

COMPARISON OF SELF MOTIVATION AND SELF CONFIDENCE BETWEEN SPORTSMAN AND NON- SPORTSMAN

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Abstract

The purpose of the study was to compare the self motivation and self confidence between Sportsman and Non-sportsman. To achieve this purpose, 60 sports person's (30 athletes and 30 non athletes) between the age group of 18 to 22 were randomly selected from various colleges of Manonmaniam Sundaranar University, Tirunelveli, Tamilnadu, India. Self motivation and self confidence were selected as dependent variables. Data were collected by using Questionnaire developed by Smith and Dr.M.L.Kamalesh. The collected data was statistically analyzed by using independent 't' test at 0.05 level of confidence. The results shown that, there was a significant difference on self motivation and self confidence between Sportsman and Non-sportsman.

Kew words: Self Motivation, Self Confidence, Athletes, and Non athletes.

INTRODUCTION

Sports performance depend both physiological and psychological factors. A psychological factor seeks to understand mental factors that affect performance in sports, physical activity, and exercise and apply these to enhance individual and team performance. Sports Psychology deals with increasing performance by managing emotions and minimizing the psychological effects of injury and poor performance.

Clinical sport and exercise psychologists are trained specifically in psychology to treat athletes and exercisers with severe emotional disorders. Educational sport psychology specialists receive training in exercise and sport science and related fields and serve as mental coaches, educating athletes and exercisers about psychological skills and their development. They're not trained to assist people with severe emotional disorders (Gustafsson, Carlin, Podlog, & Lindwall, 2016) [1].

Sports and exercise psychologists have begun to research and provide information in the ways that psychological well-being and vigorous physical activity are related. Also, sport psychologists are beginning to consider exercise to be a therapeutic adjunct to healthy mental adjustment (Koivula, Hassmen, & Fallby, 2002) [2].

Self motivation is something that pushes towards the goal without being influenced by another person. Also it is called intrinsic motivation. Richard & Edward, (2000) [8] explained Intrinsic motivation is defined as the doing of an activity for its inherent satisfactions rather than for some separable consequence it is a pervasive and important one, from birth onward.

Self-confidence is self-assurance of an individual in personal judgment, ability, power, etc. (Rather, & Singh, 2016) [4] It is an essential part of humanity. A person with self-confidence likes themselves, is willing to take risks to achieve their personal and professional goals, and thinks positively about the future (Building Self-confidence) [5]. Since these two factor were more importance among sports players for achievements, hence the researcher made an attempt to test these variables.

PURPOSE OF THE STUDY

The purpose of the study was to compare the self motivation and self confidence among Athletes and Non athletes.

METHODOLOGY

To achieve the purpose of this study, 60 players (30 *Sportsman* & 30 *Non-sportsman*) were selected from The MDT Hindu College, Pettai, Tirunelveli, Tamilnadu, India. The selected subjects were aged between 18 to 22 years. Self motivation and self confidence were selected as dependent variables. Data were collected by using Questionnaire developed by Smith and Dr.M.L.Kamalesh. The collected data was statistically analyzed by using independent 't' test at 0.05 level of confidence.

ANALYSIS OF DATA

TABLE - I
SUMMARY OF MEAN AND INDEPENDENT 'T' TEST ON SELF MOTIVATION OF SPORTSMAN AND NON-SPORTSMAN

Group	Number	Mean	Standard Deviation	t-value
Sportsman	30	60.57	8.15	13.58*
Non Sportsman	30	36.13	5.53	

* $t(58) = 2.00$

From the table I, the mean values of Sportsman and Non-sportsman were 60.57 and 36.13 respectively, since the obtained 't' test value is 13.58 which is greater than table value of 2.00 with df 58 at 0.05 level of confidence. It was concluded that there was a significant difference between Sportsman and Non-sportsman on self motivation. The mean values of Sportsman and Non-sportsman on self motivation were graphically represented in figure I

