



## Comparative study on self-confidence between judo and wrestler intercollegiate men players

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### Abstract

The Purpose of the present study was to compare the psychological variable namely self-confidence between judo and wrestlers intercollegiate men players of Davangere University. To achieve the purpose of the study sixty subjects (N-60) out of thirty players from judo and thirty players from wrestling discipline who were participating in intercollegiate tournaments were selected. The purposive simple random technique was used for selection of subjects. The age of the subjects chosen for this study were ranging from 18-28 years. The study focused on psychological variable namely self-confidence. The standardized Sports competition self-confidence questionnaire prepared by Gayton and Richmond was used to assess the level of self-confidence among judo and wrestling men players of Davangere University. The collected data was statistically analyzed by using percentage values. Result: The result reveals that there is a significant difference between judo and wrestling intercollegiate men players of Davangere University in the level of self-confidence. Compared to judo players, wrestling players were found better in the level of self-confidence.

**Keywords:** self-confidence, judo, wrestling

### 1. Introduction

Self-confidence has been defined as the belief that you can successfully perform a desired behavior. High levels of self-confidence can enhance positive emotions, concentration, setting more challenging goals, increasing effort and developing effective competitive strategies. Self-confidence is characterized by high expectancy of success. It can help individuals to arouse positive emotions, facilitate concentration, set goals, increase effort, focus their game strategies and maintain momentum (Weinberg and Gould, 1999)<sup>[4]</sup>.

Self confidence is widely believed to be an important aspect of the psychological make-up of the individual athlete (Jones and Hardy, 1990). Research studies indicate that the most consistent factor distinguishing highly successful from less successful athletes is confidence (Jones and Hardy, 1990)<sup>[6]</sup>.

For many athletes, an explanation of the concept of self-confidence is hardly necessary as they know intuitively what it is. Indeed, self-confidence is so palpable in some athletes; one can almost reach out and touch it. Their confidence is reflected in everything they say and do, in what they wear and how they look. A high level of self-confidence is one of the most consistently reported psychological characteristics of elite athletes, and research has shown that self-confidence often distinguishes highly successful athletes from the less successful ones (Gould, Weiss, & Weinberg, 1981; Highlen & Bennett, 1979; Mahoney & Avenir, 1977; Weiss, Wiese, & Klint, 1988)<sup>[1, 3]</sup>. Understanding the psychological processes that emphasize self-confidence in sports has been of significant importance to the theorists in the field of sport

psychology. Research has established a firm connection of self confidence in sports over the years. It also contains three more features of behavior called the stimulating, directing and sustaining the ability (Weinberg & Williams, 1998). Most sport psychology researchers, applied consultants, coaches, and athletes agree that self-confidence is an essential contributor to optimal sport performance. Research has identified self-confidence as a characteristic that clearly distinguishes between successful and unsuccessful athletes. The self-confidence in sport has been examined as critical things deeply impact on sport performance (Dureja and Singh 2011)<sup>[2]</sup>.

In modern competitive sports, the Self confidence in sportsmen has affected their performance. As the physical load during the training of sportsman for international competitions is also intensified, the sportsmen like other athletes are anxiety prone while participating in competitive sports (Sigh, 5 July 1982). Each self is unique as it develops on the basis of unique organism, and the reactions to the various forces in the physical and social environment. There is a constant and continuous activity of adjustment and re-adjustment to the changing conditions. Thus, there is stability as well as change in the self. Right through the growth processes, in all the physical, physiological and psychological aspects, the self is a constant but ever growing organization. Change in self is revealed in the change in the ways one sees one self and the world as one acquires knowledge, skills, attitudes and various roles. Self-confidence plays a central role in the development and adjustment of self; it is through confidence that meanings are acquired and meaningful

interaction between the individual and the environment take place. There is an increasing awareness of one’s self as the child grows up into adolescence and mature adulthood.

Hence the study focuses on to know the level of self-confidence of the judo and wrestling men players of Davangere University.

The main purpose of the study was to compare the psychological variable namely self- confidence between judo and wrestling men players of Davangere University.

