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## ASSESSING SELF-CONFIDENCE, MENTAL HEALTH AND FRUSTRATION AMONG INJURED SPORTS MEN & WOMEN

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### Abstract

*The present study was conducted to assess self confidence, mental health and frustration among injured sports men & women of Andhra Pradesh state. The sample comprised 60, of which 30 were sportsmen and the other 30 were sportswomen. Rekha Agnihotri's Self- Confidence Inventory (ASI) Questionnaire was used to assess self-confidence, Toviei Personality Inventory (TPI) was used to assess mental health and Chauhan and Tiwari's Frustration Scale was used to assess frustration. The statistical measures employed were 't' test and correlation. The findings revealed that there are significant differences in the self-confidence and frustration between injured sportsmen and sportswomen. There are no interrelationships between self-confidence and mental health, self-confidence and frustration, and mental health and frustration of both.*

**Keywords:** *Self-confidence, Mental health, Frustration, sports men, sports women.*

### INTRODUCTION

Sport injuries threaten athletes' career and success (O'Connor et al., 2005). Some injuries are little and do not have any impact, instead others can end a career and have consequences on athletes' quality of life. Moreover, injuries determine rehabilitation costs, which concern athletes and/or sport organizations, in terms of monetary costs or lost time. Over their careers professional athletes spend thousands of hours in training. Despite this, or because of, they have a risk of injury higher than normal exercisers (Brewer, 2009). For example, in windsurfing there is a probability of 0.22 injuries every 1000 hours of practice among amateur performers, but these data rise till 13 injuries every 1000 hours among professional performers (Perez-Turpin et al., 2012a). Vitali (2011) provides the example of gymnastics and football: the 70/80% of professional female gymnasts occur in an injury every season and the 75% of professional football players (both men and women) have injuries every season.

An injury does not affect exclusively physical capabilities, but also contextual and psychological aspects. In fact, in some situations, injuries can deprive athletes of their compensation increasing life-stress, and determine fear to reinjury, sensation of loss, negative emotions, and other mood disturbances (Sparkes, 2000; Vergeer, 2006; Naoi & Ostrow, 2008). The present study was conducted to assess self confidence, mental health and frustration among injured sports men & women.

### HYPOTHESES OF THE STUDY

1. Injured sportsmen may have more self-confidence than the injured sportswomen.

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2. Injured sportswomen maintain better mental health than injured sportsmen.
3. Injured sportsmen are more frustrated than injured sportswomen.

## METHODOLOGY

The sample of the present study comprised 60 people, of which 30 were injured sports-women. They were selected at random from different parts of Andhra Pradesh state, and their age ranged from 18-28 years.

### Tools Used:

Three tests were used to collect the data.

1. To assess the self-confidence, Agnihotri's Self-confidence Inventory (ASI) Scale (1985) was used.
2. To assess the mental health, Tover Personality Inventory (TPI) developed by Peter Becker was used.
3. The standard psychological tool developed by Chauhan and Tiwari was used to quantify the frustration of the subjects.

## RESULTS AND DISCUSSION

Table 1. Scores of Injured Sportsmen and Injured Sportswomen on Self-confidence Scale

Groups	Mean	S.D.	SEM	Mean Difference	SEMD	t-Ratio	Level of significance
Injured sportsmen	39.90	10.93	1.995				
Injured sportswomen	23.73	6.68	1.220	16.17	2.338	6.91*	0.01

\* Significant at 0.01 level

The table indicates that the injured sportsmen scored mean value of 39.90 higher than the injured sportswomen's mean value of 23.73. The standard deviation is also correspondingly higher (10.93 and 6.68). The obtained 't' value is found to be significant at 0.001 level of confidence. The 't' ratio indicates that the difference between the two groups is significant at 0.01 level, which shows that injured sportsmen may have higher self-confidence than the injured sportswomen

Table 2. Scores of Injured Sportsmen and Injured Sportswomen on Mental Health Scale

Groups	Mean	S.D.	SEM	Mean Difference	SEMD	t-Ratio	Level of significance
Injured	52.60	8.282	1.512				



sportsmen							
Injured	56.00	10.45	1.908	3.40	2.43	1.399*	0.01
sportswomen							

\* Not significant at 0.01 level and 0.05 level

It could be seen from the table above that the injured sportsmen had a mean mental health scale of 52.60, which is lesser than the score of injured sportswomen mean value of 56.00. The standard deviation is also correspondingly lesser at 8.282 and 10.45. But the obtained 't' value is found to be 1.399, which is lesser than the table value of 2.699 and 2.660 at 0.01 level and 0.05 level respectively.

