

Self Confidence of Students: Participation in Outdoor and Indoor Sports

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Abstract: The purpose behind this investigation is to find out whether the Self Confidence of students are affected by participation in outdoor or indoor sports, for this investigation Purposive randomized sampling technique was employed to select the participants. Initially sample of 200 subjects was taken from the population in which 60 (30 Male & 30 Female) subjects were outdoor sports students another 60 (30 Male & 30 Female) subjects were indoor sports students. Outdoor and Indoor Sports participation are independent variable in this study and Self Confidence of students is dependent variables in this study. Self Confidence of students was assessed with the help of marks obtained by Self Confidence Inventory (SCI-GR) constructed by Rekha Gupta. (Agnihotri), mean, S.D. and regression analysis were applied to find out the difference between groups. The result obtained through the study showed that Participation in outdoor or indoor sports is significant predictor of Self Confidence of students.

Keywords: Outdoor Sports, Indoor Sports, Self Confidence.

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I. INTRODUCTION

Sports build up the physical just as mental strength in understudies. Day by day actual exercise is fundamental for understudies since practice assists understudies with remaining sound, however it likewise assists with improving their passionate wellness. Sports ought to be a significant piece of the school educational plan since, supposing that understudies stay genuinely and truly sound, they can undoubtedly zero in on their investigations. Understudies need to take an interest in school sports to build confidence, mental readiness, and self-regard. Sports are significant in schools since it assists with encouraging different abilities to understudies like administration, tolerance, persistence, collaborations, and social abilities.

Youngsters obtain self-confidence and self-regard because of fruitful encounters, especially in the engine area. Rules for coordinating with difficulties (undertakings) to students are given to upgrade the self-regard of youngsters (Bunker, L. K. 1991). The obvious absence of self-confidence in actual work by females contrasted with guys has been a new worry of certain analysts in sport brain science. It is proposed that females would be less certain than guys when the errand was male arranged or when the circumstance was serious. This meta-investigation was led by Lirgg, C. D. (1991) to look at the extent of sex contrasts in self-confidence in active work. Period of subject and kind of confidence measure utilized are additionally talked about as potential factors adding to sexual orientation contrasts in self-confidence.

Sun, F. (2013) saw that there are numerous issues for school female understudies to take an interest in proactive tasks, for example, being uninvolved in proactive tasks, absence of after-school exercises, outdoor exercises, and so forth Numerous elements influence school female understudies' sports participation: at the degree of understudies, their

participation in sports is significantly impacted by their physiological restrictions and mental negative feelings, like nervousness, modesty, defiance; at the school level, their participation in sports is essentially affected by showing content, showing association, instructors' quality, showing assessment system, and the offices. Taking into account these issues, numerous actions can be taken to push school female understudies to participate in proactive tasks. These actions incorporate improving the course choice instrument, refreshing showing thoughts, improving the appraisal system, expanding inside space, developing sports associations, and so forth

Wharton, C. Y. (2020) analysed the inspirations moderately aged ladies give for having a place with an outdoor experience bunch. The investigation underscores that more audacious exercises are getting more standardized and can be embraced by ladies in middle age. This may likewise recommend that all the more should be done to advance assorted exercises like outdoor courageous exercises to ladies.

Becker, C., Lauterbach, G., Spengler, S., Dettweiler, U., and Mess, F. (2017) directed examination on members in Outdoor Education Programs (OEPs) probably advantage from these projects as far as their social and self-awareness, scholarly accomplishment and actual work (PA). Two autonomous analysts screened reads recognized for qualification and evaluated the methodological quality.

Thirteen investigations were incorporated for examination. Most examinations utilized a contextual investigation plan, Researcher suggest leading more semi exploratory plan and longitudinal examinations with a more noteworthy number of members, and a high methodological quality to additionally research these inclinations.

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However, it has been demonstrated that mental attributes of people influence their innovative expectation. Also, experiential learning methods, for example, outdoor preparing have been appeared as valuable to change passionate skills. Nonetheless, there isn't any examination on how changes in passionate abilities impact individual pioneering plan in college understudies, especially subsequent to partaking in an outdoor preparing experience. Padilla-Meléndez, A., Fernández-Gámez, M. A., and Molina-Gómez, J. (2014) examinations quantitative and subjective information of a year ago college understudies who partook in an outdoor preparing experience, estimating its enthusiastic skills and innovative direction, when that experience.

II. STATEMENT OF THE PROBLEM

“To study the effect of the participation in outdoor and indoor sports on Self Confidence of the students.”

III. OBJECTIVES

1. To find out whether the Self Confidence of students are affect by participation in outdoor or indoor sports.
2. To investigate whether Self Confidence of students affected by participation in outdoor or indoor sports.

