

Role of Sports in the Development Self-Confidence as Main Parameter of Psychological Health

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ABSTRACT

Study Objective: The primary goal of this study was to evaluate how sports contribute to the growth of self-confidence, which is a key indicator of psychological well-being.

Methodology: In the present research study, the researcher adopted a survey research design to explore the role of sports in the development of self-confidence, self-esteem and motivation. All male and female students of physical education, who were enrolled in all the universities (The study encompassed both public and private sector universities as its population). 418 student-athletes as a sample of the study by using available sampling techniques. For collecting the required data, a scale (Likert type with five options) comprised of 21 items was developed by the researcher. Statistical techniques that were appropriate for data analysis were used after the data collected were processed using statistical software for social sciences (SPSS, Version 24).

Results: the mean of female students was 3.11 and the mean of male students was 4.02. The standard deviation of female students was .654 and the standard deviation of male students was .234. The t-calculated value was 7.328 which is greater than the t-tabulated value of 1.962 ($7.328 > 1.962$) which indicates the significant difference between the perception of males and females regarding the role of sports in the development of self-confidence.

Conclusion: Based on analysis, the researchers concluded that sports play a vital role in the development of self-confidence as the main parameter of psychological health among students.

Keywords: Sports, Self Confidence, Self-esteem, Motivation, Psychological Health.

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Background of the Study

Self-confidence is the inner feeling of anyone that boosts your courage that you can perform and do any assignment (Axelrod, 2017; Harris, R. 2011). Anyone who wants to build up self-confidence needs to participate regularly in various indoor and outdoor sports activities. Self-confidence is the mental state of anyone who promotes his/her talent and confidence. Sports provide precious opportunities for anyone to show and raise his performance and increase self-confidence (Kerr & Mackenzie, 2012; Kilpatrick et al, 2002 & Ciekurs et al,2020)

Lack of self-confidence, self-esteem and motivation may cause poor or weak performance among the players. Because these qualities are the basic needs of peak performance in sports (Fox & Magnus, 2014; Gyambrah, & Amponash, 2013). Self-confidence and sports performance, both have a mutual connection with each other. To achieve goals and aims, one player has to get the high level of self-confidence, motivation, guidance and experience. These are the pre-game essentials for a player to be able to get and achieve all the pre-planned goals in a civilized way (Feltz, 1988 & Carr, 2013).

Peace, justice, equality and fraternity all are the basic social qualities while these all qualities are found among the player. Therefore the students may be motivated toward sports activities for developing and promoting the social qualities among them (Khan & Zia-ul-Islam, 2016 & Alamgir, et al,2017). Leadership qualities developed through actively participating in sports and physical activities such as cricket, football, badminton and hockey (Chandler & Cronin, 2007; Chelladurai, 2014 Tapşın & Karagün, 2021).

Statement of the Study

As a result of the above various proofs and arguments of previous research studies, now it is clear to say that sports activities are the basis to improve different virtues of our society such as self-confidence, self-esteem and motivation among the players. The question is how different social traits can be developed among players through sports. To find out the answer of this question, the researcher intends to conduct a research study under the title “Role of Sports in the Development of Self-Confidence, Motivation and Self-Esteem”.

Methodology

To arrive at specific findings and conclusions, the researcher followed the procedures outlined below.

Research Design

In the present research study, the researcher adopted a survey research design to explore the role of sports in the development of self-confidence, self-esteem and motivation.

Population of the Study

All male and female students of physical education, who were enrolled in all the universities (Both public and private sector universities), were taken as the population of the study.

Sample Technique

The researcher took 30% of the students as a sample through a random sample technique.

Sample and Sample Size

The total number of students, who were enrolled in physical education programs in Universities both the public and private sectors was fourteen hundred and forty (1440). For more authentic results, the researcher took 30% of students as samples from each university and thus selected 418 student-athletes as a sample of the study.

Tool used for Data Collection

Under the direction of the research supervisor, the researcher created a 21-item Likert type scale with five alternatives in order to gather the necessary data. The researchers by himself contacted every respondent during the collection of data.

Validity and Reliability of Instrument

Ensuring the validity of the instrument is a crucial aspect of the research instrumentation process. The researcher developed the initial draft of a questionnaire comprised of 40 items and sent it to ten (10) experts in the concerned field. In this regard, the content validity method was applied. The researcher considered all the suggestions of the experts. Finally, the researcher used 21 21-item questionnaires for reliability. The questionnaire's internal consistency reliability was calculated using the entire scale coefficient alpha. The Cronbach alpha of the scale was measured as .758, which was highly reliable.

