

RELATIONSHIP AMONG ANXIETY, SELF-CONCEPT AND SELF-CONFIDENCE OF MALE AND FEMALE FOOTBALL PLAYERS

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The purpose of the study was to establish the relationship among anxiety, self-concept and self-confidence of male and female football players. The present study was carried-out on self concept, self confidence, state anxiety and trait anxiety of sixty male and female football players from selected higher secondary schools of Bilaspur Division. Agnihotri's Self-Confidence Inventory Test (1987) consisted of 55 questions, Self-concept inventory developed and prepared by Sariswat (1984) consisted of six dimensions and a test of state- trait anxiety developed and prepared by Spielberger, Gorsuch and Lushana (1970) to measure a person's level of anxiety in specific situation for the purpose of data collection from all the male and female football players were implemented. To assess the selected psychological variables of male and female football players of higher secondary schools of Bilaspur division, means, standard deviations, and Pearson Moment Coefficient Correlation were computed. Results of the present investigation revealed that the positive correlations exhibited by football players among selected psychological variables i.e. self-concept, self confidence, state and trait anxiety. Male football players had greater amount of self concept, state anxiety and trait anxiety compared to female football players of higher secondary schools. But they had lower self-confidence than female counter parts. It is recommended that Indian coaches may modify their coaching program according to these selected psychological variables.

Keywords: self-concept, self-confidence, anxiety, football players

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INTRODUCTION

Human life is a complex of physical, intellectual emotional and social development patterns, sports and physical activities are integral parts of these patterns. People complete in sports because of the opportunity provided to evaluate their competence in interacting with one's environment. Competition provides people of all levels of ability with the opportunity to seek out reinforcements attractive to them and gain certain of self evaluation (Sinha, 1986).

Spielberger and his colleagues drew attention to the distinction between State Anxiety and Trait Anxiety. State Anxiety is considered to be a changing emotional State, which is characterized by feelings of tension and apprehension and increased activity in the autonomous nervous system. On the other hand Trait Anxiety is considered to be a personality trait - a relatively stable tendency of disposition to perceive a wide variety of objectivity non-dangerous situations as threatening. (Spielberger , 1966, Spielberger et. al.1970). Wheeler (1965) found a significant, inverse relationship between anxiety and reported views of self. That is individual with higher anxiety reported less - favorable views of themselves.

Confidence is an important antecedent to performance. It tends to act as a self-fulfilling prophecy. If you believe in your ability to perform well or in the probability that you will, you probably will fail short of your goal; where as if you think you can do well, you are more likely to

come through, but there is nothing magical about the effect of confidence nor its acquisition (Bell, 1983).

Self-confidence in sport competition is the belief that one has the ability to successfully complete

an athletic event like arousal, it is experienced along a continuum. Confidence is essential for choosing a direction in life and tactical decision making in sport and in life. It can be the difference between seizing the sporting opportunity or allowing the moment to pass by (Weinberg & Gould, 2007). Low levels of self-confidence can be caused by lack of practice, poor self-belief or faulty thought patterns. It can result in a self-fulfilling prophecy, where failure expectancy results in failure (Goldstein, 1994).

Self-concept is learned by an individual inference from his unique experiences. The individual perceptions of feeling of others towards him strongly influence his self image. In turn, self-concept may prove the most powerful motivation for specific behaviour. Self-Concept is the totality of attitudes, judgments and values of an individuals relating to this, abilities and qualities, 'self-concept' embraces awareness of these variables and evaluation.

The purpose of the study was to establish the relationship among anxiety, self-concept and self-confidence of male and female football players. It was also hypothesized that There would be significant correlation among football players as a whole in selected psychological variables

METHODOLOGY

Selection of Subjects:

The present study was carried-out on sixty male and female football players from higher secondary schools of Bilaspur Division. Sample consisted of thirty five male and twenty five female football players ,were selected randomly for this study.

Selection of Variables:

The following psychological variables were selected for the purpose of the present investigation:

1. Self concept, 2. Self Confidence, 3. State anxiety, 4. Trait anxiety.

Measures:

Agnihotri's Self-Confidence Inventory Test (1987) consisted of 55 questions, Self-concept inventory developed and prepared by Sarswat (1984) consisted of six dimensions and a test of state- trait anxiety developed and prepared by Spielberger, Gorsuch and Lushana (1970) to measure a person's level of anxiety in specific situation for the purpose of data collection from all the male and female

football players were implemented. The detail of instruments has been described as below:

RESULTS AND DISCUSSION

To assess the selected psychological variables of male and female football players of higher secondary schools of Bilaspur division, means, standard deviations, and Pearson Moment Coefficient Correlation were computed and data pertaining to this, has been presented in Table 1 & 2.

