

## **A Comparative Study of Self Confidence between Rural and Urban Female Players of Boxing and Kho-Kho**

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### **Abstract**

The present study was conducted with aiming to explore the variations in the level of Self Confidence between Rural and Urban Female Players of Boxing and Kho-Kho. The purpose of this study was to compare the Self Confidence Level of Rural and Urban Female Players of Boxing and Kho-Kho belonged Bulandshahr District Uttar Pradesh. In this study, Total 60 subjects comprising of 30 Rural(15 Boxing + 15 Kho-Kho) Female Players and 30 Urban (15 Boxing + 15 Kho-Kho) Female Players, Which were studying in different colleges of Bulandshahr District Uttar Pradesh has been selected as subjects. All the subjects had participated at state level tournaments session 2021-22 in respective games. In this study Dr Rekha Agnihotry's Self-Confidence Inventory(ASCI) was used as a tool for data collection. The results after carefully examining the data revealed that there was no significant difference found between the players of Boxing and Kho-Kho regarding their Self Confidence level. Although Urban Female were found to be more confident than their Rural fellow beings according to mean but to conclude both batches had optimum level of Self Confidence. Therefore, null hypothesis was accepted. It was concluded that Self Confidence plays very important role in each sport person's life irrespective of their standards of living or region.

**KEYWORDS:** Self-Confidence Inventory(ASCI), Self -Confidence, Rural, Urban,

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#### **Introduction**

Self-confidence is an important predictor of success. Self-confident people may have realistic expectations. They will be positive and to accept themselves. People who are not self-confident tend to avoid taking risks because they fear failure. Self-confident people are willing to take risk and generally trust their own abilities. Self-confidence is the main psychological variable for key to success in sports and games.

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 unshakeable 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(Smith,2001) .

Confidence has been explored from these and different appraisals to help recognize how certainty assumes a job in the accomplishment in sport. Understanding where confidence assumes a job in sport begins with the acknowledgment of how confidence is created in sport. A research shows that there are wellsprings of confidence that help set up and reinforce the confidence level of an individual (Bandura, 1977)

Social self confidence, sometimes termed social self efficacy, is a strong belief in one's ability to interact in social settings to build and/or maintain interpersonal ties. People with low social self confidence tend to be more susceptible to the influence of others. This suggests low levels of confidence place a person into a subordinate position to others, and hence follow the behaviour of others in an attempt to be socially accepted. The reverse has received little attention. How higher levels of social self confidence may lead a person to emerge as natural leader with an ability to influence the decisions of others remains unexplored(Coffeea, Reesb, Haslamc,2009).

Heydari (2018) argued that the self-confidence plays an important role in the success of athletes. and suggested to include mental training and practicing programs along with physical and skills practices on the agenda of sport coaches to create the degree of self-confidence necessary for peak performance.

Rajesh kumar (2015) concluded that Boxers are having more self-confidence than Wrestlers and recommended that Psychological Training must be included in the Coaching Program in sports for development of Self Confidence among sports persons. Self-confidence is the main psychological variable for key to success in sports and games.

It was hypothesized that there would be no significant difference in the degree of self confidence amongst the Rural and Urban female Players of Boxing and Kho-Kho.

### Methodology

The purpose of the present study was to compare self-confidence level of Rural and Urban Female Players of Boxing and Kho-Kho. For the present study 60 [(Rural -15 Boxing + 15 Kho-Kho) + (Urban-15 Boxing + 15 Kho-Kho)] state level Female Players were randomly selected as subjects. Dr.Rekha Agnihotry's Self Confidence Inventory(ASCI) was used to measure Self-Confidence among players from Urban and Rural Area. The Questionnaire was distributed to the players one hour before the game. Before administering the test, the procedure and benefits of the study was briefly explained to players and coaches also. For the purpose of analysis of data, descriptive statistics (mean and standard deviation) and independent t-test was applied to compare the level of confidence between Rural and Urban Female Players of Boxing and Kho-Kho. The level of significance was set at 0.05 levels.

### Results and Discussion

The scores were obtained by using the key as Prepared by Dr.Rekha Agnihotry's Self-Confidence Inventory(ASCI). All the individual Self Confidence score was used to judge the level of Self-Confidence. The data was analyzed by using "t" test. The

significance of mean difference was found between scores obtained on Self-Confidence by Rural and Urban Female Players of respective games have been presented in Table -1 and Table -2

**Table 1: Comparison of Mean and Standard Deviation of Rural and Urban Female Players of Boxing on Self-Confidence Score**

Variables	N	Mean	S.D	Std. Mean Error	t-ratio
Rural	15	18.21	2.14	.44	0.643
Urban	15	21.09	2.27	.57	

\*Significant at .05 level of significance

**Table 2: Comparison of Mean and Standard Deviation of Rural and Urban Female Players of kho-kho on Self-Confidence Score**

Variables	N	Mean	S.D	Std. Mean Error	t-ratio
Rural	15	14.67	2.41	.53	0.794
Urban	15	15.23	2.59	.61	

\*Significant at .05 level of significance

## Discussion

The mean value of Urban Female Boxing and Kho-Kho Players on Self Confidence was found to be higher than the Rural Female Boxing and Kho-Kho Players, which revealed that Urban Players were more prone to Self Confidence compared to the Rural Players. According to the ASCI scoring scale both were having optimum level of self confidence. The reason behind this state of condition may be nature as well as the demand of these sports activities. In cities, players participate in more tournaments as compared to the Rural Players. Expectation of the family members and society are higher in cities and they are more concern about their future prospects in sports career. Whereas the driving force behind the rural players, playing any particular sport is either enjoyment or sometimes pressure of their coaches. These may be some possible reasons why the urban female players were more self confidence prone than the rural female players.

## Conclusions

The findings revealed that there was statistically no significant difference found. It may therefore be concluded that the Urban Female Boxing and Kho-Kho Players were more prone to Self Confidence as compared to the Rural Female Boxing and Kho-Kho Players. This may be attributed to the fact that the Rural and Urban Female Players of Bulandshahr District Uttar Pradesh facing same kind of situation in the competition.

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