



Survey on Self-confidence of Upcoming Physical Education Teachers

Mr. Vishnudas R

M.P.Ed (Master of Physical Education)

Department of Physical Education

Bharati Vidyapeeth (Deemed to be University), College of Physical Education, Dhankawadi, Pune (Maharashtra), India

Abstract: The main purpose of the study was to survey on Self-confidence level of Upcoming Physical Education Teachers, for this study total of 60 students were randomly selected from Bharati Vidyapeeth (Deemed to be University) College of Physical Education. The subject's age ranged between 20 to 25 years. The data were collected with the help of a standard questionnaire by Dr. Rekha Gupta. To determine the Self-confidence level, the percentage was employed as a statistical tool to analyze the data. The scale consists of a total of 56 responses. Each questions have Right or Wrong option responses. The study result revealed that a total of 0% of upcoming physical education teachers have Extremely low Self-confidence and 0 % of upcoming physical education teachers have Highly low self-confidence. 17% of upcoming physical education teachers have Above Average low self-confidence. 51% of upcoming physical education teachers have Average/Moderate Self-confidence. 27% of upcoming physical education teachers have Above-average self-confidence. 5% of upcoming physical education teachers have Very High self-confidence. 0% of upcoming physical education teachers have Extremely High Self-confidence.

INTRODUCTION

In most societies, self-confidence is widely regarded as a valuable individual asset. The word confidence originates from the Latin word "confider", meaning to trust. Trusting and believing in ourselves, having faith in our ability in whatever situation we need to perform. Self-confidence is viewed as an important component that shapes an individual's personality. Self-confidence is associated with anxiety, motivation and general satisfaction with one's life (Rosenberg, 1986). Confidence is generally described as a state of being certain either that a hypothesis or prediction is correct or that a chosen course of action is the best or most effective. Confidence can be a self-fulfilling prophecy that is foretelling future events as those without it may fail or not try because they lack it and may succeed because of an innate ability. The Merriam Webster's dictionary definition of confidence states, "A feeling or consciousness of one's powers or reliance on one's circumstances".

Self-confidence is viewed as an important component that shapes an individual's personality. Confidence is a mental skill, and just like physical skills, they require practice. It will play a large part in determining happiness. Self-confident people trust their abilities. Self-confident people have realistic expectations. Even when the expectations are not met, they continue to be positive and accept themselves. People who are not self-confident depend excessively on the approval of others to feel good about themselves. People who are not self-confident depend avoid taking risks because they fear failure. They generally do not exceed to be successful. Psychologists declare that a man's personality is a collection of capacities, habits and attitudes, which distinguish him from other men. Indian philosophy dictates that the greater the knowledge of oneself closer is the perfection. It is through thoughts and feelings that the individual forms the concept of 'who' and 'what is'. Self-confidence is the confidence that one has in one's knowledge and one's abilities. It is the confidence of the type: "I can do this". "I have the ability to do this". Self-confidence is much more important than many other abilities and traits. Self-confidence is essentially an attitude which allows having a positive and realistic perception of abilities. It is an attribute of the perceived self. Self-confidence refers to a person's perceived ability, to take situations successfully without leaning on others and to have a positive self-evaluation (Breckenridge and Vincent, 1965). Self-confidence refers to an individual's perceived ability to act effectively in a situation to overcome obstacles and let things to go all right.

NEED OF THE STUDY.

The present study has been designed to study the self-confidence of upcoming physical education teachers of Bharati Vidyapeeth (Deemed to be University) College of Physical Education, Pune. Self-Confidence is recognized to be a vital factor in learning outcomes. A confident person have the possibility to achieve success and the person who have lack confidence, may achieve less success. Self-confidence is also considered as one of the vital key ingredients that affects the career performance of a teacher. As

the earlier research also documented that the success of an individual is greatly depends upon the level of confidence. The confident person has the ability to perceive himself as socially competent, emotionally strong, successful, satisfied, forward moving, have leadership quality. Self-confidence helps the teacher to makes them aware of their self and improve their intellectual and career performance.

In the present study, the investigator hopes that the results and outcomes will helps to identify the self-confidence of upcoming physical education teachers. Therefore, it is very important to examine the level of self- confidence.

RESEARCH METHODOLOGY

3.1 Research design

Research design refers to the overall plan that a researcher uses to gather process and analyse data. It is the framework of various techniques used by the researcher to obtain answers to research questionnaire.

The present investigation was a survey study under non - experimental descriptive research design.

3.2 Selection of the subjects

The present study was conducted on 60 males and females of B.P.Ed. and M.P.Ed. students of Bharati Vidyapeeth (Deemed to be University), College of Physical Education, Pune.

3.3 Inclusion and Exclusion criteria

The following criteria are selected to select the sample.