TABLE 1
DESCRIPTIVE STATISTICS OF SELF-CONCEPT, SELF-CONFIDENCE AND STATE-TRAIT ANXIETY OF MALE AND FEMALE FOOTBALL PLAYERS OF HIGHER SECONDARY SCHOOLS

S.NO.	Variables	Sex	Number	Mean	Standard Deviation
1.	Self-Concept	Male	35	169.46	17.89
		Female	25	159.88	17.59
2.	Self Confidence	Male	35	28.49	3.91
		Female	25	28.92	3.01
3.	State Anxiety	Male	35	43.09	2.04
		Female	25	41.00	3.46
4.	Trait Anxiety	Male	35	46.00	2.71
		Female	25	43.44	4.49

The mean scores on self-concept, self confidence, state anxiety and trait anxiety of male and female football players of higher secondary schools have been depicted in figure 1 to 4.

FIGURE -1

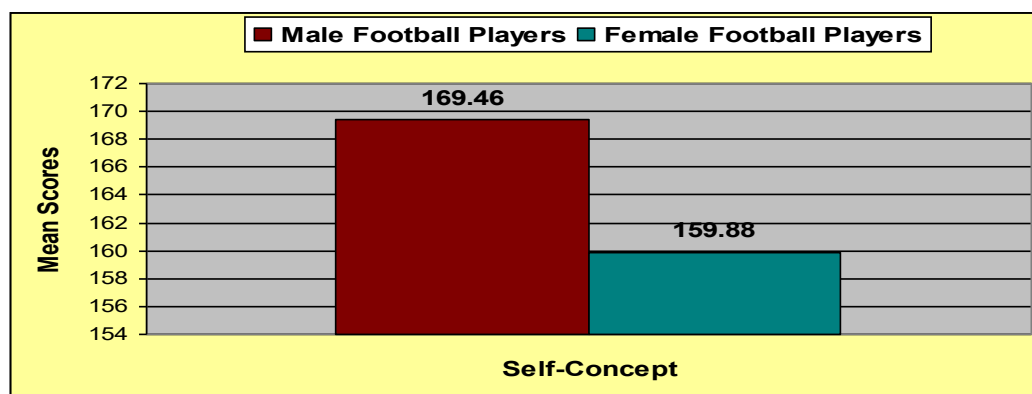


FIGURE -2

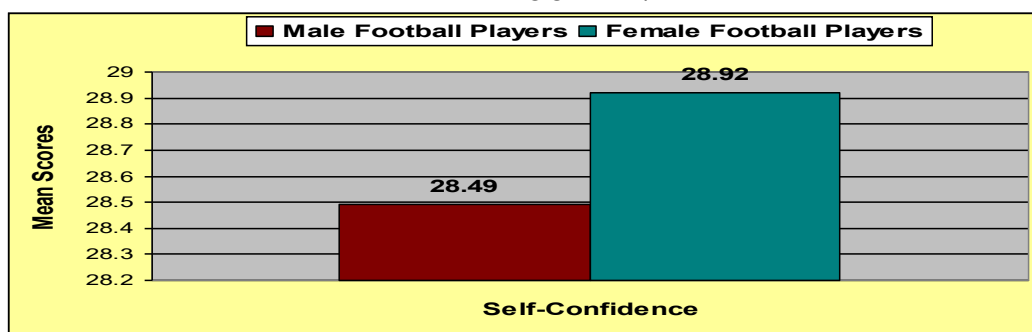


FIGURE -3

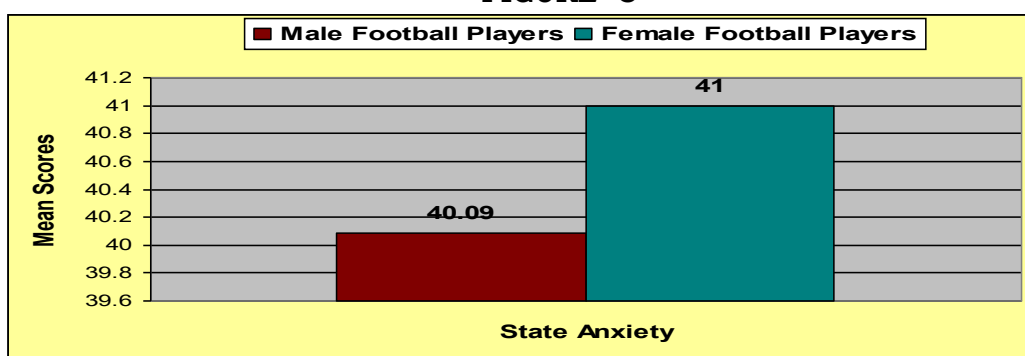


FIGURE -4

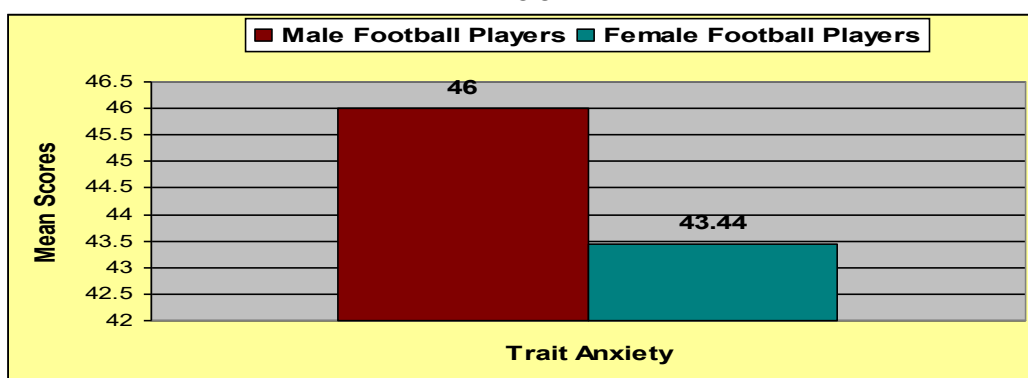


TABLE 2
INTER-COORELATIONS BETWEEN MEAN SCORES OF SELF-CONCEPT, SELF-CONFIDENCE, STATE AND TRAIT ANXIETY OF FOOTBALL PLAYERS OF HIGHER SECONDARY SCHOOLS

	Self-concept	Self-confidence	State Anxiety	Trait Anxiety
Self-Concept	1	.279*	.258*	.259*
Self-confidence		1	.064	.312*
State anxiety			1	.271*
Trait anxiety				1

*significant at .05 level

r.05(58)=.250

It is clear evident from Table 2 that statistically significant correlations were found between self-concept and self-confidence followed by state anxiety and trait anxiety; between self-confidence and trait anxiety and between state anxiety and trait anxiety among football players of higher secondary schools, as the obtained r-values of 2.79, .258, .259, .312 and .217 was higher than required $r_{.05(58)}=.250$. But they did not have significant correlation between self-confidence and state anxiety, as the obtained r-value of .064 is lesser than the required value to be significant.

DISCUSSION

Descriptive analysis of data on selected psychological variables for male and female football players revealed that male football players had greater amount of self concept, state anxiety and trait anxiety compared to female football players of higher secondary schools. But they had lower self-confidence than their counter parts.

To establish the relationship among selected psychological variables for football players as a whole, Pearson Moment Coefficient Correlations resulted significant positive correlations between self-concept and self-confidence (.279) followed by state anxiety (.258) and trait anxiety (.259); between self-confidence) and trait anxiety (.312) and between state anxiety and trait anxiety (.271) among football players of higher secondary schools. But insignificant positive correlation existed among football players between self-confidence and state anxiety (.064).

There would be significant correlation among football players as a whole in selected psychological variables is partially accepted, as the football players as a whole had significant correlations differences between mean scores of self-concept,

state anxiety and trait anxiety. But they had insignificant correlation between self-confidence and state anxiety.

CONCLUSIONS

1. Positive correlations exhibited by football players among selected psychological variables i.e. self-concept, self confidence, state and trait anxiety.
2. Male football players had greater amount of self concept, state anxiety and trait anxiety compared to female football players of higher secondary schools. But they had lower self-confidence than female counter parts

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