

Study on Sports Self-Confidence Profile of Runners in Athletics

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Abstract

The objective of the study was to assess the status of Sports Self-Confidence Profile of Runners in Athletics. Total 90 state level athletes from Delhi were selected for the purpose of the study from 3 different athletic running events i.e. Sprinters, Middle distance runners and Long distance runners. In order to collect data, following tools were used: Sports Self-Confidence was assessed by the total scores in Sports Confidence inventory developed by the vealey. Descriptive Statistics along with various illustrative methods were used to reveal the status of selected subjects on selected psychological profiles. The mean value observed for Sprinters athletes was found to be 84.5 ± 12.96 . Further, the same values for Middle Distance Runners and Long-Distance Runners were found to be 83.00 ± 13.51 and 81.22 ± 14.13 respectively. The overall value was observed as 82.90 for mean and 13.461 for Standard deviation. The mean value observed for Sprinting athletes was found to be 89.60 ± 10.42 . Further, the same values for Middle Distance Runners and Long-Distance Runners were found to be 91.32 ± 11.66 and 82.70 ± 17.65 respectively. The overall value was observed as 87.83 for mean and 13.99 for Standard deviation. All the athletes' psychological profile on sports self-confidence at Trait & State were found to be in high category status.

Keywords: Sports Self-confidence

INTRODUCTION

Sports confidence is a strong psychological attribute to any sports, denotes a firm trust in oneself, i.e. one has confidence in own abilities and able to put to use them all in time. The sport confidence is a function of an athlete's personality trait of confidence, the situation and the competitive orientation. These factors interact to produce the psychological state of sport confidence in turn influences the quality of a player's behavior. The research scholar felt the need to investigate the Sports Self-Confidence Profile of Runners in Athletics for Physical education teachers, coaches, and trainers is of utmost importance that will enable them to know the prevalence of Sports Self Confidence (Trait and State) The problem for the current research was stated as "Sports Self-Confidence Profile of Runners in Athletics". And objectives of the research were as follows: to assess the status of psychological profile of Sprinter Athletes on Sports Self-confidence, to assess the status of psychological profile of Middle distance runners on Sports Self-confidence and to assess the status of psychological profile of Long distance runners on Sports Self-confidence. The study included the following delimitations: 1) The research was delimited to ninety male players of selected athletic events belonging to Sprinters – 30, Middle Distance Runners – 30 and Long Distance Runners – 30, 2) The study was delimited to the state level players belonging to Delhi state only, 3) This study was confined to male players only from selected Athletic events i.e. Sprinters, Middle Distance Runners and Long Distance Runners and the study was also delimited to selected psychological variable i.e. Sports Self-confidence. The questionnaire research itself has its own limitation. As such any bias opinion that might be given by the subject in the form of responses that affect the results of the study might be considered as limitation of the study. Different ways of living, socio-economic conditions, nature of activity, daily routine &

habits of players which may have not under the control of research scholar was considered as a limitation of the study. No special motivational technique we used during the test, therefore the differences that might have occurred in performance due to lack of motivation was recorded as the limitation of the study. The study would attempt to be proved significant in following manner: The result would reveal the psychological profile of selected athletic events i.e. Sprinters, Middle Distance Runners and Long Distance Runners. The result of the study may help the coaches and trainers regarding how to trained and psychologically prepare the male players of selected Running Events for competition. The study may provide both the coaches and male players from selected Running Events to acquire a deeper insight into their own interactive process based on psychological profiles of players.

PROCEDURE AND METHODOLOGY

For the present study a total of 90 male (Running Events – Sprint, Middle Distance Race and Long Distance) athletes were selected as subjects of the study keeping the feasibility in the mind and importance of psychological aspects, the following variables were selected for the purpose of this study: Sports Self Confidence(State) and Sports Self Confidence (Trait).

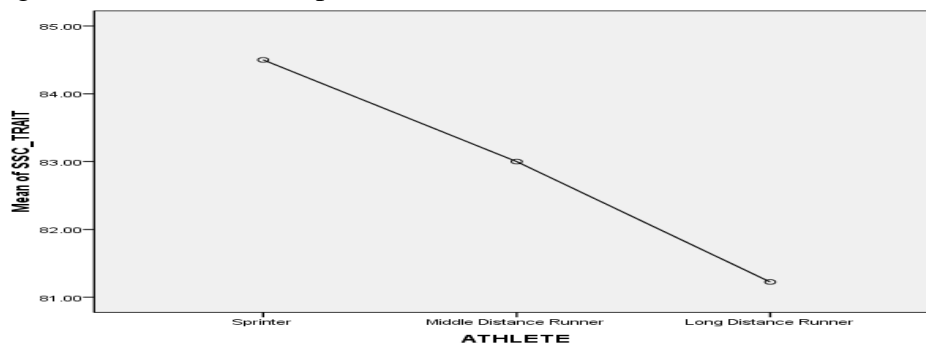
The criterion measures adopted for the study were as follows: Sports Self-Confidence was assessed by the total scores in Sports Confidence inventory developed by the Vealey. The status of selected psychological variables i.e. Sports Self Confidence(State) and Sports Self Confidence (Trait)of athletes in different running i.e. Sprint, Middle Distance Race and Long Distance categories was described by various statistical procedures that includes Descriptive statistics – Mean, Standard Deviation, Minimum & Maximum values and normality of data distribution was tested by Skewness, Kurtosis and Wilk & Shapiro Test. Various illustrative methods were also used for graphical representation of the result.