**2. Methodology**

**2.1 Selection of Subjects**

For the study the investigator was selected sixty subjects (n-60) out of thirty players from judo and thirty players from wrestling discipline who were participating in intercollegiate tournaments. The purposive simple random technique was used for selection of subjects. The age of the subjects chosen for this study were ranging from 18- 28 Years. The study focused on psychological variable namely self-confidence.

**2.2. Test Administration**

The standardized sports competition self-confidence questionnaire prepared by Gayton and Richmond was used to assess individual differences in competitive self-confidence or the tendency to propose competition situation on threatening and/or to respond to these situations with elevated self-confidence.

**2.3 Scoring**

**Table 1:** The rating scale of self-confidence is as follows:

Si No	Score	Self Confidence Level
1	16-35	Low level self confidence
2	36-65	Medium level self confidence
3	66-90	high level self confidence

**3. Analysis of Data**

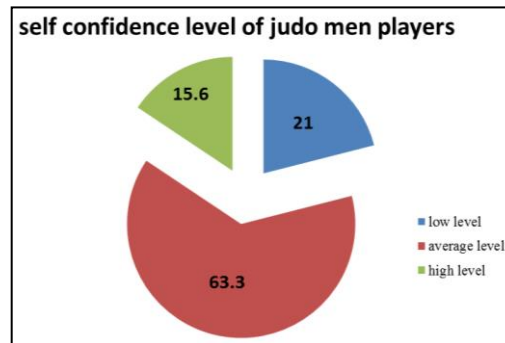
The data thus collected was statistically analyzed by using Percentage values. The results pertinent to self-confidence were compared with the use of percentages and pie-charts.

**Table 2:** showing the Self Confidence Level of judo intercollegiate men Players.

Si no	Self confidence of judo men players	No of players	Percentage
1	Low level	07	21 %
3	Average level	18	63.3 %
3	High level	05	15.6 %

The above shows that seven judo men players in low level of self-confidence. Eighteen players in Average level five players in High level Self confidence.

The levels of self-confidence in respect of judo men players are depicted diagrammatically in following pie charts respectively.



**Fig 1**

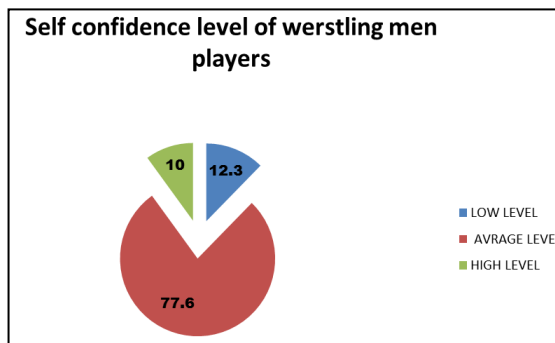
Pie chart graphical representation of level of self-confidence, the judo men players have 15.6 % of high level and also 63.3 % of average level and finally 21 % have low level in self-confidence.

**Table 2:** Showing the Self Confidence Level of wrestling intercollegiate men Players.

Si No	Self Confidence Of Wrestling Men Players	No Of Players	percentage
1	Low level	04	12.3 %
2	Average level	23	77.6 %
3	High level	03	10 %

The above shows that four wrestling men players in low level of self-confidence. Twenty three players in Average level three players in High level Self confidence.

The levels of self-confidence in respect of wrestling men players are depicted diagrammatically in following pie charts respectively.



**Fig 2**

Pie chart graphical representation of level of self-confidence, the wrestling men players have 10 % of high level and also 77.6 % of average level and finally 12.3% have low level in self- confidence.

**4. Result and Dissections**

The results in respect of self-confidence levels of judo and wrestling intercollegiate men players seems to be moderate

specially that of judo players, whereas the wrestling players lack confidence level (21% - low level self-confidence). Over all the wrestling players are better in self-confidence when compared to Judo players. High level self-confidence is seen only in five judo players and three wrestling players respectively.

## 5. Conclusions

Based on the results following conclusions were drawn:

1. There is significant difference between judo and wrestling intercollegiate male players of Davangere University in the level of self-confidence.
2. Compared to judo men players, wrestling men players were found better in the level of self-confidence.
3. In sports competition, self-confidence is an important aspect needs for every player which may vary player to player and event to event but it depends upon a lot of psychic factors.

## 6. Reference

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