studying in high schools and intermediate schools while subjects of senior team were studying in college and universities.

Details of dependent variables in study:

Personality Scores as Self confidence

Research Method:

The ex-post facto research design and detailed correlation survey was adopted for the study. None of the independent variables i.e. Age and Gender were actively manipulated. Subjects on the bases of independent variables i.e. Gender (Male/Female), Age (Junior/Senior) were drawn randomly selected from sample. Criterion for subjects with team sports activities has been screened out through personal profile about sports/exercise activities. Subjects were assessed on self confidence as personality traits.

Tools:

A standardized personality test developed by Dr. Abha Pandey with reasonable reliability and validity was employed in present research.

Administration of the Tests:

The personal profile and personality test were distributed to the subjects by researchers and it was assured that their replies will be kept confidential and will used only for research excellence. The subjects were requested to read instructions carefully. It has been emphasized that not item should be omitted and there is nothing 'right' or

'wrong' about the questions. There is no time limit for completion of task. When tests filled in, researchers collected the questionnaires and thanked to the respondents for their cooperation.

Results

The results obtained in this study are summarized in the following tables.

Table 1. Showing Scheme of Subjects Assignments during Study

Gender	Team Game Players' Age	
	Junior	Senior
Male	30 (N)	30 (N)
Female	30 (N)	30 (N)

Table 2. Showing No. of Team Game Players in Sample

S. No.	Games	No. of Players
1	Kho-Kho	30
2	Kabbadi	22
3	Volley Ball	18
4	Cricket	30
5	Hockey	20
	Total	120

Table 3. Showing No. of Individual Game Players in Sample

S. No.	Games	No. of Players
1	Athletics	26
2	Badminton	30
3	Table Tennis	26
4	Karate	38
	Total	120

Table 4. Mean and Standard Deviation of Dependent Variable: Self Confidence as personality test score -

Game Difference	Gender Difference	Age Difference	Mean	Std. Deviation	N
Individual	Male	Junior	27.50	5.619	30
		Senior	26.80	6.025	30
		Total	27.15	5.787	60
	Female	Junior	23.93	4.218	30
		Senior	29.73	7.602	30
		Total	26.83	6.760	60
	Total	Junior	25.72	5.244	60
		Senior	28.27	6.960	60
		Total	26.99	6.268	120

Team	Male	Junior	24.30	6.309	30
		Senior	27.30	5.736	30
		Total	25.80	6.167	60
	Female	Junior	25.30	4.061	30
		Senior	36.43	9.467	30
		Total	30.87	9.148	60
	Total	Junior	24.80	5.284	60
		Senior	31.87	9.024	60
		Total	28.33	8.174	120
Total	Male	Junior	25.90	6.139	60
		Senior	27.05	5.838	60
		Total	26.47	5.993	120
	Female	Junior	24.62	4.162	60
		Senior	33.08	9.158	60
		Total	28.85	8.261	120
	Total	Junior	25.26	5.262	120
		Senior	30.07	8.226	120
		Total	27.66	7.299	240

Table 5. Showing 2x2x2 Analysis of variance of Personality test Scores:
Self Confidence

Source	Type III Sum of Squares	df	Mean Square	F
Corrected Model	3387.363(a)	7	483.909	12.012
Intercept	183651.337	1	183651.337	4558.714
Game Type	108.004	1	108.004	2.681
Gender	338.437	1	338.437	8.401*
Age	1387.204	1	1387.204	34.434**
Game Type* Gender	434.704	1	434.704	10.791**
Game Type* Age	306.004	1	306.004	7.596*
Gender * Age	803.004	1	803.004	19.933**
Game Type* Gender*Age	10.004	1	10.004	.248
Error	9346.300	232	40.286	
Total	196385.000	240		
Corrected Total	12733.663	239		

a R Squared = .266 (Adjusted R Squared = .244)

* Significant at 0.05 level

** Significant at 0.01 level

Table 6. Estimated Marginal Means of Dependent Variable : Self Confidence

Mean	Std. Error	95% Confidence Interval	
		Lower Bound	Upper Bound
27.662	.410	26.855	28.470

Analysis of variance of test scores of Self Confidence as personality trait is summarized in table 4.2 indicates that:

The main effect Gender (Male $X=26.47$ /Female $X=28.85$) on Self Confidence as personality trait is significant $F(1,232) = 8.401, P < 0.05$.