Table 3. Scores of Injured Sports and Injured Sports Women on Frustration Scale

Groups	Mean	S.D.	SEM	Mean Difference	SEMD	t-Ratio	Level of significance
Injured sportsmen	87.10	25.82	4.713				
Injured sportswomen	107.40	24.13	4.405	20.3	6.45	3.14*	0.01

\* Significant at 0.01 level

The above table indicates that for the injured sportsmen the mean value of frustration is 87.10. This is lower than the mean value 107.40 for injured sportswomen. The standard deviation is also correspondingly lower (25.82 and 24.13). The obtained 't' value is found to be 3.14, which is higher than the table value of 2.660 at 0.01 level of significance.

The 't' ratio thus indicates that the difference between the two groups is significant at 0.01 level, which shows that injured sportsmen may have less frustration than injured sportswomen. The larger frustration in women may be due to the subsequent consequences associated with an injury. An injury perhaps, comes with serious and long-term consequences in the case of women than in men.

Table 4. Co-efficient of Correlation between Frustration and Self-confidence of Injured Sportsmen

Group	N	Obtained 'r'	Table value	DF
Injured Sportsmen	30	0.04*	0.479	28

\* Not significant



The above table indicates that the relationship between frustration and self-confidence of injured sportsmen was not significant.

Table 5. Co-efficient of Correlation between Frustration and Mental Health of Injured Sportsmen

Group	N	Obtained 'r'	Table value	DF
Injured Sportsmen	30	0.353*	0.479	28

\*Not significant.

The above table indicates that the relationship between frustration and mental health of sportsmen was not significant.

Table 6. Co-efficient of Correlation between Self-confidence and Mental Health of Injured Sports Men

Group	N	Obtained 'r'	Table value	DF
Injured Sportsmen	30	-0.01*	0.479	28

\*Not significant

The above table indicates that there is no relationship between self-confidence and mental health of injured sportsmen and was not significant.

Table 7. Co-efficient of Correlation between Frustration and Self-confidence of Injured Sports Women

Group	N	Obtained 'r'	Table value	DF
Injured Sportsmen	30	-0.15*	0.479	28

\*Not significant

The above table indicates that there is no relationship between frustration and self – confidence of injured sportswomen and was not significant.

Table 8. Co-efficient of Correlation between Frustration and Mental Health of Injured Sports Women

Group	N	Obtained 'r'	Table value	DF
Injured Sportsmen	30	-0.003*	0.479	28

\*Not significant

The above table indicates that there is no significant relationship between frustration and mental health of injured sports-women.



Table 9. Co-efficient of Correlation between Self Confidence and Mental Health of Injured Sports Women

Group	N	Obtained 'r'	Table value	DF
Injured Sportsmen	30	-0.003*	0.479	28

\*Not significant

The above table indicates that there is no significant relationship between self-confidence and mental health of injured sports-women.

### CONCLUSION

Within the limitations of the study and on the basis of results of this study, the following conclusions are drawn:

1. During injury rehabilitation period there is a significant differences in self-confidence and frustration of the injured sportsmen and injured sportswomen.
2. Injured sportsmen were more self-confident than injured sportswomen.
3. Injured sports women were more frustrated than injured sportsmen.
4. During injury rehabilitation it was found that there is no significant difference in the mental health of injured sportsmen and injured sportswomen.
5. The study revealed that there is no significant interrelationship between self-confidence and mental health, self-confidence and frustration, and mental health and frustration of both injured sportsmen and injured sportswomen.

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