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Davinder Singh
Research Scholar, Department
of Physical Education, Panjab
University, Chandigarh, India

Analysis of self confidence among combat sports players

Davinder Singh

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Abstract

The current study was designed to assess self-confidence among combat games like: male judo, boxing And wrestling player. Total sixty (N= 60) male subject, including twenty (n1 = 20) Judo players, twenty (n2 = 20) boxing player and twenty (n3 = 20) wrestling player, who had, participated in inter-college competitions in these games and were During studies in various colleges affiliated to Panjab University, Chandigarh Session 2021-22. The purposive sampling technique was employed for selection of Subject. The age of the subjects was between 18 and 25 years. A questionnaire was used and developed by Robin S. Villa (1986). Analysis of variance (anova) was employed to assess the significant difference among male judo, boxing and wrestling players Regarding variable self-confidence. The least significant difference (LSD) post-hoc test The direction and degree of differences were implemented, where 'F' value was found significant. The level of significance was set at 0.05. Results revealed significant differences among Judo, Boxing and Wrestling players with regard to the variable State and Trait Sports Self-Confidence.

Keywords: State and trait self-confidence, judo, boxing, wrestling and players

Introduction

Self-Confidence is an important psychological factor that greatly affects athletic performance, especially high pressure and combative games such as judo, wrestling and boxing. It determines how athletes see their abilities, face together, maintain composition under challenges, and competitive stress. In sports psychology, confidence is often examined through two different dimensions: state sports confidence and characteristic game confidence.

Trait confidence refers to the stable and permanent belief of a combat player that is in their ability to succeed in a wide variety of situations. It is relatively stable and shaped by long-term experiences, training and personal nature. In contrast, state confidence is a temporary and position-specific sense of confidence that can fluctuate based on competition, rival power or reference to a transient psychological state.

State Confidence (SC-state) is the real level of faith in the same state of self-efficiency. Players will have low, moderate or high confidence, which depends on SC-trait and competitive orientation. A player may have a high SC-trait and contact the game with high competition, which after the first few minutes of the match, where they have scored some good runs, tackled and their own it. A player of the opposing team has low SC-plant and low level competition and hence it has a low SC-state.

Sports performance is a psychomotor performance and an athlete for its improvement depends much more on its own psychological makeup. It has become highly important to identify and use psychological factors that are particularly important in sports settings, especially related to athletic performance. Various mutual variables affecting the performance of athletes are being investigated and are employed extensively to increase their performance. Sports psychology has now emerged as a separate scientific discipline. Several efforts have been made to help coaches and athletes in many ways such as assessing athletes on various psychological demands, providing psychological techniques to increase performance, identifying problematic athletes, and using various psychological intervention programmers.

Combat sports such as judo, wrestling and boxing require not only physical strength and technical skills but also mental cruelty and emotional control. Given the intense and often unexpected nature of these games, can play a decisive role in determining the results in the main competition as well as the performance results in the balance training between the trait

Corresponding Author:
Davinder Singh
Research Scholar, Department
of Physical Education, Panjab
University, Chandigarh, India

and state self-confidence. Understanding how these two types of confidences appear in athletes of various fighter subjects can help coaches and sports psychologists develop targeted mental training programs.

The purpose of this study is to detect and compare the trait and state sports self-confidence among male judo, wrestling and boxing players, highlighting psychological demands of each game and whether their athletes have confidence profiles.

The objectives of the study

1. To assess significant differences concerning to trait sports self-confidence among collegiate Judo, Boxing and Wrestling players.
2. To examine significant differences with regard to state sports self-confidence among collegiate Judo, Boxing and Wrestling players.

Hypothesis

1. It was hypothesized that there would be no significant differences in trait sports self-confidence in the games like: judo, boxing and wrestling combat players.
2. It was hypothesized that there would be no significant differences in state sports self-confidence among judo, boxing and wrestling players.

