



SELF-CONFIDENCE AMONG STATE LEVEL FEMALE AND STATE LEVEL MALE CYCLING PLAYERS: A COMPARATIVE STUDY

Parvati Tambake*

Prof. Sakpal Hoovanna**

**Research Scholar, Department of Studies in Physical Education & Sports Sciences, Karnataka State Akkamahadevi Women's University, Vijayapura*

*** Research Guide, Department of Studies in Physical Education & Sports Sciences, Karnataka State Akkamahadevi Women's University, Vijayapura.*

Abstract

Cycle is a poor man's transport, hobby of rich man and medical activity for the old. In most of the cases, a child life starts with a cycle, two wheeled and triwheeled irrespective of his/her status of being from a rich, middle or poor family. Hence, it may be mentioned that the cycling activity starts in the beginning of childhood and it becomes a sport at 10-12 years of age (cycling federation of India. com, 2016).

The present study was an attempt to find out the difference in self-confidence between State levels female and State level Male Cycling Players of Vijayapura District twenty Cycling Players (10 Females+10 Males) Players were taken as a sample on the basis of random sampling method. Self-Confidence Inventory by Questionnaire Developed by Dr. (Mrs.) Pratibha Deo was used to collect the data. It was found that there is no significant difference in self-confidence of State levels female and State level Male Cycling Players of Vijayapura District. The mean scores of State level Male Cycling Players are slightly higher than that of State levels female Players. But do not differ significantly

Key Words: *Self Confidence, State levels female and State level Male Cycling Players.*

Introduction

Road racing in its modern form originated in the late 19th century. It began as an organized sport in 1868. The sport was popular in the western European countries of France, Spain, Belgium, and Italy, and some of those earliest road bicycle races remain among the sport's biggest events. These early races include Lieges–Bastogne–Lieges (established 1892), Paris–Roubaix (1896), the Tour de France (1903), the Milan–San Remo and Giro di Lombardia (1905), the Giro d'Italia (1909), the Volta a Catalunya (1911), and the Tour of Flanders (1913). They provided a template for other races around the world.

Cycling has been part of the Summer Olympic Games since the modern sequence started in Athens in 1896. Historically, the most competitive and devoted countries since the beginning of 20th century were Belgium, France and Italy, then road cycling spread in Colombia, Denmark, Germany, Luxembourg, the Netherlands, Portugal, Spain and Switzerland after World War II. However, as the sport grows in popularity through globalization, countries such as Kazakhstan, Australia, Russia, Slovakia, South Africa, Ecuador, New Zealand, Norway, the United Kingdom, Ireland, Poland and the United States continue to produce world-class cyclists.

The first women's road championships were held in France in 1951. A women's road race discipline was added to the UCI Road World Championships at the 31st edition of the World Championships in 1958 in Reims.



Cycling is the riding of bicycles for leisure or as part of competition. In many countries, the cycle is also an important mode of transport, more so in Asia (especially in Southeast Asia) and Africa. Indeed, across the world today, the cycle is the preferred means of conveyance for many commuters. Compared to the ubiquitous motorcar, cycles contribute almost nothing to air or noise pollution, besides giving the rider plenty of opportunity to get involved in some healthy exercise. In cities, bikes help lessen traffic congestion and assist in solving seemingly perennial parking problems, as well as offering easier maneuverability. The bike, then, has plenty of things going for it- it's kinder to the environment; it costs little to buy, operate and maintain; it is incredibly convenient to own; and it is the ideal way to fitness. All of these factors contribute towards making cycling a fun and enjoyable activity. There are three types of cycling: Utility, recreational (touring, organized rides, mountain) and competitive (adventurenation.com, 2016).

Objective of the Study

- To compare the Psychological Variables between State levels female and State level Male Cycling Players.

Hypothesis of the Study

For the present study it was hypothesized that:

- There will be no significant difference of Self- Concept between State levels female and State level Male Cycling Players.

Procedure and Methodology

The study was conducted among 20 Female and Male Cycling Players (10 Female and 10 Male Cycling Players) those who were represented State level from Vijayapura District of Karnataka. The subjects were thoroughly acquainted with the testing procedure as well as the purpose and significance of the study. Subjects were made aware about the conduct of the study and relevant information was given by the researcher. Further the data were analyzed to find out the significant differences among the groups. 't'-test statistical technique was used to analyze the significant differences and the level of significance was set at 0.05 level for testing the hypothesis. Further the data were analyzed to find out the significant differences among the groups.

Tools: Psychological Variable

- Self- Concept

Criterion Measure

Selection of Test Item for Psychological variable:-

- To assess Self- Concept of Female and Male Cycling Players Self- Concept scale constructed by Self- Concept scale developed by Dr. (Mrs.) Pratibha Deo.