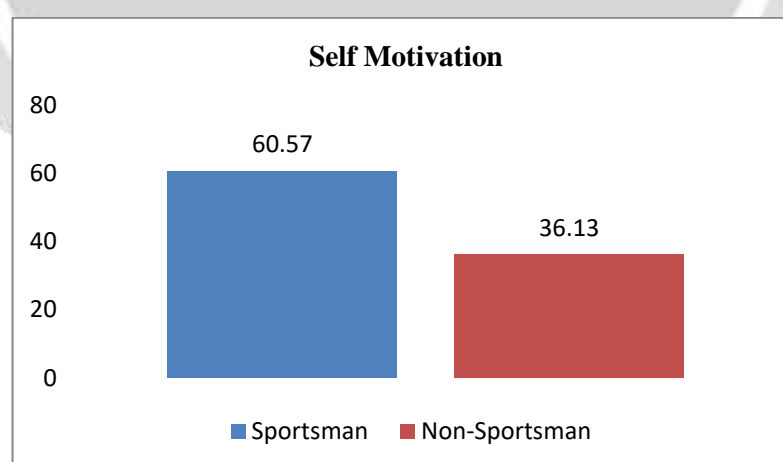


FIGURE I: MEAN VALUES OF SPORTSMAN AND NON-SPORTSMAN ON SELF CONFIDENCE

TABLE - II
SUMMARY OF MEAN AND INDEPENDENT 'T' TEST ON SELF CONFIDENCE OF SPORTMAN AND NON-SPORTSMANPLAYERS

Group	Number	Mean	Standard Deviation	t-value
Sportsman	30	12.87	1.59	7.2*
Non Sportsman	30	9.87	1.66	

$t'(58) = 2.00$.

From the table II, the mean values of Sportsman and Non-sportsman were 12.87 and 9.87 respectively, since the obtained 't' test value is 7.2 which is greater than table value of 2.00 with df 58 at 0.05 level of confidence. It was concluded that there was significant difference between Sportsman and Non-sportsman on self confidence. The mean values of Sportsman and Non-sportsman on self confidence were graphically represented in figure II.

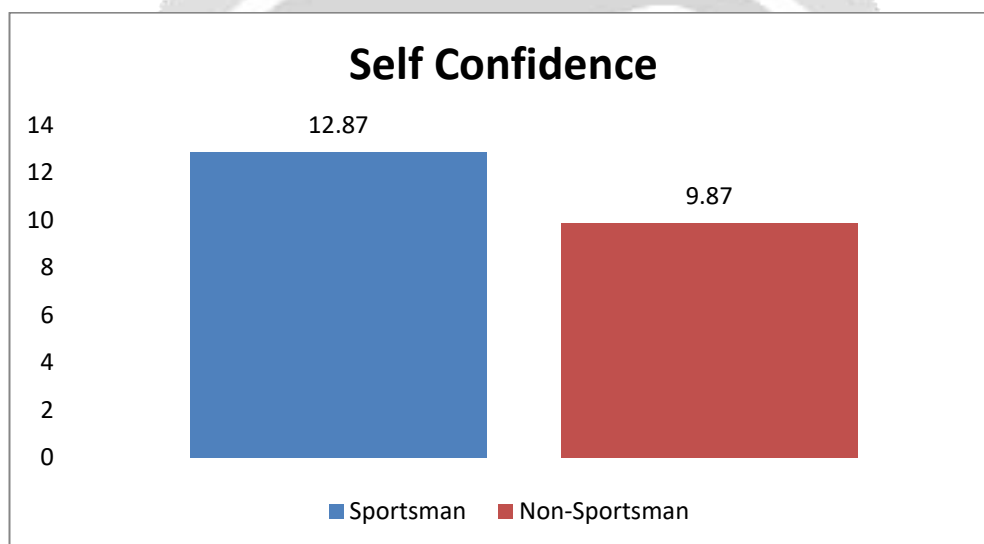


FIGURE II: MEAN VALUES OF SPORTMAN AND NON-SPORTSMAN ON SELF CONFIDENCE

CONCLUSIONS

1. There was a significant difference on self motivation between sportsman and Non-sportsman
2. There was a significant difference on self confidence between sportsman and Non-sportsman

DISCUSSION

The result of the study provide the related result of Anthony, Thelma (2000) [6] found that athletes with higher intrinsic motivation perceived their coaches to exhibit a leadership style that emphasized training and instruction and was high in democratic behavior and low in autocratic behavior. In addition, athletes with higher levels of intrinsic motivation perceived that their coaches provided high frequencies of positive and informational based feedback and low frequencies of punishment-oriented and ignoring behaviors.

The result of self confidence also similar with Feltz, (2007) [7] emphasis that self-confidence is one of the most cited factors thought to affect athletic performance. It is said to play a critical role in athletes' success.

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