



Gender and Age as Determinants of Self-Confidence: A Comparative Study

Mayank Sharma¹, Lalit Sharma²

OPEN ACCESS

*CORRESPONDENCE

Mayank Sharma
mayank.officialsharma@gmail.com

VOLUME 08
ISSUE 01
YEAR 2025

RECEIVED 02 January 2025
ACCEPTED 20 January 2025
PUBLISHED 24 January 2025

CITATION

Mayank Sharma, Lalit Sharma. (2025). Gender and Age as Determinants of Self-Confidence: A Comparative Study. *The Scholars Time: A Multidisciplinary Journal of Research and Development*. 8 (01). pp-35-41



COPYRIGHT

© This work is licensed under a Creative Commons Attribution 4.0 International License.

Website: www.thescholarstime.in
Email: editor@thescholarstime.in

ABSTRACT

Self-confidence is a crucial psychological component that affects participation and performance. Two important factors that affect self-confidence in athletics are age and gender. **Objective:** The purpose of this study is to investigate how gender and age affect athletes' self-confidence. **Method:** 487 individuals (192 boys and 295 girls) were selected from different Delhi schools. To gather data, the researcher reached out to various Delhi schools. The researcher then gathered data from the respondents. The researcher then used two-way Analysis of Variance to evaluate the data. **Result:** It indicated a significant difference across gender in Self-Confidence. The interaction effect was significant for Self-Confidence. The results revealed that in Self-Confidence there is a significant difference between 14 years and 17 years and above female ($p=0.036$), 15 years and 13 years female ($p=0.000$), 15 years and 14 years female ($p=0.01$), 15 years and 16 years female ($p=0.000$), 15 years and 17 years and above female ($p=0.000$). **Conclusion:** female have higher Self-Confidence. There is a significant difference of gender across different age groups in Self-Confidence. There is a significant difference of different age groups across gender for Self-Confidence

KEYWORDS

Psychological Variable, Self-Confidence, Age, Gender, Interaction.

¹ Department of Physical Education and Sports Sciences, University of Delhi, Delhi, INDIA

² Professor in IGIPESS, University of Delhi, Delhi, INDIA. & Academic secretary, Sports Psychology Association of INDIA

INTRODUCTION

In sports, self-confidence is a crucial psychological component that affects participation and performance (Kuloor, & Kumar, 2020; Parnabas, et. al., 2023). It influences how athletes view their own skills, how they make decisions under stress, and how resilient they are when faced with difficulties (Stepanyan, & Lalayan, 2024). Although a lot of research has been done on self-confidence in the context of sports, there is still a rising interest in how it differs by age and gender (Bleidorn, et. al., 2016; Casale, 2020). This dynamic interaction helps guide specific interventions for a range of populations and provides insightful information about the psychological growth of athletes (Kılıç, & Ince, 2021).

Two important factors that affect self-confidence in athletics are age and gender (Corbin, 1981; Brown, & Cairney, 2020). Age-related changes in development can impact social support, psychological resilience, and physical prowess; all of which are essential for building self-confidence (Kim, & Nesselroade, 2003; Windle et. al., 2008). Furthermore, gender-related societal and cultural norms frequently affect athletes' confidence levels, influencing their participation and achievement in a variety of sports (Ahmed, & Ansari, 2011; Jamshaid, & Ahmed, 2014). Stereotypes and expectations regarding male and female participation in particular sports, for instance, might cause differences in confidence, which can further impact performance results (Chalabaev, et. al., 2008; Chalabaev, et. al., 2013).

The purpose of this study is to investigate how gender and age affect athletes' self-confidence. The study uses a comparative methodology in an effort to find patterns, differences, and similarities among various age and gender groups. Coaches, sports psychologists, and policymakers may create inclusive and successful plans for increasing players' self-confidence by having a thorough understanding of these processes. The research encourages a more welcoming and encouraging sports environment by addressing the particular difficulties that athletes of all genders and at various stages of life experience. By revealing the intricate relationship between age, gender, and self-confidence, this study seeks to advance the area of sports psychology.

Methodology

Selection of the Subject: For the suggested study, 487 individuals (192 boys and 295 girls) were selected from different Delhi schools using an appropriate sampling strategy. For this study, subjects from a variety of age groups were selected. In all, there were 44 participants in the 13 years and below age group, 74 in the 14 years age group, 65 in the 15 years age group, 150 in the 16 years age group, and 154 in the 17 years and above age group. The demographic detail of the subjects is given in Table 1.