Table No.4.1 Comparison of Self- Concept among State level Female and State level Male Cycling Players

Groups	Mean	SD	Df	t-value	Sig.
State Female Cycling Players	48.4667	11.05743	14	9.717	.000
State Male Cycling Players	63.0000	8.53564			

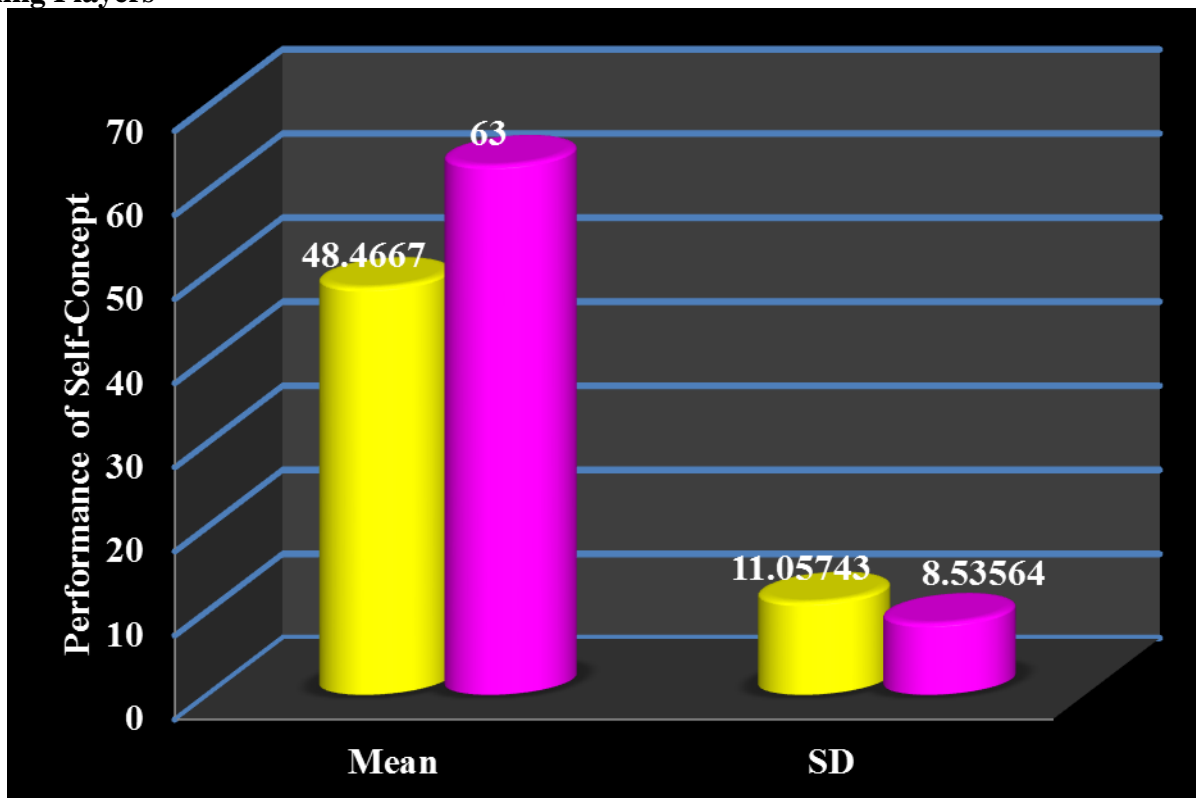
Significant 0.05 level, table Value = 1.97



Table No.4.1 (a) it is found that the mean score of both State level Female cycling players and State level Male Cycling Players are 48.4667 and 63.0000 respectively. When the t- test was applied to compare the mean scores of the groups, it was found that the calculated t- value (9.717) is greater than the mean difference is significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. Hence, it can conclude that the Self-Concept performance of State level male cycling players is better than the State level Female Cycling Players of Vijayapura District.

Average Self-Concept of State level Female cycling players and State level Male Cycling Players is graphically represented in figure 4.1

Graph.4.1. Mean and SD Values of Self- Concept among State level Female and State level Male Cycling Players



Above figure indicates that Self- Concept Performance mean scores a different the graphs showing of comparison of State Level Female cyclist Players and State Level male cyclist Players with respect to Self- Concept Performance scores.

The mean Self- Concept scores of State Level Female cyclist Players and State Level male cyclist Players with are 48.4667 and 63.0000, SD are. 11.05743 and 8.53564 respectively. It means that the Self- Concept Performance of State Level male cyclist Players is better than State Level Female cyclist Players.

The data pertaining to the Self- Concept State Level Female cyclist Players and State Level male cyclist Players were statistically analyzed and result is presented table No.4.1 (a)



Discussion & Finding

The main purpose of the study was comparison of State Level Female cyclist Players and State Level male cyclist Players. The study was conducted among 20 players (10 State Level Female and 10 State Level male) those who was represented State level from Vijayapura District of Karnataka State. The data calculated separately for psychological variables. The variable selected for the study is psychological respectively. They were self-confidence. Further the data was analyzed to find out the significant differences among the players. 't' test statistical technique was used to analyze the significant differences and the level of significance was set at 0.05 level for testing the hypothesis. The results revealed that there was insignificant difference among the State Level Female cyclist Players and State Level male cyclist Players in self-confidence.

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