
A Study of State Sports Confidence and Selected Behavioral Characteristics of Basketball Players

Ms. Chhaya Chaudhary^a and Dr. Shiv Kumar^b

^aResearch Scholar, Mangalayatan University, Aligarh

^bAssociate Professor, Dept. of Physical Education, Mangalayatan University, Aligarh

Abstract

The study was undertaken to understand the State Sports Confidence and the selected behavioral characteristics of Basketball Players. For the purpose of the study, 100 male basketball players were randomly selected from the participants of North Zone Inter University Basketball Tournament for Men 2017-18, held at Jamia Hamdard University. To ensure a homogeneous group on the basis of performance, the research scholar selected the subjects from teams who had qualified for the pre-quarter finals (top-16 teams) of the tournament. The necessary data was collected by administering State Sports Confidence Inventory (Robin S Vealey), Sports Aggression Inventory (Anand Kumar and Prem Shankar Shukla), Self- Concept Questionnaire (Dr. Raj Kumar Saraswat), and Stress Inventory (Miller and Allen) on the selected subjects. The results revealed that the State Sports confidence is significantly related to the sports aggression ($r= 0.874^*$), self concept (0.973^*) and stress (-0.829^*) among the North Zone Inter University Basketball Players.

Key Words: State Sports Confidence, Sports Aggression, Self Concept, Stress.

1. Introduction

Confidence is having vital role in sports and while giving performance. Self-confidence is commonly defined as the sureness of feeling that you are equal to the task at hand. This sureness is characterised by absolute belief in ability. You may well know someone whose self-belief has this unshakable quality, whose ego resists even the biggest setbacks. In such people, confidence is as resilient as a squash ball: the harder the blow, the quicker they bounce back. Nonetheless, although confidence is a desirable characteristic, arrogance – or a sureness of feeling not well founded in one's ability – is undesirable. If self-confidence is perhaps the 'guardian angel of sports performers' then arrogance is their nemesis. Confidence is related to personality and those

who exude self-confidence across a range of contexts, say at work, socially and in their sport, are said to be high in trait confidence. However, confidence can also be very specific – to a particular situation or with reference to a set of circumstances – in which case it is known as state confidence or self-efficacy. Recent studies have shown that the level of confidence plays significant role in performance as it is related with various mental as well as emotional aspects of athletes.

Performance accomplishments are the strongest contributor to sports confidence. When you perform any skill successfully, you will generate confidence and be willing to attempt something slightly more difficult. Skill learning should be organised into a series of tasks that progress gradually and allow you to master each step before progressing on to the next. Personal success breeds confidence, while repeated personal failure diminishes it. Being involved with the success of others can also significantly bolster your confidence, especially if you believe that the performer you are involved with (eg a team-mate) closely matches your own qualities or abilities. In effect, it evokes the reaction: ‘if they can do it, I can do it’.

Considering the importance of the role of confidence in the social behavior of athletes which leads to successful season among athletes this study was undertaken to understand the State Sports Confidence in relation to the selected behavioural characteristics of North Zone Basketball Players.

2. Procedure and Methodology

Subjects: For the purpose of the study, 100 male basketball players were randomly selected as subjects of the study. The subjects were selected from the participants of North Zone Inter University Basketball Tournament for Men 2017-18, held at Jamia Hamdard University. To ensure a homogeneous group on the basis of performance, the research scholar selected the subjects from teams who had qualified for the pre-quarter finals (top-16 teams) of the tournament.

Measures: The necessary data was collected by administering State Sports Confidence Inventory (SSCI) developed by Robin S. Vealey, Sports, Sports Aggression Inventory (SSI) developed by Anand Kumar and Prem Shankar Shukla, Self- Concept Questionnaire (SCQ) developed by Dr. Raj Kumar Saraswat, and Stress Inventory developed by Miller and Allen on the selected subjects as per the instructions in the respective questionnaire manuals. Pearson’s Product Moment method of correlation was used to understand the State Sports Confidence in relation to the selected behavioral characteristics of Basketball Players. For analyzing data the SPSS software was applied.

