

Full Length Research Paper

Self-confidence and decision making between psychology and physical education students: A comparative study

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The present study aimed to compare the self-confidence and decision making abilities between psychology and physical education students. A total of eighty (N = 80) male subjects participated; forty (N = 40) psychology students and forty (N = 40) physical education students from various affiliated colleges of Panjab University, Chandigarh were randomly selected for the collection of data. The age of the subjects ranged between 19 to 25 years. Self-confidence was measured by applying self-confidence questionnaire and decision making was measured by applying decision making questionnaire. The “t” test was applied to find out the difference between mean scores of psychology and physical education students. The level of significance was set at 0.05. The results revealed significant difference with regard to variable self-confidence between psychology and physical education students. However, the results with regard to the variable decision making were found statistically significant between psychology and physical education students. Physical education students have better self-confidence and decision making level as compared to their counterpart psychology students.

Key words: Self-confidence, decision making, psychology, physical education.

INTRODUCTION

Psychology is important as it is concerned with the study of behaviour and mental processes and at the same time, it is also applied to many different things in human life. Through psychology, we are able to understand and determine how the mind and body of an individual works. Self-confidence is the inner feeling of certainty; it is a feeling of certainty about who you are and what you have to offer to the world and also it also offers the feeling that you are worthwhile and valuable. Everyone craves to possess self-confidence because it makes life so much easier and so much more fun. Self-confidence gives us the energy to create our dreams. Self-confidence is an essential element to being able to create powerfully. Fisher and Cleveland (1938) stated that “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 toward one’s self.” Lopez (1977) has defined a decision as a judgement, a final resolution of a conflict of needs, means or goals; and a commitment to action made in face of uncertainty, complexity and even irrationally. Therefore decision making is an important part of all science-based professions, where specialists apply their knowledge in a given area to making informed decisions. Decision-making is an integral part of everyday life and level of self-confidence is related to the time it takes to make a decision. Myers (1962) indicated that a person's decision making process depends to a significant degree on their cognitive style; as in most decision-making situations, an individual faces different degrees of uncertainty. In probabilistic terms, this situation is called ambiguity.

Decision making is the process of sufficiently reducing uncertainty and doubt about alternatives to allow a reasonable choice to be made from among them. The present study aimed to determine the difference in self-confidence and decision making between psychology and physical education students.

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Table 1. Comparison of mean scores with regard to 'self-confidence' between psychology and physical education students.

Variable	Psychology students (N = 40)			Physical education students (N = 40)			MD	't' value
	Mean	SD	SEM	Mean	SD	SEM		
Self-confidence	29.05	11.66	1.84	34.38	8.41	1.33	5.32	2.34*

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

Objectives of the study

1. To establish the difference between psychology and physical education students on the variable self-confidence.
2. To establish the difference between psychology and physical education students on the variable decision making.

HYPOTHESES OF THE STUDY

H₀₁: Indicated that there would have been no significant difference between psychology and physical education students on the variable self-confidence.

H₀₂: Indicated that there would have been no significant difference between psychology and physical education students on the variable decision making.

MATERIALS AND METHODS

Sample

A total of eighty (N = 80) male subjects out of which forty (N = 40) psychology students and forty (N = 40) physical education students from various affiliated colleges of Panjab University, Chandigarh were randomly selected for the collection of data. The age of the subjects was ranged between 19 to 25 years.

Tools

Self-confidence was measured by applying self-confidence questionnaire developed by Agnihotri (1987) and decision making was measured by applying decision making questionnaire prepared by French et al. (1993).

Instrumentation

Self-confidence questionnaire consists of fifty six (N = 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 decision making questionnaire consisted of twenty one (N = 21) items measuring the decision making. The respondents were required to record their responses in six categories, very infrequently or never, infrequently, quite infrequently, quite frequently, frequently and very frequently or always. The scoring of each of the items was as follows; very

infrequently or never = 1, infrequently = 2, quite infrequently = 3, quite frequently = 4, frequently and very frequently or always = 6. There was no right or wrong answers in this questionnaire. There was none allocated for the completion of both the questionnaires but the subjects were instructed not taken too much time over any questions. 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.

Statistical analysis

The "t" test was applied to find out the difference between mean scores of psychology and physical education students on the variables self-confidence and decision making. The level of significance was set at 0.05 for testing of hypotheses.

RESULTS

The results of self-confidence and decision making questionnaires of psychology and physical education students are presented in tables and interpretations are given accordingly. Table 1 showed that comparisons on the variable of 'self-confidence' between psychology and physical education students. The mean value of psychology and physical education students were found to be 29.05 and 34.38, respectively. The standard deviation of psychology and physical education were 11.66 and 8.41 respectively, the standard error of mean scores came out to be 1.84 and 1.33 respectively. The 't' value of 2.34 was found to be 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 have performed better on the variable 'self-confidence' than their counterpart psychology students (Figure 1). Table 2 showed that comparisons on the variable of 'decision making' between psychology and physical education students. The mean values of psychology and physical education students were found to be 54.55 and 62.73, respectively. The standard deviation of psychology and physical education were 15.27 and 17.50 respectively, the standard error of mean scores came out to be 2.41 and 2.77 respectively.