IV. HYPOTHESES

- 1) Participation in outdoor and indoor sports with Gender is correlated with Self Confidence of the students.
- 2) Participation in outdoor and indoor sports is significant predictor of Self Confidence of the students.
- 3) Gender is significant predictor of Self Confidence of the students.

V. METHODOLOGY

Participants and sample

Local of the study was undergraduate sports students from Aurangabad Dist., Maharashtra. Purposive randomized sampling technique was employed to select the participants. Initially sample of 160 subjects was taken from the population in which 80 (40 Male & 40 Female) subjects were outdoor sports students another 80 (40 Male & 40 Female) subjects were indoor sports students. The efforts were made to have the sample as representative as possible in terms of area of living, education. All the subjects were from similar kind of socio-economic status, as well as all sports students were be participated at least one sports game at university level and still they were practicing daily two hours of same.

Table 1.1. The distribution of effective sample

Variables	Outdoor sports students i.e. Kho-Kho, Kabaddi, Volley ball	Indoor sports students i.e. Chess, Carom, Table-Tennis	Total
Male	40	40	80
Female	40	40	80
Total	80	80	N = 160

VI. VARIABLES

- 1) Outdoor and Indoor Sports participation are independent variable in this study.
- 2) Self Confidence of students is dependent variables in this study.

Research Design: - Design:

To attain objectives of the present study, 2 X 2 factorial design was employed to find out the significance differences between variables.

Table 1.2. Research Design

		A	
		A1	A2
B	B1	A1B1	A2B1
	B2	A1B2	A2B2

➤ A = Participation in sports

- A1 = Students having Outdoor Sports participation
- A2 = Students having Indoor Sports participation

➤ B = Gender

- B1 = Male
- B2 = Female

VII. MEASUREMENT TOOLS

Self Confidence Inventory: - Self Confidence of the students was determined with the help of score obtained by the Self Confidence Inventory (SCI-GR) constructed by Rekha Gupta. (Agnihotri). It contains 56 items and has been designed to assess the level of self confidence among adolescents and adults.

VIII. PROCEDURE

Initially researcher was categorized the outdoor sports students and indoor sports students and administered Self Confidence inventory and record the score of test for 120 subjects on with the help of individual interview technique.

IX. PURPOSED STATISTICAL PROCEDURE

The sample was available for statistical analysis consisted of 120 subjects after data collection. For each subject, initially data of each group was separately scrutinized by employing descriptive statistics. The statistical analysis was mainly consisted of Mean, S.D. Multiple Regression Analysis on Variables.

X. RESULT ANALYSIS

On the basis of close scrutiny brief summary of the results relevant to the hypotheses are presented below.

Table 1.3 Summary of Descriptive Analysis of Sports participation with Gender on Self Confidence

Psychological Measures (DV)	(IV) Sports participation of the Students and Gender	Mean	SD	Kolmogorov-Smirnov ^a (Z)	P
Self Confidence	Students having Outdoor Sports participation	29.32	18.19	0.231	0.01
	Students having Indoor Sports participation	21.28	14.28	0.347	0.01
	Male Students	25.90	16.95	0.308	0.01
	Female Students	24.70	16.73	0.283	0.01

Descriptive analysis on measure of various considered constructs including Psychological Measures i.e., Sports participation with Gender on Self Confidence is computed. As all these values fall in range of average, the students cannot be characterized with particular type of Variables affect their personal attributes.

Likewise Kolmogorov-Smirnov (Z Test) was found as significant which further uncovered that information got on each viewed as mental builds is regularly conveyed for this thought about populace.

XI. MULTIPLE REGRESSION ANALYSIS

Result Table 1.4. Summary of Multiple Regression Analysis of Psychological Measures i.e., Sports participation with Gender on Self Confidence.

Psychological Measures	Model	Model Summary					Coefficients				
		R	R ²	R ² _{adj}	F	p	B	SE	β	t	p
Model A Sports participation with Gender	Model A	.243 ^a	.059	.043	3.673	.028 ^b					
	(Constant)						39.150	6.531		5.994	.000
	Self						-8.033	2.997	-.240	-2.681	.008
	Confidence						-1.200	2.997	-.036	-.400	.690