Methodology

The sample consists of a total sixty (N= 60) male, including twenty (n1 = 20), twenty (n2 = 20) boxing and twenty (n3 = 20) wrestling players who participated in inter-college

competitions in judo, boxing, wrestling and were studying in various colleges. The purposive sampling technique for selection of subjects was employed. The age of the subjects was between 18 and 25 years. Robin S.A self-confident questionnaire developed in (1986) was used to investigate the level of state and trait sports self-confidence of subjects. The analysis of the variation (ANOVA) was employed to assess the significant differences between male judo, boxing and wrestling players, which was in relation to variable state and trait self-confidence. The Least Significant Difference (LSD) post-hoc test was applied to detect the difference and degree degree, where the 'F' value was found significant. The level of significance was set at 0.05.

Results

Table 1: Descriptive Statistics Analysis of Male Players (Judo, Boxing and Wrestling) on Trait Sports Self-Confidence.

Sr. No.	Groups	N	Mean	Std. Deviation	Std. Error
1	Judo	20	92.90	13.60	3.04
2	Boxing	20	66.25	8.69	1.94
3	Wrestling	20	89.95	14.23	3.18
Total		60	83.03	17.14	2.21

It can be seen from table-1 that the result of judo male players, boxing and wrestling games on trait self-confidence. The scores of male players of various games (judo, boxing and wrestling) showed Mean and S.D values in the form of 92.90 and 13.60, 66.25 and 8.69, 89.95 and 14.23 respectively.

Table 2: One-Way (ANOVA) Results with Regard to Male Players (Judo, Boxing, and Wrestling) on the variable Trait Sports Self-Confidence.

Source of variance	Sum of square	Df	Mean square	F-ratio	Sig. (p-value)
Between groups	8537.43	2	4268.71	27.63	.00
Within groups	8804.50	57	154.46		
Total	17341.93	59			

*Significant at 0.05

It can be seen from Table-2 that significant differences were found regarding the variable trait confidence among male players of different sports. P-Value (SIG) was found to be less than 0.05 levels ($P < 0.05$) in the form of .00. Therefore, the LSD Post-Hoc test was applied to detect the degree and

direction of differences between the coupled means between various judo, boxing and wrestling, which was in relation to the variable characteristic game confidence. Post-Hoc test results are presented in Table-3.

Table 3: Analysis of Least Significant Difference (LSD) Post-Hoc test among male players of (Judo, Boxing, Westling)) on The Variable Trait Sports Self-Confidence.

Group (A)	Group(B)	Mean difference	Sig.
Judo (Mean=92.90)	Boxing	26.65	.00
	Wrestling	2.95	.45
Boxing (Mean=66.25)	Judo	-26.65	.00
	Wrestling	-23.70	.00
Wrestling (Mean=89.95)	Judo	-2.95	.45
	Boxing	23.70	.00

*Significant at 0.05

Table: A look at 3 is shown that the difference between judo and boxing groups was found to be 26.65. P-Value (SIG).00 showed that the Judo Group performed much better in Trait Sports Self-Confidence than its equivalent boxing group. The mean difference between judo and wrestling groups was found at 2.95. P-Value (SIG).45 revealed that the Judo Group had performed insignificantly better in Trait Sports compared to its counterpart wrestling group.

The mean difference between boxing and wrestling groups was found to be -23.70. P-Value Sig.00 showed that the wrestling group performed better in Trait Sports confidence than its equivalent boxing groups, although significantly. Specialty among sports groups (judo, boxing and wrestling) is displayed in Figure-1 to the graphical representative of the mean score of the trait sports self-confidence.