The 't' value 2.22 was found to be significant as the tabulated value was 1.98 at 0.05 level of significance with degree of freedom 78 and while comparing the two mean values it shows that physical education students have performed better on the variable 'decision making' than

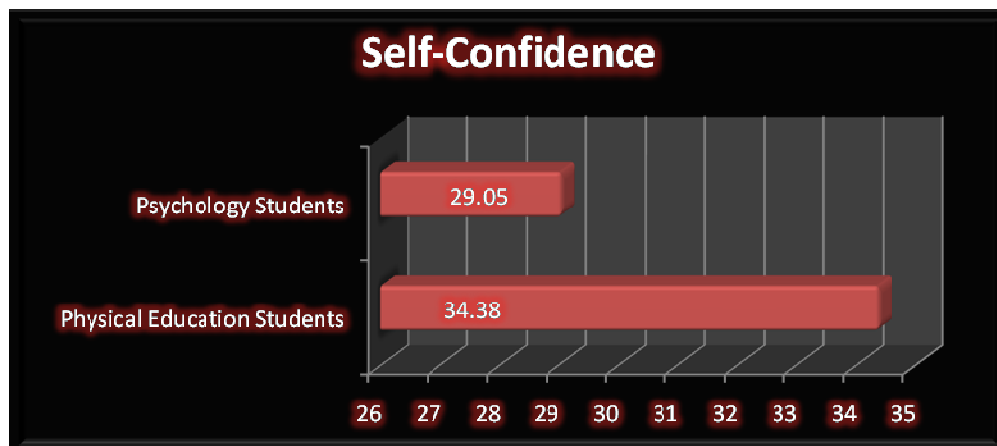


Figure 1. Graphical presentation of mean scores with regard to 'self-confidence' between psychology and physical education students.

Table 2. Comparison of mean scores with regard to 'decision making' between psychology and physical education students.

Variable	Psychology students (N=40)			Physical education students (N = 40)			MD	't' value
	Mean	SD	SEM	Mean	SD	SEM		
Decision making	54.55	15.27	2.41	62.73	17.50	2.77	8.18	2.22*

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

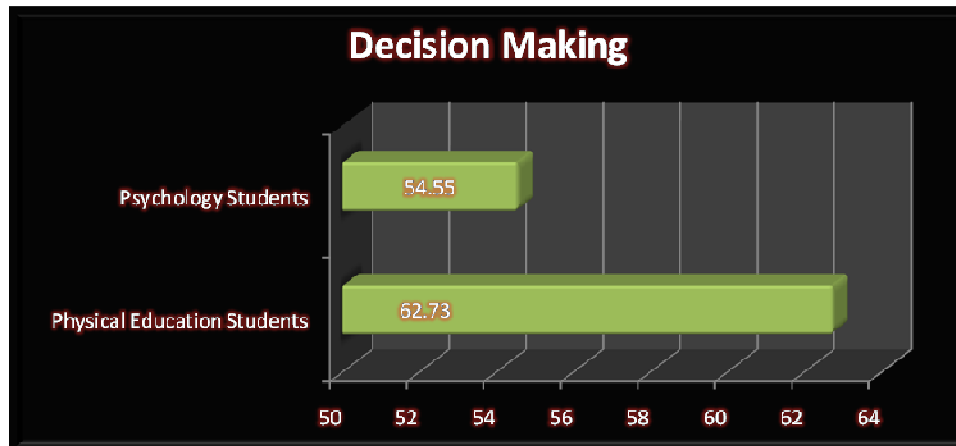


Figure 2. Graphical presentation of mean scores with regard to 'decision making' between psychology and physical education students.

their counterpart psychology students (Figure 2).

DISCUSSION

It is evident from the above findings that significant differences were found between psychology and physical education students on the variable of Self-confidence as the obtained t-value 2.34 was found higher than the table value 1.98. The results revealed that physical education

students have better self-confidence level as compared to the students of psychology. The results might be attributed to their practical environment includes different types of games. As per the obtained t-value 2.34 was found significant difference between psychology and physical education students indicate that the null hypothesis (H_0) in regard to self-confidence is rejected. Yadav et al. (2009) found that west zone inter-varsity and national volleyball players had non-significant difference in relation to their self-confidence. The results with regard

to the variable of decision making between psychology and physical education students were found statistically significant as the obtained t-value 2.22 was found higher than the table value 1.98. The results indicate that physical education students have high decision making level as compared to their counterpart psychology students. The findings might be as a results of pressures of their study and less physical activity in psychology students which might lead them to the low decision making level.

The obtained t-value 2.22 was found significant difference between psychology and physical education students indicated that null hypothesis (H_0) in regard to decision making is also rejected. Flaming et al. (2010) found that significant difference between Philippines and United States students on the variable decision making.

Conclusion

The results revealed significant difference with regard to variable self-confidence between psychology and physical education students. However, the results with regard to the variable decision making were found statistically significant between psychology and physical education students. Physical education students have better self-confidence and decision making level as compared to their counterpart psychology students.

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