

# A COMPARITIVE STUDY ON SELF CONFIDENCE AND STRESS TOLERANCE AMONG KARATE PLAYERS AND KHO-KHO PLAYERS

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## **Abstract**

*The main aim and objective of the present study was to examine the self confidence and stress tolerance among Karate players and kho-kho players. To collect data stress tolerance scale and self confidence scale were used. A sample of 50 karate players and 50 kho-kho players were selected randomly from the population. Self confidence and stress tolerance were assessed and Mean, standard deviation t test and Correlation were the statistics calculated. The results indicated that there was significant difference regarding self confidence and stress tolerance between karate players and kho-kho players. Results revealed that karate players and kho-kho players differed significantly on their self confidence. Karate players were having more self confidence than kho-kho players, on stress tolerance karate players are having higher level of stress tolerance as compared to Kho-kho players. A significant relationship was found between self confidence and stress tolerance.*

**Keywords:** Self confidence, Stress tolerance, Karate players, Kho-kho players

## **INTRODUCTION**

A belief that one is capable of successfully meeting the demands of a task (American Psychological Association). This sureness is characterised by absolute belief in capability. When athletes feel confident, they are more readily apt to turn sporting implicit into best performance. Again, when they feel doubtful of themselves, the smallest reversal or lowest chain can have an devilish effect on their performance. Confidence is the essential particularity that defines each existent's expedient and faith in achieving their pretensions, that leads to successfully achieving accomplishments in the future. Stress tolerance is the credentials to be relaxed and composed when faced with difficulties. The capacity to repel pressures and strains and the consequent capability to serve effectively and with minimal anxiety under conditions of stress. (American Psychological Association). Having positive stress tolerance is being suitable to stay calm without getting carried down by strong feelings of helplessness and hopelessness. Stress tolerance medium are actuated when a stress factor reaches the cell face or innards and damages the cell. Stress tolerance is the threshold at which an real can effectively and frequently deal with and handle stressful situations. Stress Tolerance is the capacity to endure pressure or query without getting negative (e.g. hopeless, bitter or hostile) toward tone or others. People strong in stress tolerance can repel and may indeed thrive in high- pressure situations. Developing confidence and girding yourself with good people are two crucial aspects of maintaining good internal health. Karate training is a important way to gain respect, better your strictness and boost your obedience. Ultimately practicing Karate help you achieve a continuing sense of balance and harmony in your pretensions and future. Each situation we defy in our day-to-day lives is different, so the same mode don't work for every circumstance. In order to achieve wins in life, we have to be flexible and flux and liquid like people of all ages can benefits from fastening on their internal health. By practicing Karate, you can master your mind and your feelings. That can help you develop more emotional stability, assertiveness, Self – confidence, and lessen aggressive feeling. As karate is not only a sport it's a martial art as we all know martial arts make us disciplined timely and develop a good personality. Kho- kho is a game a sum of 12 players are there in Kho- Kho per side. Both karate and Kho- kho taking as a sporting game both has physical training, strength structure muscle strengthening, karate has been included in Olympics and kho- kho is still on the way to it. This study look forward to the sport which has further Brain and mind benefits by assessing Self confidence and stress tolerance among karate players and kho- kho players.

### SELF CONFIDENCE

A belief that one is able of successfully meeting the demands of a task( American Psychological Association). The self is a compound of a person's thoughts and feelings, strivings and hopes, fears and fantasies, his view of what he is, what he has been, what he might come, and his attitude pertaining to his worth. Self- Confidence is a positive attitude of oneself towards one's self concept. It's an trait of perceived self. Self- Confidence refers to a person's perceived capability to cope up situations successfully without leaning on others and to have a positive self – evaluation. Self- confidence is the conviction that one is generally able of producing his dream results. Increase in self- confidence helps to develop built-in rates of self good and competence by the underpinning. Self- confidence is related with success. A confident attitude, a belief and a faith in oneself and one's ideas are essential in getting ahead but it should also be flashed back that self- confidence grows with success that means it's desirable to develop those rates within oneself that makes for success. It has been set up that the child who perceives himself to be suitable, confident, acceptable and a person of worth has further energy to spend on academic achievement and will use his intelligence to be utmost on the other hand, the child who perceives himself as empty unable and less confident may not come up to the optimum degree of attainment.