Inclusion criteria

Only B.P.Ed. and M.P.Ed. Students of Bharati Vidyapeeth (Deemed to be University) College of Physical Education were included. The subject age limit from 20 to 25 years were included in this study. Only 60 subjects were included.

Exclusion criteria

Other than B.P.Ed. and M.P.Ed. courses of Bharati Vidyapeeth (Deemed to be University) College of Physical Education were excluded.

The subject age limit above 25 years and below 20 years were excluded.

Other college students were excluded from the study.

3.4 Sampling technique

Snowball sampling method was used for the selection of the subject.

3.5 Selection of variable

The variable of this study was Self-confidence

3.6 Tools to be used

A standard questionnaire was used to measure the self-confidence of upcoming physical education teachers.

VARIABLE	TOOL	TEST
Self-confidence	Questionnaire	SCI-GR

3.7 Administration of test:

The Self-confidence Inventory (Dr. Rekha Gupta). The inventory consists of 56 items. All the 56 items was taken for the present study.

Aim : The SCI - GR analyses a person's self-confidence. From the results it is possible to measure their level of self-confidence.

Equipment : Questionnaire

Procedure : The subject answers the 56 questions on the questionnaire below. The responses were in the form of Right/ Wrong. The researcher determines data and records the subject's score.

Scoring : The Inventory can be scored by hand. A score of one is awarded for a response indicative of lack of self-confidence, i.e., for making cross x(wrong) to response to item nos. 2,7,23,31,40,41,43,44,45,53,54,55, and for making cross x(right) to response to the rest of the items. Hence, the lower the score the higher would be the level of self-confidence and vice-versa.

3.8 Statistical design

The data were analysed by using percentile method.

IV. RESULTS AND DISCUSSION

A confident teacher would have a positive impact on his or her students' achievement, attitude, affective and even socio-emotional growth. So, Self-confidence has an important role in the career of a physical education teacher.

The purpose of this study was to check the Self-confidence level of upcoming physical education teachers. The self-confidence inventory developed by Dr. Rekha Gupta (SCI-GR) available at National Psychological corporation, Agra and it was collected from National Psychological Corporation, Agra. SCI-GR Test was selected for the collection of data because it was found to me most reliable and have very often used in research in professional physical education and sports.

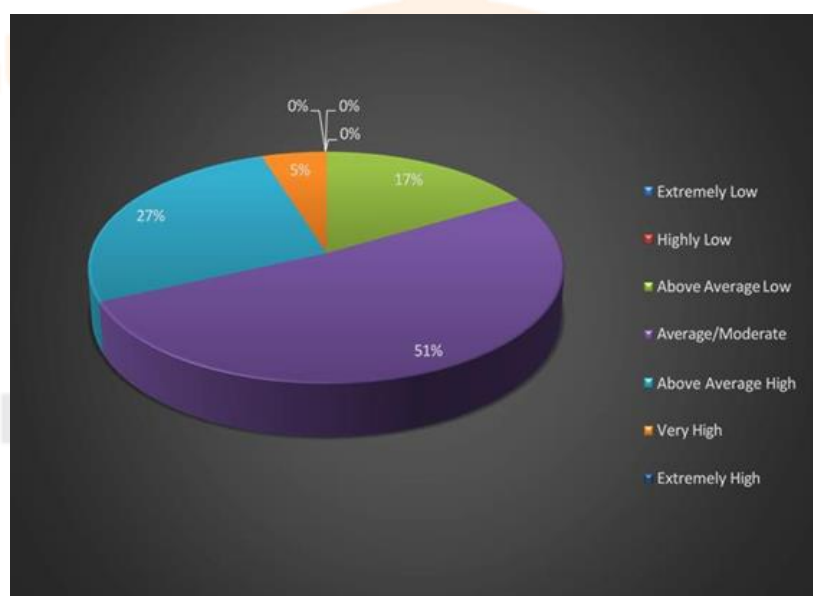
A total of 60 upcoming physical education teachers (both male and female) of B.P.Ed. and M.P.Ed. class were selected as subjects for present study and their age were between 20 to 25 years of age. The data was collected through direct interaction with subjects. The researcher gave the required instructions for filling the questionnaire. After collection of data, they were statically analyses to draw logical conclusions of the study. The study reveals that 51% of upcoming physical education teachers have Average/ Moderate level of Self-confidence. 27% of upcoming physical education teachers have Above Average High Self-confidence. 17% of upcoming physical education teachers have Above Average Low Self-confidence and only 5% have Very high-level Self-confidence. 0% have Extremely High-level, Highly Low and Extremely Low Self-confidence.

