

# A Comparative Study on Self Confidence and Stress Tolerance on Taekwondo Players

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## Abstract

The primary aim and objective of the current study were to Investigating Taekwondo players' stress tolerance and the primary objective of the current study was self-confidence.. A self-confidence measure and a stress tolerance scale were used to collect data. One hundred Taekwondo practitioners were chosen at random from the general population. Self-confidence and stress tolerance and self-confidence were assessed. The statistical methods that were employed were correlation, t test, mean and standard deviation. The results revealed that Taekwondo practitioners differed significantly in their levels of stress tolerance and self-confidence. The findings showed that self-confidence varied greatly among Taekwondo practitioners, who also showed higher levels of stress tolerance and self-confidence. There was a significant correlation found between stress tolerance and self-confidence.

**Keywords:** Confidence, Stress resilience, Taekwondo athletes

## INTRODUCTION

The conviction that a person can successfully handle the difficulties of a task (American Psychological Association). This confidence is defined by total faith in one's own skills. Athletes are more likely to realize their full potential and perform at their best when they are confident. On the other hand, self-doubt can amplify even little failures, impairing performance. The key characteristic that determines a person's drive and faith in achieving their objectives and resulting in future success is confidence. The ability to maintain composure in the face of difficulties is known as stress tolerance. According to the American Psychological Association, it is the ability to withstand stress and strain while preserving productivity and reducing anxiety. Strong stress tolerance enables people to maintain their composure in the face of overwhelming feelings of hopelessness or despair.

The ability to remain calm and comfortable in the face of adversity is known as stress tolerance. the ability to withstand stresses and strains and, as a result, the capacity to function well and with little worry when under stress. (American Association of Psychologists). Being able to maintain composure in the face of intense feelings of hopelessness and helplessness is a sign of positive stress tolerance. When a stressor enters the cell and damages the cell's exterior or interior, stress tolerance media are activated. The threshold at which a person can regularly and successfully cope with stressful conditions is known as their stress tolerance. The ability to withstand stress or pressure without becoming negative (such as depressed, resentful, or antagonistic) toward people or situations is known as stress tolerance. People with great stress tolerance can be repulsive and even flourish under pressure. Developing confidence and girding yourself with good people are two crucial aspects of maintaining good internal health. Training in taekwondo is a great approach to improve your compliance, your strictness, and your respect.

Taekwondo training ultimately aids in achieving a persistent sense of harmony and balance in your present and future. Since every scenario we encounter in our daily lives is unique, the same style isn't appropriate in every situation. We need to be adaptable, fluid, and flexible in order to succeed in life. People of all ages can gain from improving their internal health. Taekwondo training can help you control your emotions and thoughts. That can minimize feelings of aggression and help you become more assertive, self-assured, and emotionally stable. Taekwondo is a martial art as well as a sport, and as we all know, martial arts help us become disciplined and cultivate positive personalities. Taekwondo is used in the Olympics and involves physical training, strength training, and muscle building. This study evaluates taekwondo players' self-confidence and stress tolerance in anticipation of the sport's additional advantages to the brain and intellect.

### **OBJECTIVE OF THE STUDY**

- To assess the degree of self-assurance among Taekwondo practitioners competing at various levels (national, international, and recreational).
- To compare the stress tolerance levels of Taekwondo athletes competing at various levels.
- To examine the connection between stress tolerance and self-confidence in Taekwondo practitioners at all levels of competition.
- To determine whether male and female Taekwondo practitioners differ significantly in terms of their level of self-confidence and stress tolerance.
- To investigate how the participants' self-confidence and stress tolerance are affected by their training experience (years of practice).

### **RESEARCH METHODOLOGY**

The majority of the data used in this study is primary. The information was collected from the Gujarat taekwondo practitioners and published research paper.

### **REVIEW OF LITERATURE**

- Dr. Vishakha A Joshi and Dr. Rahul D Kalode , 2019, On the basis of results, it may be concluded that there exist a significant association between performances of male Taekwondo players with their mental toughness. It may also be concluded that apart from Physical, tactical and other allied skill, mental toughness is the foremost psychological requisite to achieve success at highest level in Taekwondo arena.
- Samir Qasim1 , John Ravenscroft & John Sproule,2019, To analyze that more objective results we strongly recommend introducing statistical analysis in addition to graphical data, but this requires significantly more participants. Further, future research should focus on the factors that lead to improved exercise self-efficacy and self-esteem and this would probably involve in-depth interviews. Based on the findings of the present study we still do not know whether GSE was improved due to the EXSEM or SPPCS and SPPA domains. Therefore, research on the mechanisms that improve self-efficacy and also the relationships between the EXSEM and nonphysical self-esteem domains is warranted.
- Riya Agrawal and Dr. Pradeep Borkar,2021, To analyze the study done by respective authors it is concluded that martial art proves to be beneficial for improving self-efficacy and attention time span in adults.

