



## A Study of Indian Inter Collegiate Women Volley Ball Players with effect of Self-confidence and Will to Win

Author

**Dr. Sharda Shakya**

Principal, SBK Arts College  
Sakoli, Dist. Bhandara.(M. S.) INDIA

Email: [dr.shardashakya@gmail.com](mailto:dr.shardashakya@gmail.com)

### Abstract

*The purpose of this study was to assess 'will to win' & self confidence of the players who participated in the Inter Collegiate Women Volley Ball tournament. The study was carried out on 84 players, out of which 48 players of four teams participated but failed to achieve any position in the tournament and 36 players of three teams attained the first three position's in the tournament. To collect the required information the will to win questionnaire of Kumar & Shukla (1988) and Agnihotri's self confidence Inventuring (ASC) of Agnihotri (1987) was administered to measured will to win & self confidence of women volley ball players respectively. The 't' test was applied to draw the results. The results of study revealed that "Will to Win" in the players of teams which attained the position in the tournament showed higher score than the players participated in tournament but failed to achieve any position. On 'self confidence' the players of the teams which attained the positions in the tournament showed higher level of self-confidence and vice-versa than other players.*

*Keywords: Type your keywords here, seprated by semicolons;*

### INTRODUCTION

Modern sports training gives greater emphasis on preparing the athletes psychologically than physically, though both play significant role, Physical Educators and coaches believe that without psychological preparation, there is little chance of success at the higher level of competitions. Several investigations revealed that apart from somatic and psychological variable, higher level of performance depends out upon an athlete's psychological make-up. A player

is psychologically fit for the game, if he possesses the required perception, emotional stability, motivation, intelligence and educability to accomplish the task. By creating tension, elevated heart rate, blood pressure and anxiety can become barrier to performance.

In recent years researchers have become increasingly interested to know whether the personality characteristics are related to the athletic performance. An analysis of

determinants of athletic performance and discussions with participants in a number of sports from recreational to national competitions, suggests that 'desire to win'/will to win & self confidence are important factors in athletic performance. Daino (1985) found that Tennis players were significantly higher than non-sports group in 'Will to Win'. Will to win is defined as the extent to which a person desires to reach some standard of excellence of defeat of opponent. People with high will to win feel that winning is extremely important and that is the main reason for competing. The athletes high in will to win compete mainly to be first and many have something of 'win at all cost' attitude. Low will to win indicates that the competitor cares less about winning.

Basavanna (1975) termed in general self confidence refers to an individual's perceived ability to act obstacles and to get things go all right. "A self confidence person perceives himself to be socially competent, emotionally matured, intellectually adequate, successful, satisfied, decisive, optimistic, independent, self-reliant, self-assured, forward moving fairly assertive and having leadership qualities." No player without will to win & self confidence can achieve the required goal. The psychological preparation of athlete is an important aspect of the total preparation of the athlete for better performance. This aspect of sports training to a greater or lesser extent has been discussed by the experts namely, Harre (1986), Martin (1979) and Mathwejew (1981). In a fast changing world, things do not have much stability, trends suddenly disappear and so on. Innovative experiments lead to confirmed practices and certain practices. Once accepted it's values, get dropped. With this background it is necessary for us to understand these trends and development for the coming years. (Srivastan 1983)

## METHODOLOGY

The subjects of this study were the women Volley Ball players who participated in the Inter Collegiate Women Volley Ball Tournament held at R.T.M. Nagpur University of Nagpur. The study was carried out on 84 players, 48 players were from the participating four teams which failed to secure positions in the tournament and 36 players were from three teams those secured Ist three positions in the tournament. Samples were the female players of undergraduate and post-graduate classes between the age group of 17 to 25 years.

To collect the required informations for the present study, will to win questionnaire of Kumar and Shukla (1988) and Agnihotri's self confidence inventory (ASC) of Agnihotri (1987) were administered to subjects to measure the 'Will to win' and 'self confidence' of women players. The scoring was done according to the method mentioned in the manual for Indian adaptation of will to win questionnaire and manual for Agnihotri's self confidence Inventory (ASC). In will to win questionnaire one score was given to correct response and zero to wrong response, so that maximum score may be 14 on this questionnaire and minimum being 0 (zero) and ASCI score of one was awarded for a response indicative of lack of self confidence i.e. for making cross (x) to wrong (incorrect) and for making cross (x) to (correct) correct response, of the item. Hence, the lower the score, the higher would be the level of self confidence and vice-versa.

The 't' was applied to determine the difference of mean in the score of each test between the both groups.

## RESULTS AND DISCUSSION

The results obtained by applying 't' test have been presented in tables :

**Table 1.A comparative view of will & win showing mean, S.D., difference of means & 't' values for players participated in the tournament & players secured Ist three positions**

Players participated in the tournament but failed to attain position		Players secured Ist three positions			
Mean	S.D.	Mean	S.D.	M.D.	't'
7.64	1.81	8.48	1.84	0.84	2.41

.05 level of significance.

