

SELF CONFIDENCE PROFILE OF TRIBAL MALE ADOLESCENT ATHLETES OF CHHATTISGARH

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ABSTRACT

The present study was conducted to assess the self confidence in tribal male adolescent athletes of Chhattisgarh. To conduct the study 100 tribal male adolescent athletes (Average age 17.21 years) were selected from Chhattisgarh. The minimum criteria for selection of these tribal male adolescent athletes were participation in district level track and field events. The self confidence inventory prepared by Pandey was used for data collection. The frequency distribution revealed that 67% of the tribal adolescent athletes of Chhattisgarh had a moderate level of self confidence while 12% of the tribal male adolescent athletes of Chhattisgarh were low in self confidence. 21% of the tribal male adolescent athletes of Chhattisgarh had a high level of self confidence. It was concluded that tribal male adolescent athletes of Chhattisgarh lack that extra bit of psychological edge that is necessary to excel at a higher level.

Keywords: Tribal, Adolescent Athletes, Self confidence.

INTRODUCTION:

The sporting talent in India can be observed in a widely distributed tribal belt across the country. Despite lack of facilities, the tribal areas have given several outstanding athletes. The tribal pockets in Jharkhand, Madhya Pradesh, Chhattisgarh, Odisha and the northeastern states have produced many talented athletes who represented their states at the national level and some of them have even represented India at international level.

The endurance to survive at difficult environmental conditions makes the athletes from tribal areas more sturdy and physically fit. Tribals need to walk at difficult terrain for long time suits event like athletics. But despite possessing the physique for athletics, the tribal sportsperson has not over-represented. The reason may be due to the psychological edge missing in them. One such psychological characteristic that is essential for sports performance is self-confidence.

Self-confidence has been considered as a major factor responsible for sports performance. Zellner (1970) opined that self-belief in abilities is self confidence and sportspersons with superior self confidence is optimistic about certain goals with ease. Self confidence is a part of positive psychology

and shows the mindset of an athlete. Self confidence gives an athlete power to believe that he can achieve desired goals by controlling the eventual outcome of a competition. Almost everyone related to sports psychology believes that optimum performance is dependent on self confidence. Dureja and Singh (2011) reported a meaningful association between self confidence and sports performance.

Bull et al., 2005 and Connaughton et al., 2008 researched a lot on self confidence in sport settings and conclude that determination, focus and coping with stress is high in elite athletes which come from confidence over abilities. Jones and Hardy (1990) and Hemery (1986) also reported that elite athletes possess a high level of self confidence that enables them to create a positive environment for better skill execution. It was also observed by these researchers that 90% of the surveyed athletes had high self confidence. Similarly Covassin & Pero, 2004 also linked self confidence with sporting success and achievements.

The importance of self confidence lies in its effect of athletes thoughts and behaviour.

According to Hays et al. (2009), superior self confidence gives athletes optimism towards achievement. Thus, confidence is an important factor that distinguishes successful athletes from unsuccessful ones in terms of both their mental states as well as their performances. Hence keeping the importance of self confidence as a primary factor in sports performance, the researcher assessed self confidence among adolescent tribal male athletes of Chhattisgarh.

OBJECTIVE:

The objective of the present study was to categorize tribal male adolescent athletes into a low, moderate and high level of self confidence.

HYPOTHESIS:

It was hypothesized that tribal male adolescent athletes of Chhattisgarh will exhibit a moderate level of self confidence.

METHODOLOGY:-

The following methodological steps were taken to conduct the present study.

Sample:-

To conduct the study 100 tribal male adolescent athletes (Average age 17.21 years) were selected from Chhattisgarh. The minimum criteria for selection of these tribal male adolescent athletes were participation in district level track and field events. Purposive sampling was used for the selection of the sample.

Tools:

Pandey's Self Confidence Inventory:

To assess self confidence in male tribal adolescent athletes, self confidence inventory prepared by Pandey (1983) was thought suitable. The medium of this inventory is Hindi with 60 questions. Out of these 60 questions, 18 are positively worded while 42 are negatively worded. This inventory is highly valid and reliable.

Procedure:

100 tribal male adolescent athletes were selected from Chhattisgarh. PSCI prepared by Pandey (1983) was administered to each tribal male adolescent athlete. The scoring was done exactly as suggested in the author's manual. The data was tabulated and put to a statistical test. Results depicted in table 1.

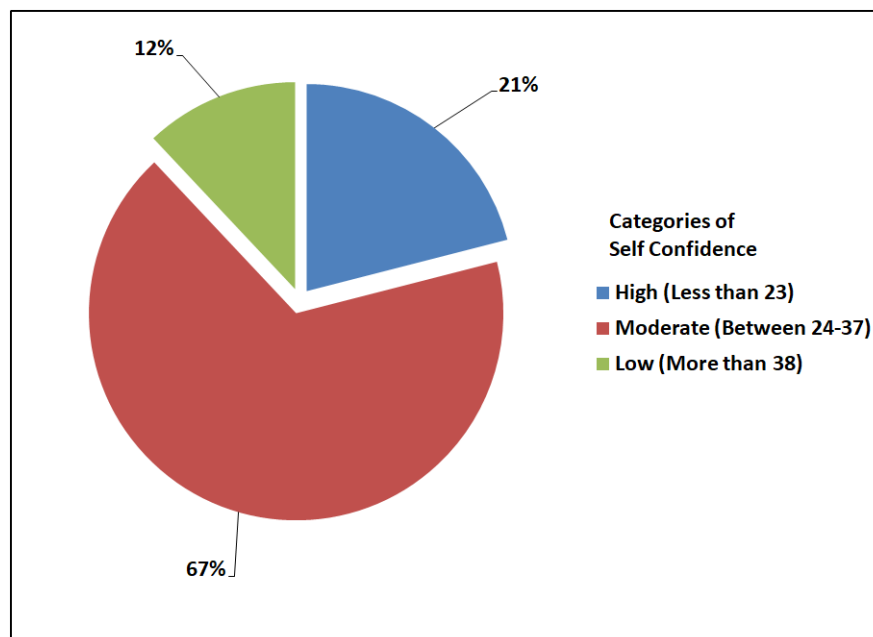
RESULT AND DISCUSSION:**Table 1****Frequency Distribution for Tribal Male Adolescent Athletes on the Basis of Suggested Categories for Self Confidence**

Self Confidence	Frequency	Percentage (%)	χ^2
High (Less than 23)	21	21%	$\chi^2 = 52.22$ ($p < .01$)
Moderate (Between 24-37)	67	67%	
Low (More than 38)	12	12%	
Total	100	100.0	

χ^2 (df=2) = 5.99 at .05 level and 9.21 at .01 level

The frequency distribution according to categories of self confidence indicates that 21% of tribal male adolescent athletes lie in high self confidence category, 67% of male tribal adolescent athletes lie in a moderate level of self confidence category and 12% of tribal male adolescent athletes lie in low self confidence category.

The calculated $\chi^2 = 52.22$ was found to be statistically significant at .01 level and this denotes that the majority of the tribal male adolescent athletes possess a moderate level of self confidence.



The result undermines the psychological potentiality of tribal male adolescent athletes from Chhattisgarh. Due to cultural influence and away from the mainstream the tribal male adolescent athletes unable to adjust to the new surrounding and this results in a moderate level of self confidence in them.

CONCLUSION:

Based on results, it was concluded that tribal male adolescent athletes possesses a moderate degree of self-confidence and needs to be given psychological training to enhance their confidence in abilities.

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