Table 1 Demographic detail of the subjects

Age	Male	Female	No of Subjects
13 years and below	22	22	44
14 years	31	43	74
15 years	12	53	65
16 years	45	105	150
17 years and above	82	72	154
Total	192	295	487

Selection of the Variables

The psychological factors chosen for the study is Self-Confidence.

Criterion Measure

The Self-confidence was measured by using the "How Self-Confident Are You?" questionnaire, which was developed by California State University, San Bernardino. This self-assessment tool has 14 test items that are scored in 5 Likert scale ranging from 1(not at all) to 5(very often).

Procedure

To gather data, the researcher reached out to various Delhi schools. The researcher then went to the authorities and gave them an explanation of the significance and necessity of the study. The researcher then gathered data from the respondents with the authorities' approval. As the individuals filled out the questionnaire, the researcher ensured they understood the instructions and answered any questions they might have had. The raw data was then tabulated in an Excel file for statistical analysis by the researcher.

Statistical Analysis

With the use of the Statistical Package for Social Sciences (SPSS), the researcher then used two-way Analysis of Variance to evaluate the data and derive the findings.

Result

In order to answer the research question, the researcher analysed the data by applying Two-way ANOVA with the help of Statistical package for Social Sciences (SPSS).

Table 1 shows the Descriptive statistic of Self-confidence between male and female across different age groups. The results shows that the mean and standard deviation of Self Confidence for male (Total: 46.77 ± 6.082) across different age groups were 46.41 ± 7.645 , 45.19 ± 6.036 , 47.25 ± 5.345 , 47.09 ± 5.612 and 47.23 ± 6.025 for 13 years and below, 14 years, 15 years, 16 years and 17 years and above respectively whereas, the mean and standard deviation of Self Confidence for female (Total: 49.10 ± 7.949) across different age groups were 47.31 ± 9.052 , 49.93 ± 8.590 , 53.49 ± 8.703 , 48.32 ± 6.973 and 47.05 ± 6.795 for 13 years and below, 14 years, 15 years, 16 years and 17 years and above respectively.

Table 2 depicts the between subject effect of the data. Two-Way ANOVA indicated a significant difference across gender in Self-Confidence $f(1, 477) = 10.844$, $p < .01$. It means the mean score of Self-Confidence differ significantly across gender.

Two-Way ANOVA revealed no significant effect of age in Self-Confidence $p > .01$. It means the mean score of Self-Confidence does not differ significantly across different age group.

It was evident from the table that a significant difference was found in Self-Confidence, score within male and female between different age groups $f(4, 477) = 2.56$ $p < .05$. It means the mean score of self-confidence in male and female across different age groups differ significantly. So, interaction of gender and age does influence the Self-Confidence of the subjects.

Table 1 Descriptive statistic of Self-confidence between male and female across different age groups

Descriptive Statistics					
Gender			Mean	Std. Deviation	N
Self Confidence	Male	13 years and below	46.41	7.645	22
		14 years	45.19	6.036	31
		15 years	47.25	5.345	12
		16 years	47.09	5.612	45
		17 years and above	47.23	6.025	82
		Total	46.78	6.082	192
	Female	13 years and below	47.32	9.052	22
		14 years	49.93	8.590	43
		15 years	53.49	8.704	53
		16 years	48.32	6.973	105
		17 years and above	47.06	6.795	72
		Total	49.10	7.949	295
	Total	13 years and below	46.86	8.293	44
		14 years	47.95	7.934	74
		15 years	52.34	8.510	65
		16 years	47.95	6.600	150
		17 years and above	47.15	6.376	154
		Total	48.18	7.353	487

Table 2 Summary of Two-way ANOVA on Self-Confidence between male and female across different age groups

Tests of Between-Subjects Effects					
Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Gender	546.822	1	546.822	10.844	.001
Age	357.052	4	89.263	1.770	.134
Gender * Age	516.342	4	129.085	2.560	.038
Error	24054.226	477	50.428		
Corrected Total	26273.368	486			

Table 3 Pairwise comparison of Self-Confidence across different Gender

Pairwise Comparisons							
Dependent Variable			Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval for Difference	
						Lower Bound	Upper Bound
Self Confidence	Male	Female	-2.589*	0.786	0.001	-4.134	-1.044

Table 3 shows the pair wise comparison across gender. The table reveals that there was a significant difference in Self-Confidence $p < .05$. It may, therefore, be concluded that female have higher Self-Confidence as compared to male.