RESULTS OF THE STUDY AND DISCUSSIONS ON FINDINGS

Descriptive Statistics – Sports Self-confidence

	N	Mean	SD
Sprinter	30	84.5000	12.96614
Middle Distance Runner	30	83.0000	13.51627
Long Distance Runner	30	81.2246	14.13246
Total	90	82.9082	13.46108

The main purposes of the present study was to assess the status of psychological profile of Sprinter Athletes on Sports Self-confidence, to assess the status of psychological profile of Middle distance runners on Sports Self-confidence and to assess the status of psychological profile of Long distance runners on Sports Self-confidence.

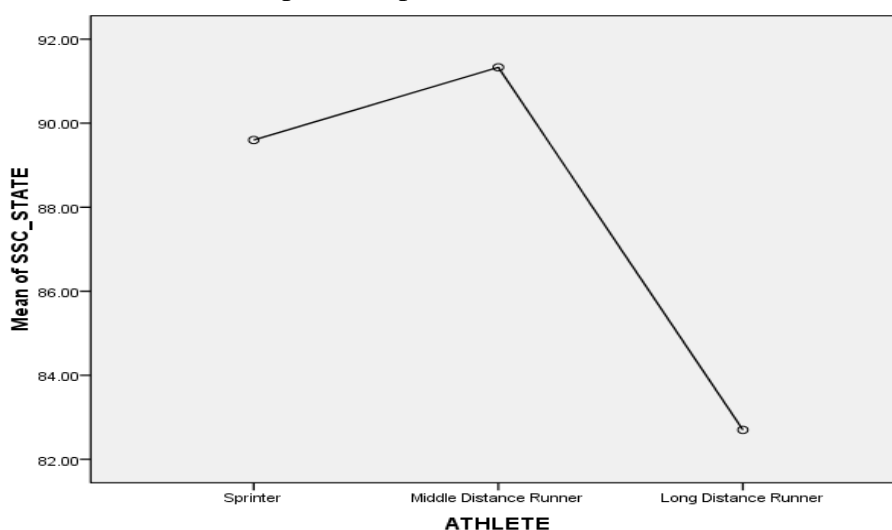


Sprinters athletes psychological profile on sports self-confidence (Trait) which was found to be 84.50 ± 12.966 Referring the norms available, it was considered to be in high category. Here, it can be said that Sprinters athletes possess high level of Sport Self-confidence. Further, Sport Self-confidence (State) status of Sprinters athletes. It was revealed here that the Sport Self-confidence was also lying in the high value category of normative table as the values found to be was 89.60 ± 10.421 Overall, it can be stated that Sprinters athletes possess high self-confidence as far as competitive sports are concerned. The Middle Distance Runners athletes psychological profile on sports self-confidence (Trait) which was found to be 83.00 ± 13.516 Referring the norms available, it was considered to be in high category. Here, it can be said that Middle Distance Runners athletes possess high level of Sport Self-confidence. Further, Sport Self-confidence (State) status of Middle Distance Runners athletes. It was revealed here that the Sport Self-confidence was also lying in the high value category of normative table as the values found to be was 91.30 ± 12.847 (revised - 91.3297 ± 11.66). Overall, it can be stated that Middle Distance Runners athletes possess high self-confidence as far as competitive sports are concerned.

Descriptive Statistics – Sports Self-Confidence (State)

	N	Mean	SD
Sprinter	30	89.6000	10.42080
Middle Distance Runner	29	91.3297	11.66052
Long Distance Runner	30	82.7000	17.65014
Total	89	87.8378	13.99240

The Long Distance Runners athletes psychological profile on sports self-confidence (Trait) which was found to be 80.07 ± 14.193 (revised - 81.2246 ± 14.1325). Referring the norms available, it was considered to be in high category. Here, it can be said that Long Distance Runners athletes possess high level of Sport Self-confidence. Further, Sport Self-confidence (State) status of Long Distance Runners athletes. It was revealed here that the Sport Self-confidence was also lying in the high value category of normative table as the values found to be was 82.70 ± 17.650 Overall, it can be stated that Long Distance Runners athletes possess high self-confidence as far as competitive sports are concerned.



CONCLUSIONS

Based on the findings and within the limitations of the study the following conclusions were drawn.

1. It was concluded in the research that the Sprinters athletes possess high level of sports self-confidence.
2. It was concluded in the research that the Middle distance runners possess high level of sports self-confidence.
3. It was concluded in the research that the Long distance runners possess high level of sports self-confidence.

RECOMMENDATIONS

In the light of the conclusions drawn; the following recommendations are made:

1. Similar studies may be conducted selecting other psychological variables contributing to performance efficiency of athletes.
2. The same study may be conducted on different Running Events to measure their psychological characteristics.
3. Physical education teachers and coaches should take into consideration the psychological prerequisites of game in the talent search.
4. The similar study can be done on female sports person and non-sports persons.
5. A comparative study can be conducted between male and female.
6. A more comprehensive study can be conducted on large samples of Individual, Team & Combative sports separately with respect of their performance.
7. The similar study can be conducted on other regions of India with other sports persons and no-sports persons groups and different groups.
8. The present findings refer to particular population and subject/sample and it is very likely that the finding are applicable to all levels of sportsmen, however before making any generalization, more elaborate studies should be conducted to be more reliable.

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