EFFECT OF SPORTS ACTIVITY ON THE LEVEL OF SELF CONFIDENCE: A STUDY IN RELATION TO AGE AND GENDER

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ABSTRACT

The present study investigates the Effect of sports activity on the level of Self Confidence .sample of the study consisted of 40 male and 40 female students of class 8th and class 10th standard of BSP and private schools of Bhilai city in durg district of chhattisgarh. Statistical technique such as . ANOVA with 2, sports activities (low & high groups) x 2 , age groups (13-14, 15-16 years) X 2, sex (Boys & girls) ,factorial design was used. The study revealed that there were significant effect of sports activity on the level of Self Confidence of secondary school students and sex yielded significant effect on the level of Self Confidence

INTRODUCTION

Sports activity has been accepted as an integral part of school education. Sports activity has been included as a subject related to health and wealth and knowledge through psychomotor skills and processes. Sports activity promotes an understanding of the nature of group. In general students understanding of the nature of sports is currently being emphasized as an important educational objective worldwide. Such an understanding is considered to be a significant aspect of sports literacy.

"Self Confidence is the result of a success fully survived risk."

- Jack Gibbs

Education plays an important role in developing self confidence. The key tone of education is that one should learn in order to improve his lot. A child whose concept about him is clear, strong, he will be more self-confident. Self-confidence is a type of personality.

Self confidence is a term used to describe how secure a person is in his own decisions and actions. This can be applied generally or to specific situation or tasks. Self confidence is the feeling of trust in one's ability, qualities and judgments. Having a high self-confidence is important in achieving any fitness goal. Self-confidence is the freedom from doubt on behalf of in yourself and your abilities, assurance. The social psychological concept of self confidence relates to self assuredness in one's personal judgments ability power etc.

REVIEW OF RELATED LITERATURE

Pastey S. Geeta and Aminabhavi A Vijyalaxmi (2006): The adolescent with high emotional maturity have significantly high stress and self confidence. Adolescent with more number of sittings have shown significantly higher level of self confidence. Adolescent boys tend to have significantly higher stress then girls and girls tend to have significantly high self-confidence.

Montiel. S (2006): He examined self-confidence from an academic perspective. If students are allowed to develop the tools, what will occur is an increase in competence in setting and meeting goals which she feels will result in an increased level of self confidence and consequently academic success.

Self-confidence is associated with depression, anxiety, motivation and general satisfaction with one's life. Children and adolescents who lack of self confidence may be more dependent on their parents and have lower academic and vocational goals. Hence, it is not surprising that parents and teachers wants to foster self confidence in young people.

Bhushan Siddharth (2006)

Comparision of pre and post yoga Nidra practice periods on the selected test indicated that the practice of yoga Nidra substantially increased the level of self confidence in the practicing male and female teenagers.

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THE VARIABLES

The present study involves four variables. Out of which one is independent variable, one is dependent variable while other two are intermediate variables.

(A) Independent Variable: sports activity e
(B) Dependent Variable: level of Self Confidence
(C) Intermediate Variables: Age & Sex

OBJECTIVES OF THE STUDY

Keeping in view the need of the study the following major objectives were framed for the study:

1. To study the effect of sports activity on the level of Self Confidence of secondary school students.
2. To study the effect of Age on the level of Self Confidence of secondary school students.
3. To study the effect of Sex on the level of Self Confidence of secondary school students.
4. To study the Interactional effect of sports activity and Age on the level of Self Confidence of secondary school students.
5. To study the Interactional effect of sports activity and Sex on the level of Self Confidence of secondary school students.
6. To study the Interactional effect of Age and Sex on the level of Self Confidence of secondary school students.
7. To study the Interactional effect of sports activity, Age and Sex on the level of Self Confidence of secondary school students.

HYPOTHESES OF THE STUDY

Keeping in view the objectives of the study, the following hypotheses have been formulated for this study:

H1 There is no significant effect of sports activity on the level of Self Confidence of secondary school students.

H2 There is no significant effect of Age on the level of Self Confidence of secondary school students.

H3 There is no significant effect of Sex on the level of Self Confidence of secondary school students.

H4 There is no significant Interactional effect of sports activity and Age on the level of Self Confidence of secondary school students.

H5 There is no significant Interactional effect of sports activity and Sex on the level of Self Confidence of secondary school students.

H6 There is no significant Interactional effect of Age and Sex on the level of Self Confidence of secondary school students.

H7 There is no significant Interactional effect of sports activity, Age and Sex on the level of Self Confidence of secondary school students.