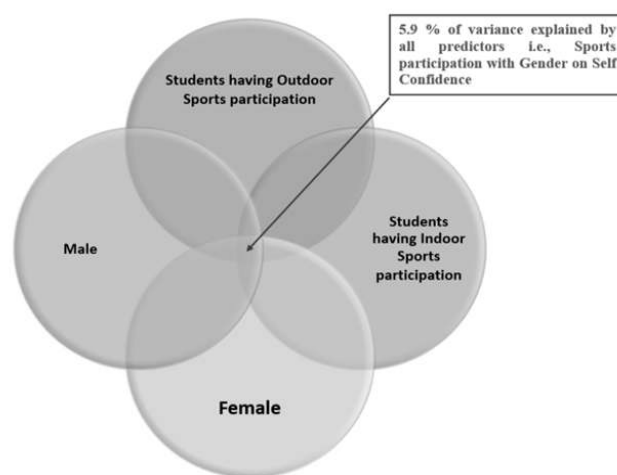
Multiple regressions were performed to Psychological Measures i.e., Sports participation with Gender on Self Confidence of the students. Correlations were weak on Self Confidence $r = 0.059$, $p < .005$. All predictor variables i.e., Sports participation with Gender were statistically correlated on Self Confidence of the students which indicates that the data was suitably correlated with the dependent variable for examination through multiple linear regressions to be reliably undertaken.

Since a priori hypotheses i.e., Sports participation with Gender is significant predictor of Self Confidence of students had been made to determine the order of entry of the predictor variables, a direct method was used for the multiple linear regression analysis.

Thus, stated hypothesis supported by results and it can conclude that the Regression coefficients of the Sports participation with Gender were statistically correlated with Self Confidence of students.

Evaluation of Model with the amount of variance explained:

Figure No. 1.1. Showing Amount of Variance Explained for Sports participation with Gender on Self Confidence.

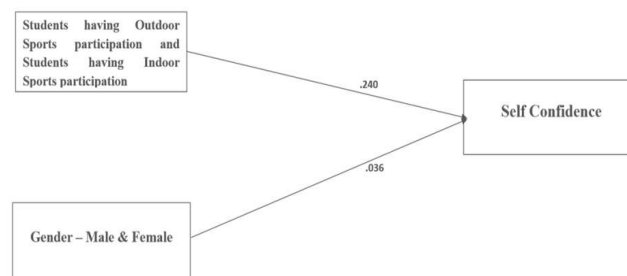


The two independent variables explained by all predictors i.e., Sports participation with Gender on Self Confidence of the students are 5.9%. Analysis of Variance ($F(2, 118) = 3.673$, $p < .05$) indicates that the model as a whole is significant.

Thus, it is concluded that the Sports Participation with Gender explained 5.9% of variance from each other in Self Confidence of the students. Students having Outdoor Sports participation experienced higher Self Confidence than Students having Indoor Sports participation, and Male Students experienced higher Self Confidence than Female Students.

Evaluation each of the IVs:

Figure No. 1.2. Showing Amount of effect of Sports participation with Gender on Self Confidence.



In the final model all two predictor variables (Students having Outdoor Sports participation and Students having Indoor Sports participation with Gender i.e., Boys & Girls) were statistically significant on dimensions of Self Confidence, with Students having Outdoor Sports participation and Students having Indoor Sports participation recording a higher Beta value ($\beta = .240$, $p < .001$) than the Gender i.e., Boys & Girls ($\beta = .036$, $p < .01$) on Self Confidence of the students.

Thus, it is concluded that the Students having Outdoor Sports participation and Students having Indoor Sports participation highly affect on Self Confidence of the students than Gender.

Findings are in line with study on Pfeifer, C., and Cornelißen, T. (2010) investigated the effect of practicing sports during youth and immaturity on instructive achievement and find solid proof that the impact of game on instructive accomplishment is measurably critical and positive.

Karisman, V. A., and Supriadi, D. (2018) was expected to perceive the effect of outdoor schooling on the understudies' duty and self-confidence. In light of the information examination, the outcome showed that there was a huge impact of outdoor training on the understudies' obligation and their self-confidence too.

This examination was completed to build up whether understudies' association in sports exercises influenced their contribution in scholastic exercises. Information were gathered utilizing a self-managed survey and examined utilizing rates and means. Spearman's relationship coefficient was utilized to test the speculations that guided the examination. The discoveries showed that there is no critical connection between understudies' contribution in outdoor sports exercises and their association in scholastic exercises. Nonetheless, there was a huge negative connection between understudies' association in indoor sports exercises and their inclusion in scholarly exercises.

XII. CONCLUSIONS

- 1) Participation in outdoor or indoor sports is significant predictor of Self Confidence of students.
- 2) Regression coefficients of the Sports participation with Gender were statistically correlated with Self Confidence of students.
- 3) Sports Participation with Gender explained 5.9% of variance from each other in Self Confidence of the students.
- 4) Students having Outdoor Sports participation experienced higher Self Confidence than Students having Indoor Sports participation.
- 5) Male Students experienced higher Self Confidence than Female Students.
- 6) Students having Outdoor Sports participation and Students having Indoor Sports participation highly affect on Self Confidence of the students than Gender.

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