



Impact of Sports Activities on Confidence level of Students

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ARTICLE INFO	ABSTRACT
<p>Article History: Received: December 18, 2024 Revised: January 03, 2025 Accepted: January 04, 2025 Available Online: January 06, 2025</p> <hr/> <p>Keywords: Sports Activities, Confidence, Students</p> <hr/> <p>Corresponding Author: Sadaf Latif Email: msspe231007@myu.edu.pk</p>	<p>The purpose of the study was to access the role of sports to enhance the confidence level of students. Self-confidence is considered as an important element for student’s life to perform any activity. The objective of the study was to assess the views of students about the role of sports activities in overall development of confidence level. This study also helpful that sports activities can develop or build the confidence level in students. The researchers were collected the from various government and private sector educational institutions within the jurisdiction. The sample of population of this study was 100 students from different private and government sector educational institutions. After analysis of the study the researchers concluded that those students who take a part in sports activities are enjoyable. The significant result of the statement show that majority of the students feels that they are more responsible when participation in sports which enhance their confidence. In last the researchers also recommended that the government may be providing suitable and an adequate amount of funds to promote co-curricular activities at educational institutions.</p>



Introduction

Sports refer to physical that contribute to physical fitness, organized and competitive physical activities, indigenous, well-being and social interactions. Physical activities are revealed as strong socializing agent (Huang et al., 2019) and proponents of sports claim that these activities civilize and socialize kids, creating leadership abilities, self-confidence, self-control, self-discipline,

patience, collaboration and cooperation (Husni, U. 2020). In the modern era kids and youths obtain multiple benefits as a result of participation in sports. In light of various benefits of sports the researcher's conducted this particular study with a clear vision to investigate the views of different students regarding the role of sports activities on enhancement of confidence level.

Sport developed moral and social values of every individual. Sports always gives great respect to every athlete which enhance social & moral character, devotion, nationalist, team work, sacrifice, patience and loyalty (Love, A., & Kim, S. 2019). Sports also developed honesty, responsibility, fair play, equality and integrity which are also most important moral character for social wellbeing (Serrano-Durá, et al., 2021).

The concept of self-efficacy appears to have traditionally served as the foundation for research of confidence in sports. Self-efficacy is a person's assessment of their own capacity to plan and carry out a particular task of action which needs to achieve a desired performance (Bandura, 1997; Nazir et al., 2022). The belief or level of certainty of everyone about their capacity to succeed in sports is refer to sport confidence (Machida, M., Otten et al., 2017). The various scholars may have perceived that self-efficacy and sport confidence tend to be used interchangeably. Although, sports confidence and self-efficacy have some selected similarities such as belief which has the abilities to be successful (Chow & Feltz, 2014).

Sport confidence represents a structure of human mind (i.e. a positivity and feeling of self-control) that consequently affects every individual in a range of sports activities and performing different tasks (Williamson, 2019). It is also stated that the sound understanding of self-efficacy theory will be beneficial to identify the compelling construct of sport confidence. It has been suggested that in order to develop self-confidence particularly, the students have to participate freely in sports and has to avoid any misconception about sports in our society. Self-confidence is also referred to confidence in your ability to handle the task at your hand (Feltz, 1988). Keep in the discussion, it becomes relatively stated that sports play an important role in various aspects of human life and particularly in the enhancement of self-confidence which is very much important for student's life, in this regard the researchers decided to carry a study in order to assess the importance of sports in self-confidence of students.

Statement of the Problem

Self-confidence is considered as an important element for student's life to perform any activity. So it becomes quite clear that the development and improvement in self-confidence is utmost essential to perform the activities efficiently, effectively and boldly. Various manners are supposed to be used for the development of self-confidence. A sport is one of the important tool which helps in the development of self-confidence. In the light of the statement the researchers tend to conduct the study to discover findings and facts.

Objective of the Study

The objective of the study as follows:

- To assess the perception of students about the role of sports in the development of confidence level.

Significance of the Study

This research is basically conducted to know the relation between confidence building and sports performance. The study in hand, about the role of sport in confidence building can prove very much important and significant for provide a clear picture about the role of sports in confidence building. This study will also be helpful to provide about the role of the concerned and to the students about the role of sports that how much sport can prove helpful in the development or building of confidence of the students.