3. Results

Table 1: Relationship between State Sports Confidence with Selected Behavioral Characteristics of Basketball Players

| State Sports Confidence in relation with | Coefficient of Correlation |
|--|----------------------------|
| Sports Aggression | 0.874** |
| Self Concept | 0.973** |
| Stress | -0.829** |

N=100

**Correlation is significant at the 0.01 level (2-tailed)

The results obtained from the analysis of the data presented in table 1 reveals that the attribution variable i.e. State Sports Confidence was found significantly related with Sports Aggression and Self Concept as the coefficient of correlation (r) obtained were 0.874 and 0.973 at $p \leq 0.01$ which is greater than the tabulated value 0.195. On the other side, the above table also reveals that the attribution variable i.e. State Sports Confidence was found significantly related with Stress as the coefficient of correlation's (r) obtained was -0.829 at $p \leq 0.01$.

4. Discussions & Conclusion

The result of the study revealed that the correlation between State Sports Confidence with Sports Aggression was found to be significant as well as positive which explains that higher state self-confidence results in higher Sports Aggression or vice-versa. The correlation between State Sports Confidence with Self Concept correlation was also found to be significant as well as positive which explains that higher state self-confidence results in higher Self Concept or vice-versa. While the findings also implies that the correlation between State Sports Confidence with Stress was found to be significant but negative which explains that higher state self-confidence results in lower Stress or vice-versa. Today, it is important for the athletes, physical education teachers as well as coaches to recognize the vital role that science of psychology plays in the field of physical education and sports. Sports confidence whether state or trait is one of the most frequently cited psychological factors considered to influence behavior of an athlete which may deviate their athletic performance. It has been called the most critical cognitive factor in sport.

References

1. Gould, D., M.R. Weiss, and R Weinberg, 1981. Psychological characteristics of successful and nonsuccessful Big-Ten Wrestlers. 1. Sport Psychol. 3: 69-81.
2. Gould, D., D. Guinan, C.A. Greenleaf, Y. Chung, 2002b. A survey of U.S. Olympic coaches: variables perceived to have influenced athlete performances and coach effectiveness. Sport Psychol., 16: 229-250.

3. Gould, D. & V. Krane, 1992. The arousal-athletic performance relationship: Current status and future directions. In T.Horn(Ed.), *Advances in sport psychology* (pp. 119-141). Champaign,IL: Human Kinetics.
4. Highlen, P.S., and B.B. Bennett, 1979. Psychological characteristics of successful and non-successful elite wrestlers: An exploratory study. 1. *SportPsychol.*, 1: 123-137.
5. Kruger, A., 2010. Sport psychological skills that discriminate between successful and less successful female university field hockey players. *African Journal for Physical, Health Education, Recreation and Dance*, 16(2).
6. Mahoney, M.J., & M. Avenier, 1977. Psychology of the elite athlete: An exploratory study. *Cognitive Therapy and Research*, 1: 135-141.
7. Meyers, A.W., C.J. Cooke, J. Cullen, & L. Liles, 1979. Psychological aspects of athletic competitors: A replication across sports. *Cognitive Therapy and Research*, 3: 361-366.
8. Mohammad Saber Sotoodeh, Rohollah Talebi, Rasool Hemayattalab and Elahe Arabameri, 2012. Comparison of selected mental skills between elite and non-elite male and female Taekwondo athletes. *World Journal of Sport Sciences*, 6(1): 32-38.
9. Vealey, R., 1986. Conceptualization of sport-confidence and competitive orientation: Preliminary investigation and instrument development. *J. Sport Psycho I.* 8: 221-246.
10. Vealey, R.S., 2009. Confidence in sport. In B.W. Brewer (Editor). *Sport Psychology, Handbook of Sports Medicine and Science*. Chichester: Wiley-Blackwell.
11. Weinberg, R.S., & D. Gould, 2007. *Foundations of Sport and Exercise Psychology*. Champaign, IL: Human Kinetics.