



## Investigation of self confidence in gymnasts

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### Abstract

In this study total one hundred male and female gymnasts (n=100) of Madhya Pradesh state were selected as the subject of under 14 to 17 years of age. Questionnaire was distributed to the gymnasts and under the supervision of their coaches and the investigator the data was recorded appropriately. The study was delimited on the Questionnaire of Self Confidence i.e. State Sports Confidence Inventory by Vealey. On the basis of the data interpretation the boys of under 14 possess 31.62% in moderate level of confidence whereas under 17 boys possess 29.14 % moderate level of confidence on other hand under 14 girls having 38.11% moderate level of confidence and under 17 girls possess 35.85% which is much lesser than under 14 girls, Boys of under 14 obtained 20.8%, and under 17 boys having 26.35% high level of confidence, on the other hand girls of under 14 having 14.91% and under 17 girls having 18.96% high confidence level for their performance at the time of competition.

**Keywords:** questionnaire, gymnastics, confidence

### Introduction

The performance of a player not only depends upon his physical abilities or efficiency of the skill rather it also depends to a great extent on his psychological training. It has been seen in number of cases and presented (reported) in newspapers and other sources of the media. In the contemporary period of sports competition the sports psychology has made a remarkable contribution in enhancing the performance of sports persons, so in this study the two psychological variables were taken that are as follow :-

### Self-confidence

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

1. To investigate the Self confidence of the gymnasts from Madhya Pradesh.

### Delimitations

1. The study was delimited to the Gymnasts of Madhya Pradesh.
2. The study was further delimited to the one hundred male and female Gymnasts those who had participated in state level championship.
3. The study was delimited to the subjects belonging to the age group from under 14 to 17 years.
4. There were 50 boys and 50 Girls from under 14 to 17 years of age.
5. 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.

### Sample

For the present study the (Non Probability Sampling) Purposive sampling technique was employed to select the sample of one hundred male and female gymnasts (n=100) of under 14 to 17 years of age participated in Madhya Pradesh state gymnastics championship.

### 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 one hundred male and female gymnasts (n=100) of Madhya Pradesh state were selected as the subject of under 14 to 17 years of age. Questionnaire was distributed to the gymnasts and under the supervision of their coaches and the investigator the data was recorded appropriately.

**Results and Discussion**

**Table 1:** Percentage of the Self Confidence

S.no.	Category	Low	Medium	High
1.	Under 14 (Boys)	14.61%	31.62%	20.8%
2.	Under 14 (Girls)	16.58%	38.11%	14.91%
3.	Under 17 (Boys)	12.82%	29.14%	26.35%
4.	Under 17 (Girls)	10.5%	35.58%	18.96%

On the basis of the data interpretation the boys of under 14 possess 31.62% in moderate level of confidence whereas under 17 boys possess 29.14 % moderate level of confidence on other hand under 14 girls having 38.11% moderate level of confidence and under 17 girls possess 35.85% which is much lesser then under 14 girls, Boys of under 14 obtained 20.8%, and under 17 boys having 26.35% high level of confidence, on the other hand girls of under 14 having 14.91% and under 17 girls having 18.96% high confidence level for their performance at the time of competition, because the degree of difficulty of exercises, apparatus structure, training, active participation in gymnastics, the understanding level, growth & development pattern and maturity level may be responsible for the difference between the two age category for the development of confidence level

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