Through this study we can improve sports among the student and through the improvement of sports activities; confidence building will be by product of sport.

The study will be helpful to open the door for future research. Keeping in view the above points the study will hopefully be very much significant.

Research Methodology

The researchers were adopted the following procedure to reach the findings and conclusion:

Population

The data of the research was collected from different male & female students. Data was collected from different private and government sector educational institutions.

Sample and Sample Size

It is not possible for the researcher to approach all the populations related to topic to overcome this difficulty some people are selected from the whole population. The sample of population of this study was 100 students from different private and government sector educational institutions. The statements of the questionnaire were designed on likert scale with five statements strongly disagree, disagree, undecided, agree and strongly agree.

Data Collection Mode

The researchers were personally distributed the questionnaire among respondents and also collected back after getting filled it by respondents.

Data Analysis

Data was analyzed on SPSS software having availability of version 20 and statements were analyzed on strongly disagree, disagree, undecided, agree and strongly agree.

Data Analysis and Interpretation

Table 1: Distribution of participant according to demographic variables

Variables	Frequency	%
Gender		
Male	51	51.0
Female	49	49.0
Age		

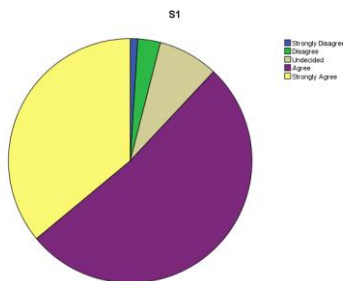
17 - 20 years	28	30.0
21 - 23 years	60	52.0
24 - 27 years	10	10.0
Above 28	2	2.0
Qualification		
BS (Hons)	74	74.0
M.Phil	16	16.0
PhD	10	10.0

The above table 1 shows frequency of demographics. Total numbers of respondents were 100 in which (51%) were male and (49%) were females. According to age wise category (30%) was 17-20 years old, (52%) were 21-23 years old, (10%) was 24-27, and (2%) respondent was 28 years and above. In the assessment regarding the qualifications of the subject was (74%) were enrolled in of B.S, (16%) were M.Phil Scholars and (10%) were PhD scholars.

Table 2: The Chi-square value of student’s views about I think positive when I am in sports competition

Statement 1	Observed Number					χ^2	P
	SD	D	UD	A	SA		
I think positive when I am in sports competition	1	3	8	52	36	1.037	.000

Figure 1:

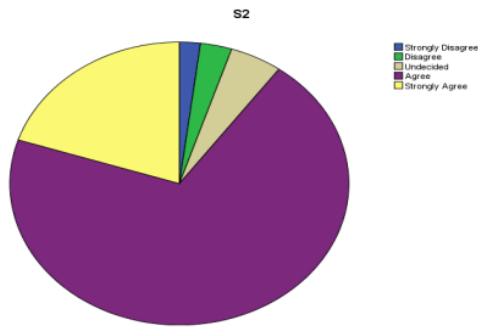


In the above table 2 shows student’s’ perception regarding the above statement and for the significant difference Chi-square test was conducted. According to results there is significant difference (p=.000, $\alpha=.05$) regarding scores of the student’s’ views about statement and ($\chi^2 = 1.037$) the result shows that the role of students was positive when they were playing sports.

Table 3: Chi-square value of student’s perception about it’s a source of friendship for me with other student of the world

Statement 2	Observed Number					χ^2	P
	SD	D	UD	A	SA		
I feel enjoy when I am participating in sports	1	4	5	70	20	1.669	.000

Figure 2:

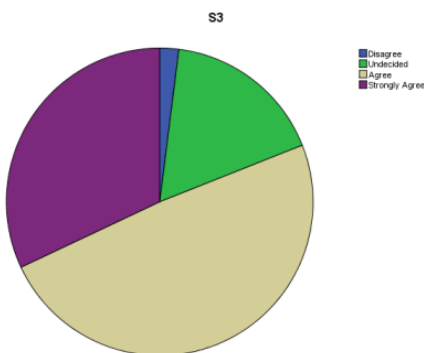


In the above table no 3 student’s perception about I feel enjoy when I am participating in sports. The Chi-square test was conducted to see the significant difference. The results revealed that there is significant difference ($p=.000$, $\alpha=.05$) about scores of the student’s opinions about statement and ($\chi^2 = 1.669$) and the results stated that majority of the students feel enjoy when participating in sports.