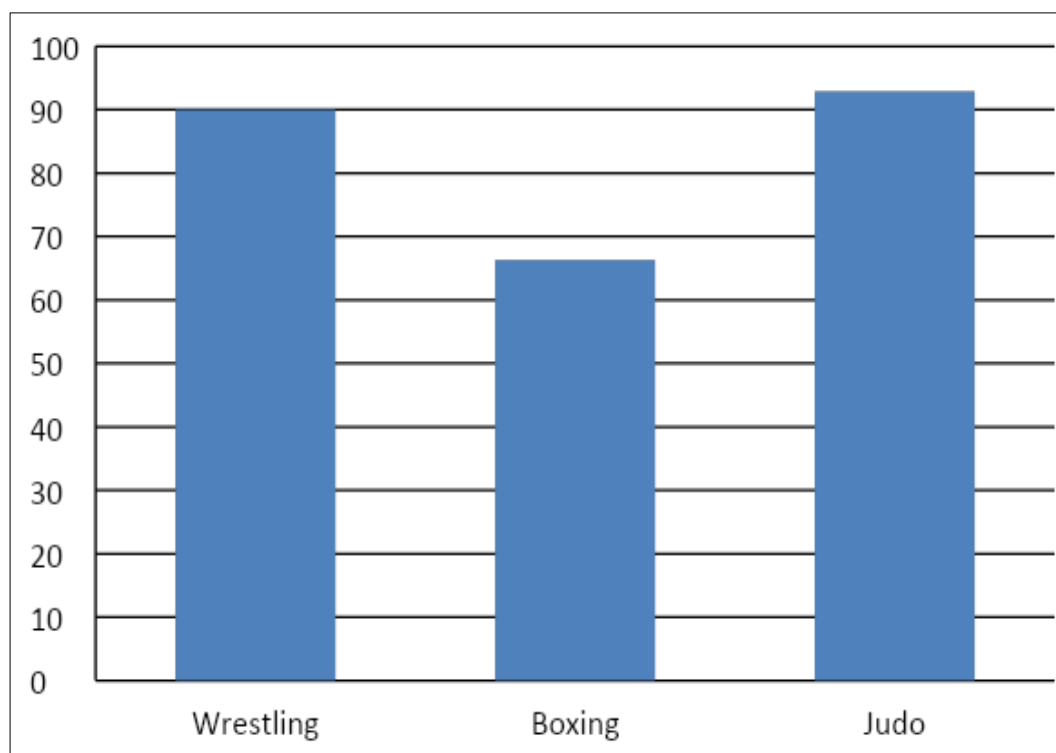


Fig 1: Graphical representation of mean scores with regard to Judo, Boxing and Wrestling on the variable trait sports self-confidence.

State sports self-confidence

Table 4: Descriptive Statistics Analysis of Male Players (Judo, Boxing and Wrestling) on State Sports Self-Confidence.

Sr. No.	Groups	N	Mean	Std. Deviation	Std. Error
1	Judo	20	96.75	12.34	2.76
2	Boxing	20	67.85	9.49	2.12
3	Wrestling	20	87.90	16.44	3.67
	Total	60	84.17	17.71	2.28

This can be seen from Table-4, showing the results of male players of judo, boxing and wrestling on the state sports self-confidence. The scores of male players of various games (judo, boxing and wrestling) showed Mean and S.D values in the form of 96.75 and 12.34, 67.85 and 9.49, 87.90 and 16.44 respectively.

Table 5: One-Way (ANOVA) results in relation to male players (judo, boxing and wrestling) on Variable State Sports confidence.

Source of variance	Sum of square	Df	Mean square	F-ratio	Sig. (p-value)
Between groups	8770.23	2	4385.11	25.65	.00
Within groups	9744.10	57	170.94		
Total	18514.33	59			

*Significant at 0.05

This can be seen from Table-5 that significant differences were found in connection with variable state sports self-confidence among male players of different sports. P-Value (SIG) was found to be less than 0.05 levels ($P < 0.05$) in the form of .00. Therefore, the LSD Post-Hoc Test was implemented in relation to the variable state confidence to detect the degree and direction of differences between the coupled means between various judo, boxing and wrestling. The results of the Post-Hoc Test are presented in Table-6.

Table 6: Analysis of Least Significant Difference (LSD) Post-Hoc test among male players of (Judo, Boxing, Wrestling)) on The Variable State Sports Self-Confidence.

Group (A)	Group (B)	Mean difference	Sig.
Judo (Mean=96.75)	Boxing	28.90	.00
	Wrestling	8.85	.03
Boxing (Mean=67.85)	Judo	-28.90	.00
	Wrestling	-20.05	.00
Wrestling (Mean=87.90)	Judo	-8.85	.03
	Boxing	20.05	.00

*Significant at 0.05

In Table-6, a glance showed that the mean difference between judo and boxing groups was found to be 28.90. P-Value (SIG).00 showed that the Judo Group performed much better in state sports self-confidence than its equivalent boxing group.