Mode of Data Collection

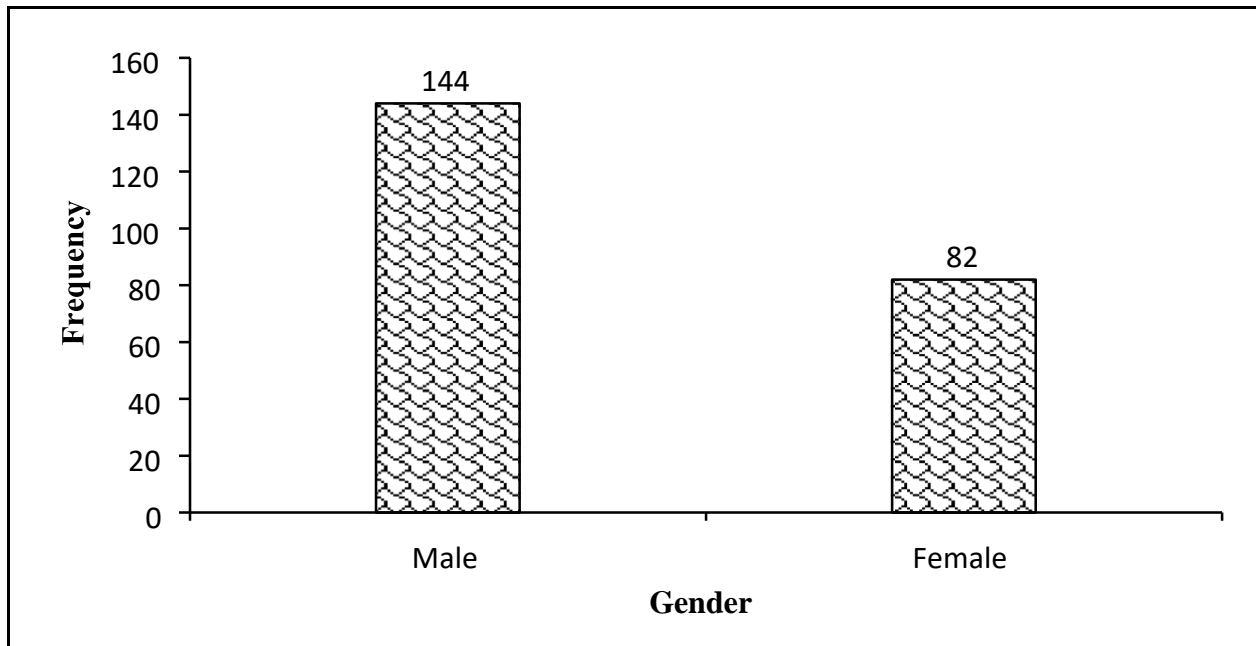
The respondents distributed the specially designed questionnaire directly to each other and collected it back once the respondents had completed it.

Analysis of Data

Statistical software for social sciences (SPSS, Version 24) and a variety of statistical techniques were used to process the acquired data, such as Percentage, Mean, T. Test and Stander deviation etc.

