

## A Comparative Study of Self-Confidence Level Between Male And Female Intercollegiate Football Players From Goa


Brendon D.<sup>1\*</sup>

DOI:

<sup>1\*</sup> DE ALMEIDA Brendon, , Department of Physical Education, SPPU, , Pune, India.

Having sports confidence means having self-confidence which is YOUR belief in YOUR ability to complete a physical skill or task required in your sport. The aim of these study was to compare the self confidence level between male and female intercollegiate football players from Goa state. For this purpose a sample size 80 respondents were selected which consisted of 40 male football players and 40 female football players who played at intercollegiate level. For these study random sampling technique was used. The data was collected through a questionnaire prepared using google forms. The collected data was analyzed using Vealey's trait sport confidence Inventory and independent T test was used. The questionnaire consisted 13 questions of a 9point Likert scale ranging from 1= lowest, 5= medium and 9= highest self- confidence. The result revealed that there is no mean significance difference in the self confidence level between male and female intercollegiate football players from Goa. It can be concluded that the confidence level in female can increased through family motivation and support.

**Keywords:** Self -confidence, Inter Collegiate Male football and Female Football players.

Corresponding Author	How to Cite this Article	To Browse
DE ALMEIDA Brendon, , Department of Physical Education, SPPU, , Pune, India. Email: <a href="mailto:golusinghtikri@gmail.com">golusinghtikri@gmail.com</a>	DE ALMEIDA Brendon, A Comparative Study of Self-Confidence Level Between Male And Female Intercollegiate Football Players From Goa. IJEMS. 2022;11(2):20-23. Available From <a href="https://ijems.net/index.php/ijem/article/view/214">https://ijems.net/index.php/ijem/article/view/214</a>	

**Manuscript Received**  
2022-02-03

**Review Round 1**  
2022-02-16

**Review Round 2**  
2022-02-28

**Review Round 3**  
2022-03-15

**Accepted**  
2022-03-30

**Conflict of Interest**  
NIL

**Funding**  
NO

**Ethical Approval**  
YES

**Plagiarism X-checker**  
15

**Note**



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**Introduction**

Self-confidence is an attitude about your skills and abilities. It means you accept and trust yourself and have a sense of control in your life. You know your strengths and weakness well, and have a positive view of yourself. You set realistic expectations and goals, communicate assertively, and can handle criticism.

On the other hand, low self-confidence might make you feel full of self-doubt, be passive or submissive, or have difficulty trusting others. You may feel inferior, unloved, or be sensitive to criticism. Feeling confident in yourself might depend on the situation. For instance, you can feel very confident in some areas, such as academics, but lack confidence in others, like relationships.

Having high or low self-confidence is rarely related to your actual abilities, and mostly based on your perceptions. Perceptions are the way your think about yourself and these thoughts can be flawed.

Low self-confidence might stem from different experiences, such as growing up in an unsupportive and critical environment, being separated from your friends or family for the first time, judging yourself too harshly, or being afraid of failure. People with low self-confidence often have errors in their thinking. (Singh Mandeep; Evaluation And Improvement Of Sports Techniques Through Biomechanical Updated Analyzing Technology; University News, Journal of Higher Education Association of Indian Universities; Vol.48 No.05, Feb 01-07, 2010,pp.54-57), (Singh Mandeep; Analysis Of Set Shot In Basketball In Relation With The Time To Perform The Course And Displacement Of Center Of Gravity; American Journal of Sports Science-USA; Vol.2 No.5.)

Self-confidence is not a permanent state of mind – a person’s level of confidence may increase or decrease within a given period. Whiles some people are confident all the time, others tend to experience fluctuating situations and another group of persons have almost no confidence at all.

Self-confidence is dependent on various factors including a person’s temperament, society and culture, educational level, wealth, trends of successes and failures etc.

A highly confident person may begin to wilt in confidence after suffering consecutive

Failures but whatever the case may be, self-confidence is always a mind game; it is dependent on the mentality or mindset of the person. Anyone can become confident if he tries to.

**Material and Method**

Participants: For the present study descriptive comparative method was used. It was used to assess the self- confidence level between male and female intercollegiate football players from Goa. From the population 80 subjects were chosen for present study. 40 Male and female football players were chosen

Variables and Tools:

To measure self confidence level vealey’s trait sports confidence inventory (TSCI) 1986 was used. It consists of 13 statements. Items are rated on a 9point likert scale (1= lowest score; 5= medium score; 9 highest score)

**Procedure**

To compare the self confidence level of male and female inter collegiate football players from Goa 40 male footballers and 40 female footballers aged between 18-25 years were selected with the help of purposive sampling technique. To measure self confidence level the researcher used vealey’s trait sports inventory questionnaire ; then the researcher converted the questionnaire into Google form and the link of the same was forwarded to all male and female football players from Goa at the inter collegiate level ; only that data was selected which falls under the researchers criteria. Once the data was collected the researcher used descriptive statistics to analyse the data. And in order to determine the difference of self confidence level between male footballers and female footballers of independent sample “T” test was computed and the conclusions were drawn

**Result**

**TABLE NO. 1**

**DESCRIPTIVE STATISTICS OF SELF CONFIDENCE**

GENDER	N	Mean	Std. Deviation	Std. Error Mean	
SELF CONFIDENCE	MALE	44	83.34	17.240	2.599
	FEMALE	43	82.79	16.020	2.443

From the above table 4.1.1

When vealeys trait sport- confidence inventory was administered on male inter collegiate football players from Goa, The mean and standard deviation was 83.34 and S.D +\_17.240; S.E.M 2.599 respectively. Similarly, When the same was administered on female football players the mean and standard deviation was 82.79 and S.D +\_16.020; S.E.M 2.443 respectively.

**TABLE NO.2**

**INDEPENDENT SAMPLE t TEST OF SELF CONFIDENCE LEVEL OF MALE AND FEMALE INTER COLLEGIATE FOOTBALL PLAYERS FROM GOA.**

Independent Samples Test		Levene's Test for Equality of Variances		t-test for Equality of Means				
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
SELF CONFIDENCE	Equal variances assumed	.499	.482	.154	85	.878	.550	3.570
	Equal variances not assumed			.154	117.88	.878	.550	3.567

From the above table no.2 in case of independent sample 't' test, we need to test equality of variances between two groups. For which levenes test for equality of variances was calculated. The calculated "F" value for self -confidence is .499 and significant value is .482 the significance value is more than 0.05 hence the equal variances are assumed.

For comparing self confidence level between male and female football players from Goa, the mean difference was calculated. The calculated mean difference is .550 and calculated "t" value is .154 for the degree of freedom 85 calculated "t" value shows no significant difference at 0.05 level of significance (P=0.878). Hence the result states that there is no significant difference of self confidence level between male and female inter collegiate football players from Goa

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