The mean difference between judo and wrestling groups was found to be 8.85. P-Value (SIG).03 revealed that the Judo Group performed much better in the state self-confidence than the equivalent wrestling group.

The mean difference between boxing and wrestling groups was found. P-Value Sig.00 showed that the wrestling group performed better in state sports confidence than its counterparts boxing groups, although significantly. The state self-confidence between sports groups (judo, boxing and wrestling) is displayed in Figure 2 to the mean average score of the state self-confidence.

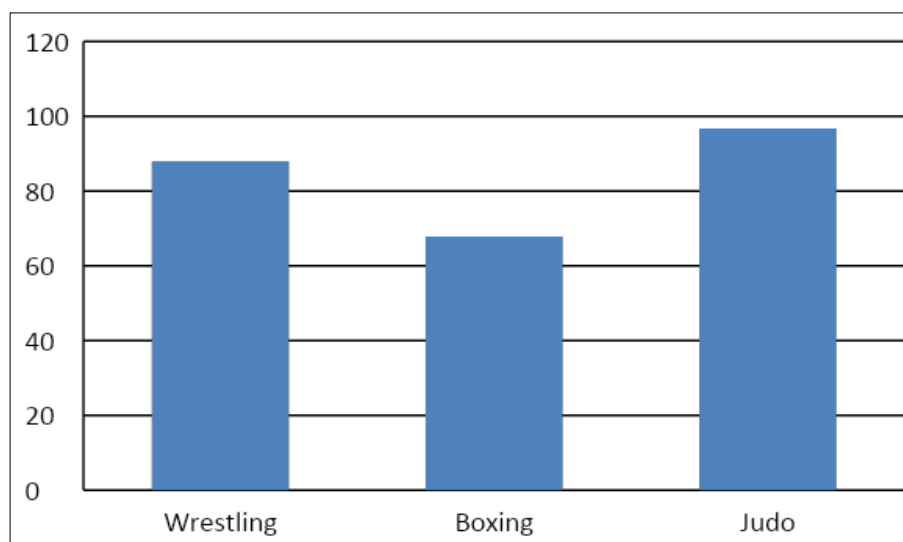


Fig 2: The graphical representation of mean scores in relation to judo, boxing and wrestling on State sports self-confidence

Table 7: Descriptive statistics analysis of male players (judo, boxing and wrestling) on overall Self-confidence.

Sr. No.	Groups	N	Mean	Std. Deviation	Std. Error
1	Judo	20	179.65	33.62	7.51
2	Boxing	20	135.10	18.41	4.11
3	Wrestling	20	171.40	28.75	6.42
Total		60	162.05	33.47	4.32

Table-7 depicts the result of the male players of judo, boxing and wrestling on overall self-confidence. The scores of male players of various sports (judo, boxing and wrestling) showed

Mean and S.D values in the form of 179.65 and 33.62, 135.10 and 18.41, 171.40 and 28.75 respectively.

Table 8: One-way (ANOVA) results in regarding male players (judo, boxing and wrestling) on Overall Self-Confidence

Source of variance	Sum of square	Df	Mean square	F-ratio	Sig. (p-value)
Between groups	22469.70	2	11234.85	14.67	.00
Within groups	43627.15	57	765.38		
Total	66096.85	59			

*Significant at 0.05

This Table-8 can be seen that significant differences were found concerning variable overall self confidence among male players of different sports. P-Value (SIG).00 was found to be lower than 0.05 of ($P > 0.05$) as. Therefore, the LSD Post-Hoc test was applied to detect the degree and direction

of differences between the coupled means among various judo, boxing and wrestling, which was in relation to the variable overall confidence. The results of the post-hoc test are presented in Table-9.

Table 9: Analysis of at least significant differences (LSD) Post-Hoc test between male players of (judo, boxing, wrestling) on overall self-confidence.

Group (A)	Group (B)	Mean difference	Sig.
Judo (Mean=179.65)	Boxing	44.55	.00
	Wrestling	8.25	.03
Boxing (Mean=135.10)	Judo	-44.55	.00
	Wrestling	-36.30	.00
Wrestling (Mean=171.40)	Judo	-8.25	.03
	Boxing	36.30	.00

*Significant at 0.05

Table-A look at Table 9 showed that the difference between judo and boxing groups was found to be 44.55. P-Value (SIG).00 showed that the judo group had done much better in overall self-confidence than its counterpart boxing group. The mean difference between judo and wrestling groups was found to be 8.25. P-Value (SIG).03 revealed that the Judo Group performed much better in overall self-confidence than its counterpart wrestling group.