- Subhash Bhaskaran, Anakha P K,2023, To analyze that 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.

- Wenpeng Zhan, 2024, The study revealed that the psychological traits of self-efficacy, hope, optimism, and resilience are significant factors in the athletic success of taekwondo athletes. Self-efficacy was found to have the greatest impact on athletic achievement, indicating that athletes' confidence in their abilities is crucial for enhancing their performance. Additionally, hope and resilience also have positive effects on athletic achievement, suggesting that athletes' expectations for success and their ability to overcome challenges can lead to improved athletic performance. While optimism has a smaller impact on athletic achievement, it still has a positive influence. Altogether, these four factors explain a large portion of the variance in athletic achievement, underscoring the importance of nurturing athletes' psychological attributes. The findings offer practical insights for coaches to develop training strategies that can contribute to overall improvements in athletes' performance.

### **SELF-ESTEEM**

Conviction that one can effectively complete a task's criteria (American Psychological Association). The ideas and emotions of an individual, hopes and aspirations, phobias and fantasies, attitudes toward their worth, and perceptions of who they are, have been, and could become make up their self. Positivity about one's self-concept is a sign of self-confidence. It is a feature of one's sense of self-worth. A person's opinion capacity to manage circumstances effectively without depending on others and to uphold A positive version of oneself -perception is referred to as self-assurance. Self-assurance is the conviction that one can generally achieve desired outcomes. Building self-confidence aids in developing inherent qualities of self-respect and capability by reinforcing these traits. Self-assurance is linked with achievement. A confident mindset, trust, and belief in oneself and one's ideas are crucial for progress, but it should also be remembered that self-confidence grows through accomplishments, meaning it's important to nurture those qualities within oneself that contribute to success. It has been found that a child who views themselves as capable, confident, worthy, and valuable has more energy to devote to academic success and will utilize their intellect to the fullest. Conversely, a child who sees themselves as inadequate, incapable, and less confident may not reach their maximum potential.

### **STRESS TOLERANCE**

Resilience allows people to be calm in the face of hardship without succumbing to overwhelming emotions of hopelessness or helplessness. According to the American Psychological Association, this capability emphasizes the capacity to endure stress and perform well with little worry, especially in difficult situations. The ability to cope, also known as the stress tolerance threshold, affects how well a person can regularly navigate and reduce stressful conditions, whether they occur at the cellular level or in daily life. People with a high anxiety hardiness quotient frequently perform well under pressure, seeming confident and productive even in the face of uncertainty. They effectively manage their concerns while making emotional room to recognize and accommodate others' changing emotions. The development of stress management skills can significantly improve one's capacity to face difficult emotional obstacles because life invariably brings a wide range of stresses, from minor irritations to major life traumas like divorce, job loss, or bereavement.

**METHODS**

**HYPOTHESIS**

- The level of self-confidence exhibited by taekwondo practitioners will vary greatly.
- Players of taekwondo will vary greatly in how much stress they can handle.
- There was a correlation between stress tolerance and self-confidence.

**SAMPLE**

The sample was selected among Gujarat taekwondo practitioners. 50 Taekwondo practitioners were thus chosen at random. Participants in taekwondo belonged to national, state, and district teams. 15 to 25 years old.

**SAMPLING & DATA COLLECTION**

Random sampling was used to acquire the data. The participants were informed of the study's purpose. Participants were given general instructions on how to complete the inventories. Participants were given assistance if they had trouble understanding any of the material.

**STATISTICAL ANALYSIS**

Mean, SD, t-test and r-test were used in this study's statistical analysis of the data.

**RESULT & DISCUSSION**

**Table-1 Mean, SD and t value of Taekwondo players on self confidence**

| Group             | N  | Mean  | SD    | T value | P value |
|-------------------|----|-------|-------|---------|---------|
| Taekwondo players | 50 | 51.87 | 18.79 | 5.52    | 0.01    |

The table -1 indicates that there is significant difference from Taekwondo players for life satisfaction. The Taekwondo players received higher mean score 51.87. The standard deviation score of Taekwondo players received 18.79. So we can say than Taekwondo players have higher level of self confidence. The t- value of self confidence is 5.52. There is significant difference from Taekwondo players. It means hypothesis was accepted. Taekwondo players were more self confident with their games and competitive life.

**Table -2 Mean, SD and t Value of Taekwondo players on stress tolerance**

| Group             | N  | Mean  | SD    | T value | P Value |
|-------------------|----|-------|-------|---------|---------|
| Taekwondo players | 50 | 34.26 | 13.79 | 7.21    | 0.01    |

According to table -2 the mean score of Taekwondo players were 34.26. These indicate that Taekwondo players are having more stress tolerance. Hence, it confirmed the hypothesis which “Taekwondo players will differ significantly with regard to their stress tolerance level”. High stress tolerance among Taekwondo 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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