It has been observed from the Table 1 that those players whose teams secured position at the Inter Collegiate Women Volley Ball Tournament, "Will to win" mean was 8.48 and S.D. was 1.84. On the other side, those players whose teams participated in the tournament but failed to achieve any position in the tournament, their mean was 7.64 and S.D. was 1.81. The mean difference of both the groups of players was 0.84. The 't' value obtained for the above was 2.41 which was significant at 0.05 level of significance in favour of teams which secured positions in the tournament.

**Table 2. A comparative view of self confidence showing mean, S.D., difference of mean & 't' value of players participated & players secured positions in the tournament**

Players participated in the tournament but failed to attain position		Players secured Ist three positions			
Mean	S.D.	Mean	S.D.	M.D.	't'
29.92	8.17	22.87	5.95	7.05	5.29

.05 level of significance.

Note: Lower the score, the higher would be the level of self confidence and vice-versa.

After going through the Table-II, It was observed that, on self confidence those players whose teams participated in the Inter collegiate Women Volley Ball tournament but failed to achieve the position in the tournament, mean score was 29.92 and S.D. was 8.17. On the other side those players whose teams secured positions in the tournament, mean score was 22.87 and S.D. was 5.95. The mean difference of both groups of players was 7.05. The 't' value obtained for the above was 5.29, which was significant in favour of teams which secured positions in the tournament.

## DISCUSSION

It was evident from the results that players of those teams which secured first three positions at the Inter Collegiate Women Volley Ball tournament were better on will to win & self confidence in comparison to

team players who failed to attain any position in the tournament. One thing is evident from this finding that those who were champion they had strong will to win & high level of self confidence. It shows that modern games are not mere

participation & practice but are more competitive and this brings out an individual victorious. Therefore, competitions are affected by the psychological preparation and various psychological factors i.e. “will to win”, “self-confidence”, perception, concept & adjustment. Psychologist, coaches and trainers are also realizing that psychological preparation plays an important role to be the champion, because athletes of all the countries are trying hard to bring the laurels/medals for their countries at international levels. White (1959) revealed that “will to win” is also related to competitive and some aspects of aggression. Pazer & Brown (1980) also reported in study that “will to win” is significantly related to performance and analysis indicated that high, moderate and low will to win groups differed significantly from each other, the higher the will to win the better the performance, moderate and highly skilled curlers who were also high in will to win performed better than any other group. Similarly poorest performance was shown by low will to win subjects regardless of skill level. Daino (1985) also found that Tennis players were significantly higher than non-sports group, Kumar and Shukla administered test of will to win questionnaire on high achievers i.e. National & International male hockey player and low achieving male hockey players. Agnihotri (1986) revealed that there is a significant positive relationship between the sense of alienation and the lack of self-confidence. If the sense of alienation is high, the level of self-confidence is low. Mills (1996) investigated the relationship of state sports confidence with preference to swimming and found that gender was indicator of swimmer’s performance and state sports confidence on the pike and flat start. In contrast to previous researches, it was found that both variables play significant role to be a supported by many researchers,

and the present study leads us to conclude that “will to win” & “self confidence” have a definite role to play.

### **FINDINGS**

On the basis of above discussion, it is concluded that in the present study on the measure of ‘will to win’, team players securing first three positions in the tournament show higher scores than the team players who participated in the tournament but failed to achieve the position.

On the other variable it was found that team players those secured first three positions in the tournament showed higher self confidence than the team players who participated in the tournament but failed to achieve the position

### **REFERENCES**

1. Agnihotri, Rekha, (1987) : Manual for Agnihotri’s Self Confidence Inventory (ASCI) National Psychological Corporation, U/230 Kacheri Ghat, Agra, India.
2. Agnihotri’s, Rekha; (1986) : Alienation in relation of self-confidence scholastic attainment and level of aspiration, advances in psychology.
3. Basevannam, M., (1975) : Manual for the self confidence Inventory, Varanasi, Rupa Psychological Centre.
4. Daino, A., (1985) : Personality Traits of adolescent tennis players, Int. J. Sp. Psych. 16(2) 150-155.
5. Harre, D., (1986) : Trainingslehre. Sportverlag, Berlin.
6. Kumar, D. R., and Shukla, P. S., (1988) : Manual for Indian Adaption of ‘Will to win’ Questionnaire, Kumar Publications Co., 4/148, Kalimahal, Varanasi, India.

7. Matwegew, L. P., (1981) : Grundlagen des sportlichen Training, Sportverlag, Berlin.
8. Mills, Brett's (1996) : A multidisciplinary investigation of the relationship of state sports confidence with performance and velocity swimming start, perceptual and motor skill v. 83 Aug. 1996, p. 207-10.
9. Pezer, V., and Brown, M., (1980) : Will to win and athletic Performance. Int. J. Sp. Psych. 11(2) 121-131.
10. Srivastan, S., (1983) : Physical Education for future generation. A paper presented at the All India Seminar sponsored by the U.G.C. held at Kalyani University, 21,22 Dec. 1983, p. 13.
11. White, R. W., (1959) : Motivation reconsidered : The concept of competence Psychology Rev. 297-33.