The mean average difference between boxing and wrestling groups was found-36.30. P-Value Sig.00 showed that the wrestling group performed better in overall confidence than its counterpart boxing groups, although significantly. The average representation of the average score of overall confidence between sports groups (judo, boxing and wrestling) is displayed in Figure 3.

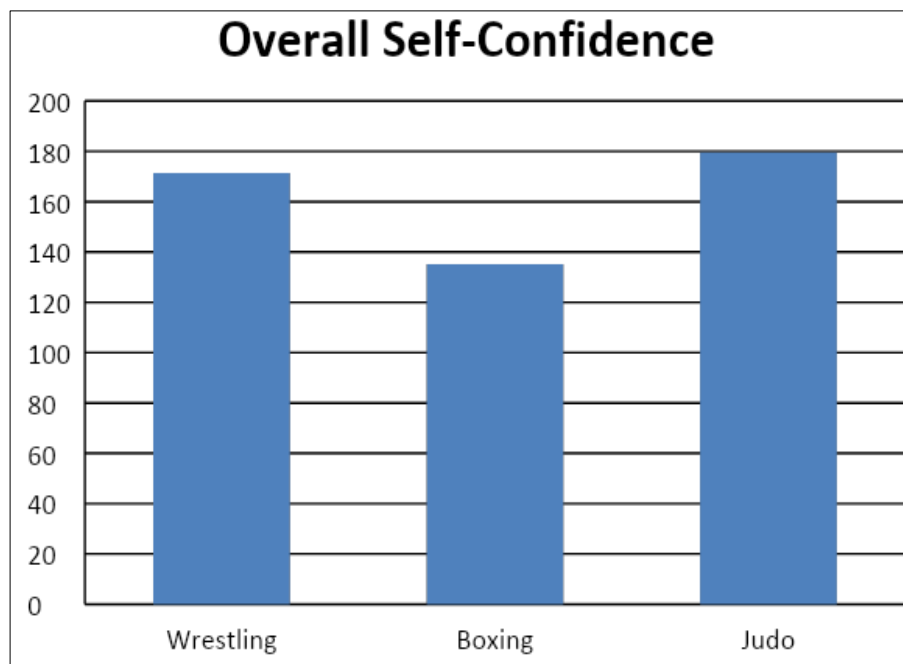


Fig 3: The graphical representation of the mean average score in relation to judo, boxing and wrestling, variables on overall self-confidence.

Discussion of the results

It has been observed from (table number 1 to 3) that variable trait sports self-confidence has been found to have significant differences among male players judo, boxing and wrestling combat sports. Calculating the average value of all groups, it has been observed that Judo players performed better on the variable trait sports self-confidence compared to their equivalent boxing and wrestling players. The results may result in the fact that judo players themselves know and do not think too much.

It has been observed from (Table No. 4 to 6) that state sports self-confidence has been found to have significant differences between boxing and wrestling of male players. Calculating the average value of all groups, it has been observed that Judo players performed better on variable state sports self-confidence than their equivalent boxing and wrestling players. The results may be due to the fact that judo players know how to handle stress.

It (Table No. 7 to 9) has been observed that on the variable of overall self-confidence, the variable of male players has been found to be significant between boxing and wrestling. When calculating the average value of all groups, it has been observed that Judo Players performed better on variable overall self-confidence than its counterpart boxing and wrestling players. The results can result in the fact that judo players do not think too much and judo players have strong relationships to get positive responses. Henton *et al.* (2004) ^[6] investigated that confidence is an essential quality for athletes that are to protect from potentially weak ideas and emotions.

Conclusion

1. It has been concluded that judo players performed much better in state-confidence and then saw boxing and wrestling players.
2. It has been concluded that judo players performed much better in trait-confidence after boxing and wrestling players.
3. It has been concluded that judo players performed much better in overall self-confidence after boxing and wrestling players.

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