



Comparative study of self confidence and aggressive tendency between individual and team game players

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Abstract

The main purpose of this study was to investigate the Self-Confidence and aggressive tendency among individual and team game players. For the present study subjects were selected from individual and team game players of Kashmir University for the collection of data. The standard Questionnaire of Aggression and self-confidence was constructed by R. L. Bhardwaj and by M. Basavanna, Professor, Dept. of Psychology, S.V. University, Tirupati scale, was used to know the aggression level and self-confidence of individual and team game players. The data was collected from the 120 subjects i.e. 60 from individual and 60 from team game players of Kashmir University after that the collected data was analyzed by comparing the means of individual and team game players and was again statistically analyzed by applying t-test to check the significant difference among selected variables. The subjects were selected by using purposive sampling method. It is hypothesized that there will be significant difference between self-confidence and aggressive tendency of individual and team game players.

Keywords: self-confidence, aggressive tendency, individual and team game players

Introduction

Self-confidence is an attitude that is characterized by a positive belief that individual can take control of his/her life and of his/her plans. It is a belief in individual's abilities. Confidence is the state of being certain that a chosen course of action is the most effective given the circumstances.

Self-confidence is an essential part of humanity. A person with self-confidence generally likes themselves, is willing to take risks to achieve their personal and professional goals, and thinks positively about the future. Someone who lack self-confidence, however, is less likely to feel that they can achieve their goals, and tends to have a negative perspective about themselves and what they hope to gain in life. The good news is that self-confidence is something you can improve! Building self-confidence requires you to cultivate a positive attitude about yourself and your social interactions, while also learning to deal with any negative emotions that arise and practicing greater self-care. You should learn to set goals and take risks, as well, since meeting challenges can further improve your self-confidence.

Aggression is a part of human behaviour and is necessary for an individual to live and struggle for higher achievements. Struggle for supremacy, dominance, and excellence in sports obviously involves aggression. Aggression in one form or the other is inevitable and inescapable in sports activities. When hostility takes over aggression, the situation becomes alarming and it becomes an anti-social behaviour.

Methodology

The main purpose of this study was to investigate the Self-Confidence and aggressive tendency among individual and team game players. It was hypothesized that there would be significant difference between self-confidence and aggressive

tendency of individual and team game players of Kashmir university.

Source of data

Sports Persons and Non-Sports Persons of Kashmir University is source of data.

Selection of subject

One hundred Twenty subjects were selected for the collection of data which include sixty as sports persons and sixty as non-sports persons from various departments of Kashmir University, Kashmir.

Sampling method

The subjects were selected by simple random sampling method.

Criterion measures

Following are the criterion measures which were responsible for collection of data, to testing the hypothesis.

Self-confidence

This inventory was developed and standardized by M. Basavanna, Professor, Dept. of Psychology, S.V. University, Tirupati. The scale consists of 25 items in which 15 are positive and 10 are negative statements. Positive and negative statements of the self-confidence inventory.

Aggression

The standard Questionnaire of Aggression constructed by R. L. Bhardwaj scale, was used to know the aggression level of individual and team game players of Kashmir University which contains 28 items.

Statistical analysis and interpretation of data

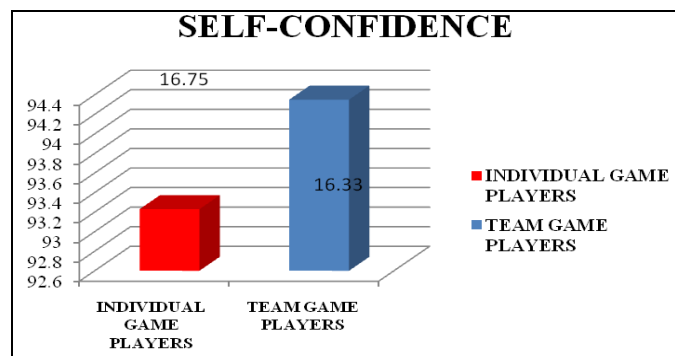
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Findings

The data was collected from the 120 subjects i.e. 60 from individual and 60 from team game players of Kashmir University after that the collected data was analyzed by comparing the means of individual and team game players and was again statistically analyzed by applying t-test to check the significant difference among selected variables. Therefore separate tables and graphs have been presented for each variable. Each table gives the mean of individual and team game players also the researcher found the standard deviation of individual and team game players and also their mean difference is been given in the table. The level of significance for the present study is kept at 0.05 and also the degree of freedom is to be kept in mind for the calculation of tabulated 't' which is then compared with the calculated 't'. This is used for testing of hypothesis which was given by the researcher previously.

Table 1: Comparison of self confidence of individual and team game players of Kashmir University

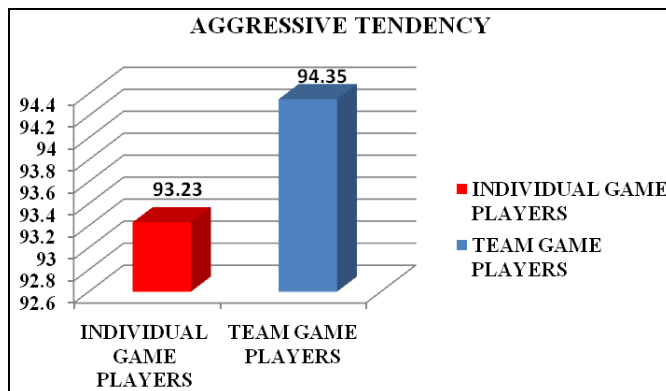
Group	Mean	S.D.	M.D.	S.E.	D.F.	O.T.	T.T.
Individual players	16.75	3.83	0.417	0.725	118	0.575	2.00
Team game players	16.33	4.09					



Graph 1: Showing the Mean Difference of Self Confidence between Individual and Team Game Players of Kashmir University

Table 2: Comparison Of Aggression Between individual and team game players of Kashmir University

Group	Mean	S.D.	M.D.	S.E.	D.F.	O.T.	T.T.
Individual players	93.23	17.2	1.117	3.037	118	0.363	2.00
Team game players	94.35	16.46					



Graph 2: Graphical representation of mean difference of aggression between individual and team game players

Conclusion

The researcher initially pre assumed that there will be a significant difference in the Self-Confidence and aggressive tendency Between individual and team game players of Kashmir University” Because for both cases the calculated ‘t’ is less than tabular ‘t’ at the level of significance 0.05, so the pre assumed has been rejected.

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