The main effect of Age (Junior $X=25.26$ /Senior $X=30.07$) Self Confidence as personality trait is found significant $F(1,232) = 34.434, P < 0.01$.

The main effect of Game Type (Individual/Team Game) on Self Confidence as personality trait is not significant.

Interaction between Gender (male/female) and Game Type (Individual/Team Game) Self Confidence as personality trait is found significant difference $F(1,232) = 10.791, P < 0.01$, shows that gender and types of game are interacting.

Interaction between Game Type (Individual/Team Game) and Age (Junior/Senior) Self Confidence as personality trait is found significant difference $F(1,232) = 7.596, P < 0.05$. It shows that Game Type and Age are interacting.

Interaction between Gender (Male/Female) and Age (Junior/Senior) Self Confidence as personality trait is found significant difference $F(1,232) = 19.933, P < 0.01$ indicate that game type and age are interacting.

Interaction among Gender (Male/Female), Game Type (Individual/Team Game) and Age (Junior/Senior) on Self Confidence as personality trait are not found significant.

Sub Hypothesis-1 : Male and Female (Gender) subjects will differ on Self Confidence.

The main effect Gender (Male $X=26.47$ /Female $X=28.85$) on Self Confidence as personality trait is significant $F(1,232) = 8.401, P < 0.05$.

Sub Hypothesis-2 : Junior and senior (Age) subjects will differ on Self Confidence.

The main effect of Age (Junior $X=25.26$ /Senior $X=30.07$) on Self Confidence as personality trait is found significant $F(1,232) = 34.434, P < 0.01$.

Sub Hypothesis-3 : Individual and Team Game subjects will differ on Self Confidence.

The main effect of Game Type (Individual/Team Game) on Self Confidence as personality trait is not significant.

Conclusions

The present study is an exploratory one and it reveals several important facts which are beneficial to the sport world and to the society. It is evident from review of literature during research endeavor that all other factors: biological and sociological

being equal and psychological conditioning of an athlete decidedly determines his success or failure in competition. No training in the sport field is complete without reference to the psychological studies and the psychological training of athletes. In-depth psychological analysis of a sport person considering cognitive, affective and behavioral perspectives seems to be more logical and determining.

The study of personality and its relationship to sports can assist the coach the selection, training and enhancing optimum performance of players. In the guidance of those who seek help in choosing a sport and in understanding the behavior of athletes who come under their leadership.

Sports clearly is field in which emotion play such a large part we have major responsibility in studying the phenomena and identifying important practical implications. But unfortunately emotional health of sports person has been neglected.

In fact, psychological profiles of sport activities are the basic ingredients of the harmonious development leading to the wholeness of Athletes. The result of most of the studies conducted motor and intellectual aspects of athletes, are more suggestive than substantial. The studies are often based upon clinical observations rather than hard data while the data that have been collected, have not always been accorded acceptable statistical treatment.

An extensive review of literature suggests that maximum studies conducted on Eysenk's Personality Inventory traits of extraversion such as being outgoing, energetic, spontaneous and to some extent egotistic. Present research is intended to study Self Confidence as personality traits among sportsperson. So specific research, supporting studies are not being available in the literature.

Senior players are better on self confidence. Attilia (1992) stated that endurance athletes have higher extraversion than non-athlete. Ericson (1993) found a significant difference in personality traits between sports and non sports person.

Personality of senior team participants has a higher degree of self confidence, than junior sportsperson. Female are better on self confidence than male participants.

Many studies studying various traits of personality are supporting results trend of present studies (Attilia (1992); Ericson (1993); Schurr and her colleagues (1997); Eagleton and his colleagues (2007) and Dobersek and Bartling (2008).

Findings and observation made in the study suggests that the impact of age remained important variable in overall personality development.

Implications of Present Research

Participation in sporting events is related to bodily balance and psychological stability. The impact of sport and exercise on mental health is longstanding issue. In general research highlights that sports can help person to learn to cooperate as part of a team.

Sport Psychology has emerged as a field with research trend with sport person. As Psychological factors play role in performance, mental fitness and mental health. So intervention can be designed to positively affect sportsman behavior. It seems that sport performance and psychological variable like personality is interrelated. Alongside this research activity, now is the time to develop more specific guidelines relating to other psychological benefits of sports.

Sport has always been a passionate phenomenon requiring tremendous emotional investment and focused to excel. The highly charged realm of sport is identified as an excellent place to study the phenomenon of mental health.

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