TABLE 4.1 Tabular Representation of Self-confidence of Upcoming Physical Education Teachers

Sl. No.	Range of Z- Score	Grade	Level of Self-Confidence	No. of Subjected	Percentage
1.	+2.01 and above	G	Extremely Low	0	0%
2.	+1.26 to +2.00	F	Highly Low	0	0%
3.	+0.51 to +1.25	E	Above Average Low	10	17%
4.	-0.50 to +0.50	D	Average/Moderate	31	51%
5.	-0.51 to -1.25	C	Above Average High	16	27%
6.	-1.26 to -2.00	B	Very High	3	5%
7.	-2.01 and below	A	Extremely High	0	0%

Table 4.1 displayed Range of Z- score, grade, Level of Self-confidence, no of subjected and percentage

Fig. No.4.1 Graphical representation of self-confidence level of upcoming physical education teachers



4.2 Conclusion:

- 0% of upcoming physical education teachers have extremely low Self-confidence.
- 0% of upcoming physical education teachers have Highly low Self-confidence.
- 17% of upcoming physical education teachers have Above Average Low Self-confidence.
- 51% of upcoming physical education teachers have Average/Moderate Self-confidence.
- 27% of upcoming physical education teachers have Above Average High Self-confidence.
- 5% of upcoming physical education teachers have Very High self-confidence.

REFERENCES

- [1] Best, J. W. and Kahn, J. V. (2003). "Research in Education" Published by Prentice-Hall of India Private Limited, New Delhi-110001.
- [2] Bosco, James. (1983). Measurement and Evaluation in Physical Education and sports, New Jersey, Prentice-Hall In.
- [3] Cooch, J. V. (1982). "Fundamental of Statistics for the Behavioural Science" ST. Martin's Press, New York.
- [4] Jadhav, K. G., Pagare, S. B. and Sing, S. K. (2011). "Research Process in Physical Education" Published by: Khel Sahitya Kendra 7/26 Ansari Road, Darya Ganj, New Delhi-110002.
- [5] Sivaramakrishnan, S. (2006). "Statistics for Physical Education" Friends Publication (India): New Delhi-110002.
- [6] Gupta, R., (1971), Manual of Self Confidence Inventory, Agra. National Psychological Corporation.
- [7] Mandava, N. (2011). A Study of Self Confidence and Mental Health in Relation to Emotional Intelligence of College Students (Doctoral Thesis, Acharya Nagarjuna University, Andhra Pradesh). Retrieved from <http://shodhganga.inflibnet.ac.in/bitstream/10603/8075/1/01title>.
- [8] Gupta R. et, al. (2004). "Professional Preparation and Curriculum Design" Published by Friends Publication, New Delhi-110002.
- [9] Agnihotri, Rekha (1985). Effects of sub-culture affiliation and sex on self-confidence. Paper presented at the International Seminar on Cross Culture Perspectives on Problems of National Relevance, Aligarh Muslim University
- [10] Agnihotri, Rekha (1986). Alienation in relation to Self-Confidence, scholastic attainment and level of aspiration. Advance in Psychology, Paper Accepted for Publication.
- [11] Agnihotri Rekha and Gupta, Ritu (1985). Self-Confidence as a function of perceived maternal child-rearing behaviour, Praachi Journal of Psycho-Cultural Dimension, 1(2), p. 30-33.
- [12] Basavanna, M. (1975) Manual for the Self-Confidence Inventory, Varanasi: Rupa Psychological Centre.
- [13] Heydari et. al (2018), The effect of psychological skills training (goal setting, positive self-talk and Imagery) on the self-confidence of adolescent volleyball players, pedagogics psychology, medical- biological problems of physical training and sports (online)vol.22(4).
- [14] Katrien Fransen et.al (2015), Is team confidence the key to success? The reciprocal relation between collective efficacy, team outcome confidence, and perceptions of team performance during soccer games, journal of sports science, vol.33 (3) 219-231.
- [15] Rajesh Kumar (2015) A Comparative Study of Self Confidence Among Boxers and Wrestlers of Hyderabad in India. AASCIT Journal of Psychology. Vol. 1, No. 1, pp. 1- 4.
- [16] Covassin et. al (2004) The Relationship Between Self-Confidence, Mood State, And Anxiety Among Collegiate Tennis Players, Journal of Sport Behavior, Vol. 27 (3), p 230-242.
- [17] Kate Hays et, al (2009) The role of confidence in world-class sports performance, journal of Sports Science vol. 29(11), p 1185-1199.
- [18] <https://www.usf.edu/student-affairs/counseling-center/top-concerns/>
- [19] <https://destinysodyssey.com/personal-development/self-development-2/self-concepts-self-constructs/selfconfidence/building-self-confidence/>
- [20] <https://destinysodyssey.com/personal-development/self-development-2/self-concepts-self-constructs/self-confidence/selfesteem-to-self-confidence/>
- [21] <https://en.wikipedia.org/wiki/Confidence>
- [22] D., Major, B., & Bunker, B. B. (1983). Gender, self-confidence, and social influence strategies: An organizational simulation. Journal of Personality and Social Psychology, 44(2), 322-333.
- [23] <https://doi.org/10.1037/0022-3514.44.2.322>