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A comparative study on Self-Confidence among Education (B.Ed.) and Physical Education (B.P.Ed.) students

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Abstract

The present study was intended to compare the Self-Confidence among Education students (B.Ed.) and Physical Education students (B.P.Ed.) by using Self-Confidence Test developed by Agnihotri (1987). Descriptive Research Design was used in this study. For the purpose of present study total 80 Education students 40 (B.Ed.) and Physical Education students 40 (B.P.Ed.) aged between 20 to 25 years were selected as subjects through systematic random sampling. The collected data were analyzed by using "t"- test. Level of significant was set at 0.05. The result of the study indicates that there was a significant difference about variable self-confidence between Education students (B.Ed.) and Physical Education students (B.P.Ed.). Physical Education students (B.P.Ed.) have better self-confidence level as compared to their equivalent Education students (B.Ed.).

Key words: Self-confidence, Education students (B.Ed.) and Physical Education students (B.P.Ed.).

INTRODUCTION

Psychology is significant because it examines behavioral and mental processes while also being applied to a wide range of aspects of human life. We are able to comprehend and ascertain how an individual's mind and body function thanks to psychology. The inner sensation of certainty that you are who you say you are, what you have to offer the world, and that you are worthy and deserving of respect is known as self-confidence. Everyone aspires to be confident because it makes life so much simpler and more enjoyable. Our sense of self-worth provides us the drive to realize our aspirations. Being able to produce effectively requires having self-confidence. According to Fisher and Cleveland (1938), the "most accurate concept of the bodily self is that of a representation of attitudes and

expectancy systems related to the body and the views of other people towards one's self." A choice, according to Lopez (1977), is a judgement, the decision to take action in the face of uncertainty, complexity, and sometimes irrationality. It is also the final resolution of a conflict between needs, means, or goals. Therefore, decision-making is a crucial component of all science-based professions, as experts use their knowledge in a particular field to make wise choices. For many years, researchers in the fields of social psychology, marketing, and management have been interested in self-confidence and its function in influencing others to take actions, such as making purchases (Bandura, 1977; Chemers et al., 2000).

According to research ³ (Bandura, 1988; Luthans and Peterson, 2002; Schyns and Sczesny, 2010), leaders in organisations tend to be more self-assured, having stronger faith in their own abilities and viewpoints, allowing them to more successfully advise and manage staff. This essay investigates whether self-confidence is as significant outside of official organizational situations. In any social setting, persons with social confidence are likely to emerge as natural leaders and have a direct impact on others' consumption decisions. The present study aimed to determine the difference in self-confidence and decision making between Education students (B.Ed.) and Physical Education students (B.P.Ed.)

Objectives of the study

To compare the self-confidence among the Education students (B.Ed.) and Physical Education students (B.P.Ed.) of J.S. Universities.

HYPOTHESES OF THE STUDY

It was hypothesized that there will be no significant difference on the self-confidence among the Education students (B.Ed.) and Physical Education students (B.P.Ed.) of J.S. Universities.

MATERIALS AND METHODS

Sample

Subjects: For this study total 80 Education students (B.Ed.) and Physical Education

students (B.P.Ed.) from Education students (B.Ed.) (N=40) and Physical Education students (B.P.Ed.) (N=40) aged between 20 to 25 years were selected as the subjects by using systematic random sampling method.

Tool

Questionnaire method was used to collect the data. Self-confidence was measured by applying self-confidence questionnaire developed by Agnihotri (1987). Self-confidence questionnaire consists of fifty-six (56) questions. These questions were to be answered by a tick mark in the respective boxes given next to each question. The result was established and compared to the established norms to determine the high and low level of self-confidence among the subjects. This test has widely used on Indian student population. It is a valid and reliable test. The questionnaires were distributed to the respondents along with the writing material. After the completion of the questionnaires, questionnaires were collected and checked that no response was left unanswered. Before filling up the questionnaire, necessary instructions were given and objectives and significance of the study were explained to the subject. The data was collected by administering the questionnaire in spare time of the subjects.

Statistical analysis

The “t” test was applied to find out the difference between mean scores of Education students (B.Ed.) and Physical Education students (B.P.Ed.) on the variables self-confidence. The level of significance was set at 0.05 for testing of hypotheses.

1 Table 1. Comparison of mean scores about ‘self-confidence’ between Education students (B.Ed.) and Physical Education students (B.P.Ed.)

Variable

Group

N

Mean

S.D.

t-value

Self-Confidence

B.P.Ed. students

40

35.40

8.45

2.40*

B.Ed. students

40

30.07

11.70

*Significant at 0.05, Table value = 1.98 (df = 78).

The results of self-confidence questionnaires of Education students (B.Ed.) and physical education students (B.P.Ed.) are presented in tables and interpretations are given accordingly. ¹ Table 1 showed that comparisons on the variable of 'self-confidence' between Education students (B.Ed.) and Physical Education students (B.P.Ed.). The mean value of Education students (B.Ed.) and Physical Education students (B.P.Ed.) were found to be 35.40 and 30.07, respectively. The standard deviation of Education students (B.Ed.) and Physical Education significant as the tabulated value was 1.98 at 0.05 level of significance with degree of freedom of 78 and while comparing the two mean values it shows that Physical Education students (B.P.Ed.) have performed better on the variable 'self-confidence' than their counterpart Education students (B.Ed.) have better self-confidence level as compared to the students of Education. The results may be attributable to the fact that their real-world environment contains a variety of games. The t-value of 2.40, which indicates a significant difference between Education and Physical Education students (B.Ed. and B.P.Ed., respectively), indicates that the null hypothesis (H₀) about self-confidence is rejected. According to Yadav et al. (2009), ⁴ there were no statistically significant differences between the self-confidence levels of west zone inter-varsity and

national volleyball players. the outcomes in this regard.

Graphical representation on self-confidence among Education students (B.Ed.) and Physical Education students (B.P.Ed.) belonging to J.S. Universities.

DISCUSSION

It is clear from the findings above that there were significant differences between Education students (B.Ed.) and physical education students (B.P.Ed.) on the variable of self-confidence, as the computed t-value was higher than the table value (1.98). Education students (B.Ed.) and physical education students (B.P.Ed.)

Conclusion

The results revealed significant difference with regard to variable self-confidence between Education students (B.Ed.) and Physical Education students (B.P.Ed.) were found statistically significant between Education students (B.Ed.) and Physical Education students (B.P.Ed.). Physical Education students had higher self-confidence than their counterparts in Education students.

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