

Will To Win And Self Confidence - Universities Of Haryana State Women Hockey Players A Study

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ABSTRACT: The purpose of this study was to assess will to win & self confidence of the players who participated in the All India Inter-university women hockey tournament. The study was carried out on 64 players, out of which 64 players of four teams participated but 48 players of three teams attained the first three positions in the tournament. To collect the required information a well structured questionnaire of Kumar & Shukla (1988) and Agnihotri's Self Confidence Inventory (SCI) of Agnihotri (1987) was administered to measure will to win & self confidence of women Hockey players respectively. Researcher used 't' test in his study to find out the objectives of the present study. The finding of study revealed that "Will to win" in the players of teams which attained the position in the tournament showed a 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 self-confidence and vice-versa than other players.

Key words: will to win, self confidence, hockey players and etc.

INTRODUCTION: In recent years researchers have become increasingly interested to know whether the personality characteristic is related to the athletic performance. 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. Dainoff (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 or 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 '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.

Review of literature

Basavanna (1975) termed tin general self confidence refers to an individual's perceived ability to act effectively in a situation to overcome obstacles and to get things go all right. "A self confident 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."

Modern sports training gives greater emphasis on preparing the athletes psychologically the 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. Seven 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 possesses the required perception, emotional stability, motivation, intelligence and educability barrier to performance. 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 E better performance. This aspect of sports training to a greater or: lesser extent has been discussed by, the experts namely. Martin (1979) and Matwejew (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 its, values, get dropped. With this background it is necessary for us to understand these trends and development for the coming years.

(Srivatsan 1983).

METHODOLOGY

The subjects of this study were the women hockey players who participated in the All India Inter University "Tournament held at MD University RTK. study was carried out on 64 players, 64 players were from the participating four teams which failed to secure positions in the tournament and 48 players were from three teams those secured 1st three positions in the tournament. Samples were the female players of under-graduate and post-graduate classes between the age group of 17 to 25 years.

To collect the required information a well structured questionnaire of Kumar &, Shukla (1988) and Agnihotri's Self Confidence Inventory (ASC) of Agnihotri (1987) was administered to measure will to win & self confidence of women Hockey players respectively. Researcher used't' test in his study to find out the objectives of the present study.

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 1st three Positions

Players Participated in the Tournament but Failed to Attain Position		Players Secured 1 st Three Positions			
Mean	S.D.	Mean	S.D.	M.D.	't'
5.38	2.61	7.26	1.23	0.84	3.45

Source: primary sources 5% level of significance

Table no 1 show that those secured position at the AII University Women Hockey win" mean was 7.26 and S.D. was 1.23. On the other side, teams participated in the tournament but failed to achieve players whose teams Tournament, "will to those players who's any position in the Players Participated in the Tournament but Failed to Attain Position Players Secured 1st Three Positions tournament, their mean was 5.38 and S.D. was 2.60. The mean difference of both the groups of players was 0.84. The mean difference of both groups of players was 0.84. the 't' value obtained for the above was 3.45 which were 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 Means, S.D., Difference of Mean & 't' Value of Players Participated & Players Secured Positions in the

Players Participated in the Tournament but Failed to Attain Position		Players Secured 1 st Three Positions			
Mean	S.D.	Mean	S.D.	M.D.	't'
32.58	9.13	28.26	6.29	8.15	4.19

Source: primary sources 5% level of significance

Table no 2 show that self confidence those players whose teams participated in the All India Inter-University Women Hockey Tournament but failed to achieve the position in the tournament, mean score was 32.58 and S.D. was 9.13. On the other side those players whose teams secured positions in the tournament, mean score was 28.26 and S.D. was 6.29. The mean

difference of both groups of players was 8.15. The 't' value obtained for the above was 4.19, which was significant in favour of teams which secured positions in the tournament.

DISCUSSION

It is evident from the results that players of those teams which secured first three positions at the All India Inter-university Women Hockey 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 and practice but are more competitive and this brings out an individual victorious. Therefore, competitions are effected by the psychological preparation and various psychological factors i.e. "will to win", "self-confidence", perception, concept and 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. Pazq and 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. His higher the will to win the better the performance, moderate and higher- 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. I. Daino (1985) also found that Tennis players were significantly higher than non-sports group. Kumar & 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 lack of self-confidence. If the sense of alienation 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 researchers, it was found that both variables play significant role to be a champion. Results of this study is supported by many researches, and the present study leads us to conclude that "will to win" & "self confidence" have a definite role to play.

FINDINGS OF THE PRESENT STUDY

1. On the basis of above discussions, 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.
2. 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 field to achieve the position.

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