Table 4: Chi-square value of student’s perception about I believe that I am feeling more social confident when playing sports

Statement 3	Observed Number					χ^2	P
	SD	D	UD	A	SA		
I believe that I am feeling more social confident when playing sports	0	2	17	49	32	48.72	.000

Figure 3:

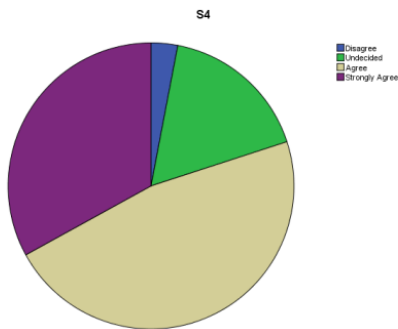


The above table no 4 shows student’s opinion about statement I believe that I am feeling more social confident when playing sports. The analyzed results endorsed the significant difference ($p=.000$, $\alpha=.05$) between scores of the student’s perceptions about statement and ($\chi^2 = 48.72$) and the result stated that the majority of the student’s believe that they were feeling more social confident when playing sports activities.

Table 5: Chi-square value of student’s perception about I feel a responsible when participation in sports which enhance my confidence level

Statement 4	Observed Number					χ^2	P
	SD	D	UD	A	SA		
I feel a responsible when participation in sports which enhance my confidence level	1	2	17	47	33	43.84	.000

Figure 4:

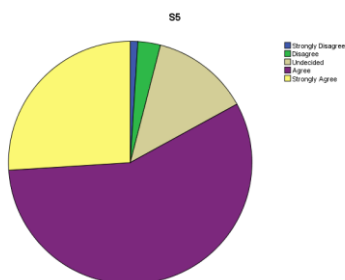


The table 5 shows student’s’ views about I feel a responsible when participation in sports which enhance my confidence level. The results reveals the significant difference ($p=.000$, $\alpha=.05$) regarding the scores of the student’s’ perceptions about above statement and ($\chi^2 = 43.84$) and the analyzed result endorsed that various students feels that they are more responsible when participation in sports which enhance their confidence level.

Table 6: Chi-square value of student’s perception about When participation in sports it enhance my leadership qualities which boost my confident level

Statement 5	Observed Number					χ^2	P
	SD	D	UD	A	SA		
When participation in sports it enhance my leadership qualities which boost my confident level	1	3	13	57	26	1.052	.000

Figure 5:



In the last table of the study the student's' perception about When participation in sports it enhance my leadership qualities which boost my confident level. The researcher's conducted Chi-square test for significant difference and the results endorsed there is significant difference ($p=.000$, $\alpha=.05$) between scores of the student's' opinions about statement and ($\chi^2 = 1.052$). Results show that sports enhance their leadership qualities which boost the confident level.

Discussion & Conclusion

In light of analysis and findings the researchers were concluded that:

There is significant role of sports in the enhancement of Confidence Level of students, the researchers concluded that those students who take a part in sports activities are enjoyable and also link the stated that (Shah A. J et al., 2017) also endorsed that student's feel enjoyed when participating in recreational activities. The significant result of the statement show that majority of the students feels that they are more responsible when participation in sports which enhance their confidence level the statement link with another statement (Suardika, I. K., & Adelina, C. 2024) which showed that high school students who engage in sports activities have higher levels of self-confidence

Recommendation

In the light of findings revealed and conclusions drawn, the following recommendations are hereby made by the researchers.

1. The government may be provide suitable and an adequate amount of funds to promote co-curricular activities at educational institutions.
2. The results of this study demands that concerned authorities should pay attention to conducting different types of sports tournaments at school, college, and university level for increasing confidence level among students.
3. Government should make policies and seminars on the creating awareness of people about the benefits of sports with special reference to enhancement of confidence.

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