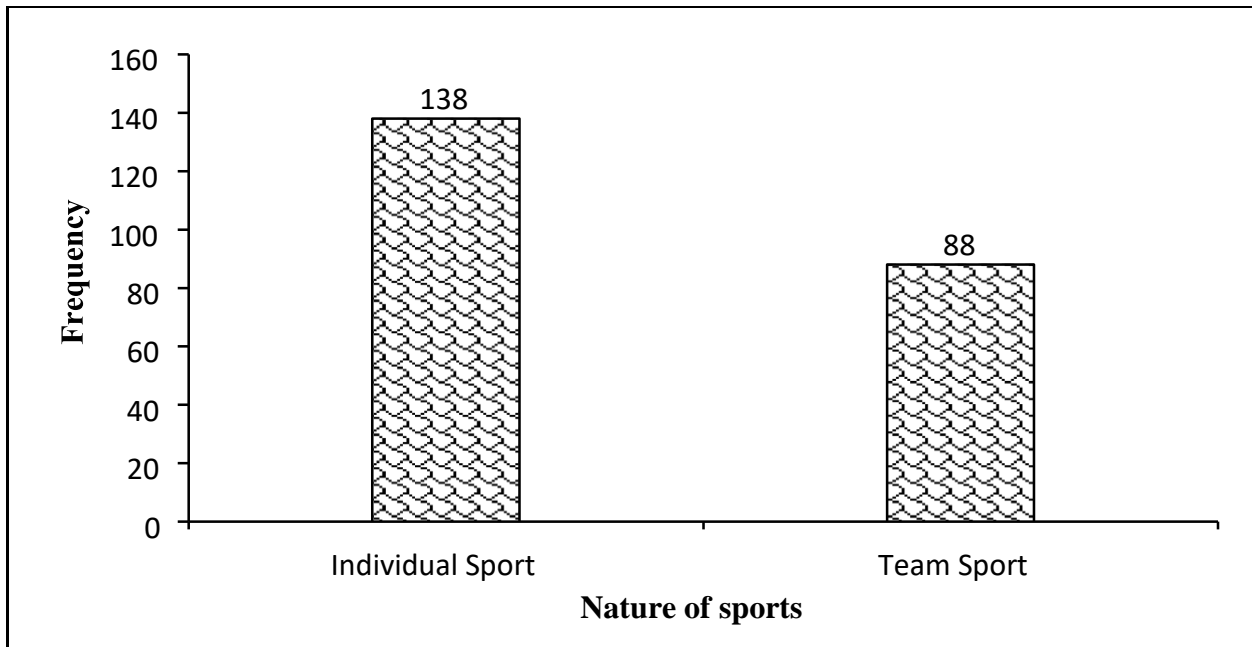
Presentation and Analysis of Data

Figure 1: *Showing the gender wise frequency of respondents*



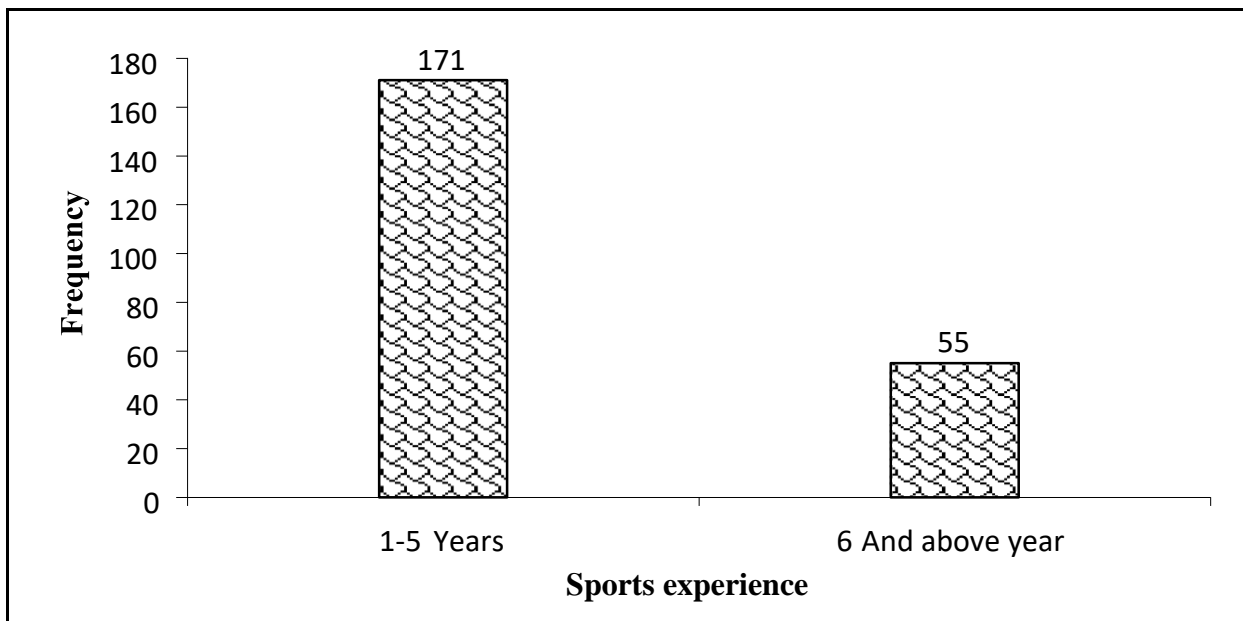
The figure provided illustrates the frequency of respondents based on gender (N=126). There were 144 male respondents (63.7%) and 82 female respondents (36.3%).

Figure 2: Displays the frequency of sports participation among respondents based on the type of sport.



