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A COMPARATIVE STUDY ON SELF CONFIDENCE BETWEEN FEMALE FOOTBALL AND HOCKEY PLAYERS OF BANGALORE REGION

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ABSTRACT:
This study aimed to Comparing the self-confidence levels of female district-level hockey and football players in the Bengaluru region. A squad of 80 female athletes, 40 of whom played football and 40 of whom played hockey, were chosen. The participants had to be between the ages of 16 and 20. The Self-Confidence Inventory, created by Basavanna M. (1975), was used to gauge self-confidence. It was a 100-item survey with Yes/No answers and a maximum score of 100. To evaluate group differences, data were gathered and analysed using descriptive statistics (mean, standard deviation) and an independent samples t-test. Football players had considerably greater levels of self-confidence (Mean = 41.70, SD = 11.40) than hockey players (Mean = 28.40, SD = 3.84), according to the data. According to the independent samples t-test, there was a statistically significant difference between the two groups ($t = 6.054$, $p < 0.001$), and the self-confidence levels of football players also varied more. The findings show that Bengaluru's female football players had more diverse and higher levels of self-confidence than their hockey counterparts. These findings imply that football programs should keep encouraging and supporting high levels of confidence while also highlighting the necessity for focused psychological therapies to boost self-confidence among hockey players. It is advised that more research be done to examine the fundamental causes of these variations. It is recommended that additional research should be performed to examine the fundamental causes of these variations.
Key words: self-confidence, football, hockey, self-confidence inventory, district level, and descriptive statistics

INTRODUCTION:

It is widely recognized that self-confidence, a vital psychological trait, plays a key role in shaping resilience and performance in sports. It affects how athletes perceive themselves, manage pressure, and maintain motivation throughout training and competition. Understanding the nuances of self-confidence among female hockey and football players can provide valuable insight into their mental well-being, consistency in performance, and overall preparedness.

Female athletes' self-confidence is complicated and affected by various types of factors, both internal and external. It frequently comes from within the person, influenced by psychological conditioning, peer groups, and personal experiences rather than being a result of skill level or prior achievement. For instance, regardless of talent level, confidence problems are common among female hockey players, with many athletes finding it difficult to keep a good self-image despite their prowess on the rink. This implies that confidence is a deeply ingrained quality that needs to be fostered via self-belief and mental toughness rather being handed down from peers or coaches. In a similar vein, female football players also go through periods of fluctuating self-confidence, which can be influenced by issues like training regimens, competition anxiousness, and injuries.

Although both football and hockey are team-oriented and physically taxing, they also pose particular difficulties that may have varying effects on female players' self-confidence. Because hockey requires quick decision-making and prolonged physical endurance due to its fast pace and continuous play, it can increase both somatic and cognitive anxiety levels. Research on female hockey players shows that they frequently have high levels of somatic anxiety—physical signs of stress—and cognitive anxiety—worry and negative thoughts—but they still manage to keep a rather high degree of self-confidence in spite of these stresses. Contrarily, football players also experience moderate to high levels of anxiety, especially cognitive anxiety associated with their performance duties.

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However, their self-confidence often acts as a vital buffer, assisting them in stress management and preserving their competitive focus.

Additionally, the rehabilitation and training methods used in various sports can have varying effects on self-confidence. More so than skill-based training alone, certain training techniques, such rondo exercises, have been demonstrated to dramatically boost female football players' self-confidence. However, considering the high levels of anxiety recorded in hockey, psychological support and mental skills training may be more closely linked to the development of confidence in hockey players.

It's also important to note that female athletes typically have greater levels of self-esteem and confidence than non-athletes, which highlights the beneficial psychological effects of sports engagement on women. Compared to those who play individual sports, female athletes in team sports typically exhibit higher levels of self-confidence, underscoring the importance of social support and team dynamics in building confidence.

MATERIALS AND METHODS:

For this study, a sample of 40 female district-level football and hockey players was selected based on their teams. The participants, aged between 16 and 20, were categorized according to their age and performance levels. Self-confidence was assessed using the SELF-CONFIDENCE INVENTORY, a 100-item questionnaire developed by Basavanna M. (1975). The inventory consists of Yes/No questions for each factor, with a maximum possible score of 100 to determine individual self-confidence levels. This self-report questionnaire takes approximately 10 to 15 minutes to complete.

STATISTICAL PROCEDURE:

The Independent (or "T") Samples Test was computed to see whether there was a significant difference between the two groups. Each individual was given the SELF-CONFIDENCE INVENTORY questionnaire once the sample was chosen and completed. Following this, the scoring was finished using the methodology that the scale's designer recommended. Following that, the data was tabulated by group. The SELF-CONFIDENCE of the two groups was compared using an independent sample (or "t") test.

RESULTS

Table 1

Mean and Standard Deviation of Self Confidence of Football and Hockey female district Players of Bengaluru Region.

Variables	Group	Mean	Std. Deviation	Std. Error Mean
Self Confidence	Football	41.70	11.40	2.08
	Hockey	28.40	3.84	.70

n=80

table 1 shows the mean and standard deviation of the female district hockey and football players' self-confidence in the Bengaluru region.

Table 2

Independent ('T') Samples Test for of Self Confidence of Football and Hockey female district Players of Bengaluru Region.

	Levene's Test for Equality of Variances	t-test for Equality of Means

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		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Self Confidence	Equal variances assumed	25.49	.00	6.54	58	.00	13.30	2.19
	Equal variances not assumed			6.05	35.51	.00	13.30	2.19

*Significant at 0.05 level of confidence

Table two shows that there was a significant difference found in Self Confidence of Football and Hockey female district Players of Bengaluru Region.

DISCUSSION :

Comparing the self-confidence levels of female district hockey and football players in the Bengaluru area was the aim of the current study. There is a noticeable difference between the two groups, according to the descriptive data (Table 1): Compared to hockey players (28.40), football players reported a higher mean self-confidence score (41.70). Moreover, football players had a significantly higher standard deviation (11.40) than hockey players (3.84), indicating that in addition to having higher average self-confidence, football players also show more fluctuation in their confidence levels.

These observations are further supported by the independent samples t-test results (Table 2). The groups had uneven variances, as indicated by the significant results of the Levene's Test for Equality of Variances ($F = 25.494$, $p < 0.001$). The self-confidence of football and hockey players differs statistically significantly, with a mean difference of 13.30, according to the t-test for equality of means ($t = 6.054$, $df = 35.518$, $p < 0.001$). The 0.05 level of confidence indicates that this difference is significant.

FINDINGS:

1. Football Players Have Higher Self-Confidence: Bengaluru's district female football players have considerably higher levels of self-confidence ($M = 41.70$) than their hockey counterparts ($M = 28.40$).
2. More Variability Among Football Players: The self-confidence score standard deviation for football players is higher ($SD = 11.40$) than for hockey players ($SD = 3.84$), suggesting that the football group had a wider range of confidence levels.
3. Statistically Significant Difference: The independent samples t-test verifies that there is a statistically significant difference in the two groups' levels of self-confidence ($t = 6.054$, $p < 0.001$).

CONCLUSION:

According to the study's findings, female district football and hockey players in the Bengaluru region had significantly different degrees of self-confidence; football players exhibit higher and more diverse levels of self-confidence. These findings emphasize the significance of psychological interventions tailored to a particular sport. Football programs should concentrate on developing and maintaining high levels of confidence among players, whereas hockey programs may benefit from focused initiatives to increase self-confidence. Future studies could examine the fundamental causes of these variations, including resource availability, team culture, and coaching philosophies.

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