### STRESS TOLERANCE

Having positive stress tolerance is being suitable to stay calm without getting carried down by strong feelings of helplessness and hopelessness. The capacity to withstand pressures and strains and the consequent ability to function effectively and with minimal anxiety under conditions of stress.( American Psychological Association). Stress tolerance process are actuated when a stress factor reaches the cell face or inside and damages the cell. Stress tolerance is the threshold at which an existent can effectively and constantly deal with and manage stressful situations. People strong in Stress Tolerance can repel and may indeed thrive in high-pressure situations. Oftentimes productive and assured despite nebulosity, they manage with their worries and have space for people's shifting feelings. Everyone gets a wide variety of stress during life. These stresses can range from day-to-day annoyances to major events similar as a job loss, divorce, or the death of a loved one. Whether the stress is large or small, your capability to tolerate torture can play a part in how you manage the situation. Learning stress tolerance proficiency can make a veritably positive difference in your capability to handle tough feelings.

## METHODS

### HYPOTHESIS

1. Karate players and kho-kho players will differ significantly with regard to their self confidence.
2. Karate players and kho-kho players will differ significantly with regard to their stress tolerance.
3. Self confidence and stress tolerance were inter related.

### SAMPLE

The sample was drawn from Karate players and kho-kho players of kerala. Thus 50 karate players and 50 kho-kho players were drawn randomly. Both karate and kho-kho players were members of district, state and nationals and age between 15-25.

### SAMPLING & DATA COLLECTION

Data collection was done using random sampling. Purpose of the study was made clear to the participants. The general instructions were given to participants to complete the inventories. Help was provided to the participants in case they found any of the items difficult to comprehend.

### STATISTICAL ANALYSIS

In the present study Mean, SD , t-test and r- test was applied for statistical analysis of data.

## RESULT & DISCUSSION

Table -1: Mean, SD and t value of karate players and kho-kho players on self confidence

Group	N	Mean	SD	t value	P value
Karate players	50	51.87	18.79		
Kho-kho players	50	39.49	12.39	5.52	0.01

The result from table 1 show that there is significant difference between karate players and kho-kho players for life satisfaction. The karate players received higher mean score 51.87 as compared to the kho-kho players 39.49. The standard deviation score of karate players received 18.79 and the kho-kho players received 12.39. So we can say that karate players have higher level of self confidence than the kho-kho players. The t value of self confidence is 5.52. There is significant difference between karate players and kho-kho players . It means hypothesis was accepted. Karate players were more self confident with their games and competitive life. On the other hand the kho-kho players are less self confident compared to karate players.

Table-2: Mean, SD and t value of karate players and kho-kho players on stress tolerance

Group	N	Mean	SD	T value	P value
Karate players	50	34.26	13.79	7.21	0.01
Kho-kho players	50	21.85	10.39		

According to table 2 the mean scores of karate players were higher 34.26 as compared to Kho-kho players 21.85. This indicate that karate players is having more stress tolerance than kho-kho players. Hence, it confirmed the hypothesis which states that “karate players and Kho-kho players will differ significantly with regard to their stress tolerance level”. High stress tolerance among karate players may due to the training method and after all it’s also an art.

Table-3 – Correlation coefficients of self confidence and stress tolerance

	Stress tolerance	P value
Self confidence	0.3125341	0.01

According to above table there was a positive correlation between self confidence and stress tolerance. This correlation shows that whenever the stress tolerance increases the self confidence also increases. If stress tolerance is less then self confidence will also be less.

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