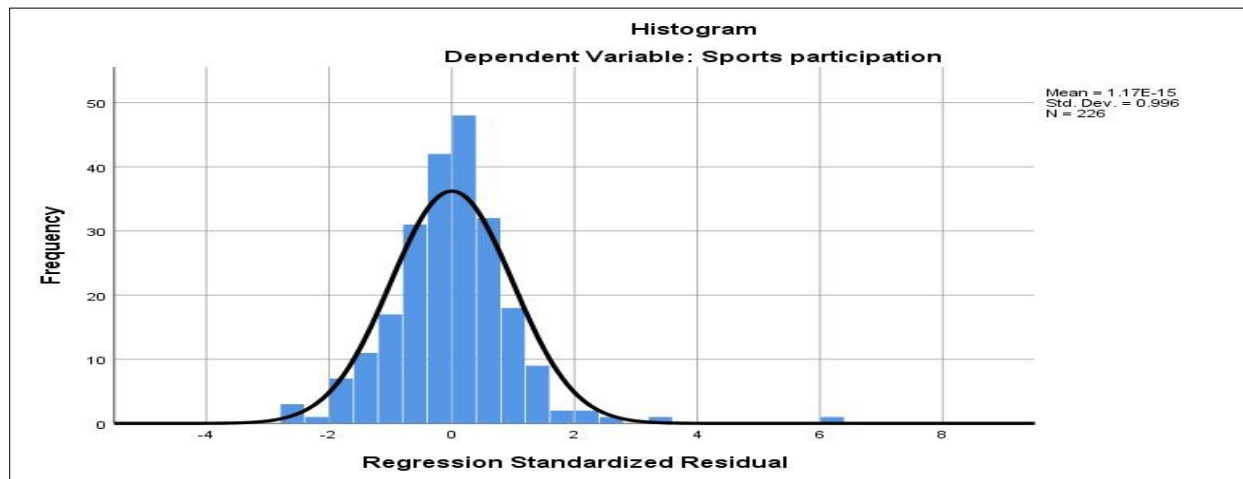
The table and figure above depict the distribution of sports among respondents based on their nature (N=126). Of these, 138 respondents (61.1%) engaged in individual sports, while 88 respondents (38.9%) participated in team sports.

Figure 3: Showing the experience wise frequency of respondents



The figure above illustrates the distribution of sports participation among respondents based on their level of experience (N=126). Those with 1-5 years of experience in sports numbered 171 (75.7%), while respondents with over 5 years of experience totaled 55 (24.3%).

Figure 4: Which presents correlation and regression analysis, demonstrates respondents' feedback regarding the impact of sports on enhancing self-confidence.



The figure above illustrates respondents' responses categorized by age regarding the influence of sports on the development of self-confidence and self-esteem (N=126). Sports participation was considered the independent variable, while self-esteem and self-confidence were the dependent variables. The data were analyzed using Pearson correlation. The correlation between sports participation and self-confidence was found to be .890**, while the correlation between sports participation and self-esteem was also .890**. The value of R was .937, R square was .979, and the Adjusted R square was .878, with a standard error of .12982. These findings suggest a notable correlation between participation in sports and levels of self-confidence.

Results and Discussion

The present research study indicates that Sports play a significant role in the development of self-confidence among its participant. Such emerging concept was supported by the research study conducting by (Mokaya, & Gitari, 2012.; Mokaya, S., & Gitari, 2012). Indicating that recreational and sports activities has a positive influence on employee performance because it develop the confidence level as well as self-esteem and motivation among its participants. The present finding also supported by Feltz (1988), Feltz & Chase (1998) & Vealey, (2009). In their study, they emphasized the strong relationship between confidence and sports. They found that sports foster self-confidence, and in turn, self-confidence enhances sports participation. Additionally, the author noted that sports also encourage the development of various social traits among participants. These findings are consistent with the results of the present study. The present study also indicate that there are significance difference between the perception of male and female regarding the role of sports in development of self-confidante self-esteem and motivation.

The results of this study align with prior research conducted by Pelham & Swann (1989) and Balaguer et al. (2012). According to both studies, self-esteem and self-worth are fundamental concepts that can be comprehended and cultivated through participation in sporting events. Self-esteem reflects one's sense of competence and self-worth, with sports activities playing a significant role in their development. Engaging in sports enhances competence among participants, and individuals who have confidence in their abilities are better able to recognize their self-worth. Within the realm of sports, self-esteem is viewed as a multi-dimensional concept, encompassing strength, conditioning, physical attractiveness, and sporting competence.

It was found by the present research that sports participation play vital role in the development of motivation among its participant. The findings of the current study are consistent with previous research

conducted by Balaguer et al. (2012) and Brennan (1985), as they both concluded that engagement in sports activities enhances an individual's level of motivation.

The research conducted by Pelham, B. W., & Swann, W. B. (1989), Balaguer et al. (2012), and Meerah & Jusoh (2014) has highlighted that motivation is a significant factor with a substantial impact on the participation of women police officers in recreational sports within IPD (Imperial Police Department). This finding aligns with the results of the current study.

Conclusion

The purpose of this study was to evaluate how sports contribute to the development of self-confidence, a fundamental psychological factor. Through analysis, the researcher determined that sports significantly influence the enhancement of self-confidence, serving as a primary indicator of psychological well-being among students. In addition, the study also concluded that as a result of sports participation, the students become enable stay confident while performing their academic and routine activities.

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Conflict of Interest

Authors declared NO conflict of interest.


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