RESEARCH DESIGN

Total 40 male and 40 female students of class 8th and class 10th standard have been taken from BSP and private schools of Bhilai city.

Age/ Class	High S.A.		Low S.A.		Total
	Male	Female	Male	Female	
13-14 (8th)	10	10	10	10	40
15-16 (10th)	10	10	10	10	40
Total	20	20	20	20	80

TOOLS OF THE STUDY

1. Rekha Agnihotri's self confidence inventory.
2. Self prepared sports activity scale.

ANALYSIS AND INTERPRETATION OF DATA

To test whether the difference in the level of Self Confidence in low and high sports activity groups is significant or not. ANOVA with 2, sports activities (low & high groups) x 2 , age groups (13-14, 15-16 years) X 2, sexes (Boys & girls) ,factorial design was used and F value was computed and its summary is presented in table

Source	SS	Df	Ms	F	
SS $_{sport}$	1201.25	1	1201.25	62.27	S
SS $_{age}$	31.25	1	31.25	1.62	NS
SS $_{sex}$	151.25	1	151.25	7.84	S
SS $_{sport\ x\ age}$	1.25	1	1.25	0.064	NS
SS $_{sport\ x\ sex}$	1.25	1	1.25	0.064	NS
SS $_{age\ x\ sex}$	1.25	1	1.25	0.064	NS
SS $_{sport\ x\ age\ x\ sex}$	1.25	1	1.25	0.064	NS
SS $_{w}$	1388.75	72	19.29		

Table value of F at 0 .05 level of confidence = 3.96 (on df =1,72)

Table value of F at 0 .01 level of confidence = 6.96 (on df =1,72)

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From the table it can be observed that the F- value for sports activity is significant (F=62.27, df=1, 72; significant) reflects that mean score on the level of Self Confidence of low and high sports activity group differ significantly.

This means that sports activity yielded significant effect on the level of Self Confidence. Thus the hypothesis that is there is no significant effect of sports activity on the level of Self Confidence of secondary school student is not accepted

From the table it can be observed that the F- value for age is not significant (F=1.62, df=1, 72, no significant), reflects that mean score on the level of Self Confidence of 13-14 years and 14-15 Age group do not differ significantly.

This means that Age yielded no significant effect on the level of Self Confidence. Thus the hypothesis is accepted.

From the table it can be observed that the F- value for sex which is significant, (F=7.84, df=1, 72)

This means that sex yielded significant effect on the level of Self Confidence. Thus the hypothesis student is not accepted

From the table it can be observed that the F- value for Interactional effect of sports activity and Age is not significant (F=0.064, df=1, 72)

This means that sports activity yielded no significant Interactional effect of sports activity and Age on the level of Self Confidence of secondary school student Thus the hypothesis student is accepted

From the table it can be observed that the F- value for Interactional effect of sports activity and Sex is not significant (F=0.064, df=1, 72).

This means that sports activity yielded no significant Interactional effect of sports activity and Sex on the level of Self Confidence of secondary school student. Thus the hypothesis is accepted.

From the table it can be observed that the F- value for Interactional effect of Age and Sex is not significant (F=0.064, df=1, 72)

This means that sports activity yielded no significant Interactional effect of Age and Sex on the level of Self Confidence of secondary school student. Thus the hypothesis is accepted.

From the table it can be observed that the F- value for Interactional effect of sports activity, Age and Sex. is not significant (F=0.064, df=1, 72).

This means that sports activity yielded no significant Interactional effect of sports activity, Age and Sex on the level of Self Confidence of secondary school student. Thus the hypothesis is accepted

CONCLUSIONS

Presenting sum and substance of the present investigation, it can be claimed that valuable information has been obtained by studying analytically, the effect of sports activity on the level of Self Confidence of secondary school students in relation to sex and age. The information obtained regarding the effect of sports activity on the level of Self Confidence led the researcher to conclude that there are significant effects of sports activity on the level of Self Confidence secondary school students.

Similarly for the effect of age there is no significant effect of Age on the level of Self Confidence of secondary school students.

Further in this study result concluded that sex has significant effect on the level of Self Confidence of secondary school students.

Again interactional effect of sports activity and Age has no significant effect on the level of Self Confidence of secondary school students.

While Interactional effect of sports activity and Sex has no significant effect on the level of Self Confidence of secondary school students.

Again Age and Sex have no significant effect on the level of Self Confidence of secondary school students.

While Interactional effect of sports activity, Age and Sex has no significant effect on the level of Self Confidence of secondary school students.

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