Table 4 Pairwise comparison of gender across different age group for Self-Confidence

Pairwise Comparisons								
Dependent Variable				Mean Difference (I-J)	Std. Error	Sig. ^b	95% Confidence Interval for Difference ^b	
							Lower Bound	Upper Bound
Self Confidence	14 years	Male	Female	-4.737*	1.673	0.005	-8.024	-1.449
	15 years	Male	Female	-6.241*	2.27	0.006	-10.701	-1.78

Table 4 depicts the Pairwise comparison of gender across different age groups for Self-Confidence. The results revealed that in Self-Confidence there is a significant difference in gender across 14 years ($p = 0.005$), and 15 years age group ($p = 0.006$). Showing that female have higher Self-Confidence in 14 years and 15 years age group.

Table 5 Pairwise comparison of different age group across gender for Self-Confidence

Pairwise Comparisons								
Dependent Variable				Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval for Difference	
							Lower Bound	Upper Bound
Self Confidence	Female	14 years	17 years and above	2.875*	1.369	.036	.185	5.564
		15 years	13 years and below	6.172*	1.801	.001	2.633	9.711
			14 years	3.560*	1.457	.015	.696	6.424
			16 years	5.167*	1.197	.000	2.816	7.518
			17 years and above	6.435*	1.285	.000	3.910	8.960

Table 5 depicts the pair wise comparison of different age groups across gender for Self-Confidence. The results revealed that in Self-Confidence there is a significant difference

between 14 years and 17 years and above female ($p=0.036$), 15 years and 13 years female ($p=0.000$), 15 years and 14 years female ($p=0.01$), 15 years and 16 years female ($p=0.000$), 15 years and 17 years and above female ($p=0.000$). Showing that 14 years female have higher Self-Confidence than 17 years and above female, 15 years female have higher Self-Confidence than 13 years and below, 14 years, 16 years and 17 years and above female.

Discussion

Results indicated a significant difference across gender in Self-Confidence (Lirgg, 1991) showing that female have higher Self-Confidence Gender dynamics are complicated, according to research on sports self-confidence. Although some research indicates that women are more confident in specific situations, the relationship is not simple (Lirgg, 1992). Numerous elements impacting female self-confidence, highlights the necessity of more thorough model testing (Rattanakoses, et. al., 2009).

The interaction effect was significant for Self-Confidence. Showing that in comparison of gender across different age groups for Self-Confidence female have higher Self-Confidence in 14 years and 15 years, age group. It was also revealed that when compared to different age groups across gender for Self-Confidence 14 years female have higher Self-Confidence than 17 years and above female, 15 years female have higher Self-Confidence than 13 years and below, 14 years, 16 years and 17 years and above female.

Conclusion

There is a significant difference across gender in Self-Confidence. Female have higher Self-Confidence. There is a significant difference of gender across different age groups in Self-Confidence. There is a significant difference of different age groups across gender for Self-Confidence.

References

1. Ahmed, J., & Ansari, M. A. (2011). Gender differences of self confidence in sports with reference to Pakistan socio cultural factors and attitudes towards women. *The Shield-Research Journal of Physical Education & Sports Science.*, 6.
2. Bleidorn, W., Arslan, R. C., Denissen, J. J., Rentfrow, P. J., Gebauer, J. E., Potter, J., & Gosling, S. D. (2016). Age and gender differences in self-esteem—A cross-cultural window. *Journal of personality and social psychology*, 111(3), 396.
3. Brown, D. M., & Cairney, J. (2020). The synergistic effect of poor motor coordination, gender and age on self-concept in children: A longitudinal analysis. *Research in Developmental Disabilities*, 98, 103576.
4. Casale, S. (2020). Gender Differences in Self-esteem and Self-confidence. *The Wiley Encyclopedia of Personality and Individual Differences: Personality Processes and Individual Differences*, 185-189.
5. Chalabaev, A., Stone, J., Sarrazin, P., & Croizet, J. C. (2008). Investigating physiological and self-reported mediators of stereotype lift effects on a motor task. *Basic and Applied Social Psychology*, 30(1), 18-26.
6. Chalabaev, A., Sarrazin, P., Fontayne, P., Boiché, J., & Clément-Guillotin, C. (2013). The influence of sex stereotypes and gender roles on participation and performance in sport and exercise: Review and future directions. *Psychology of sport and exercise*, 14(2), 136-144.

7. Corbin, C. B. (1981). Sex of subject, sex of opponent, and opponent ability as factors affecting self-confidence in a competitive situation. *Journal of Sport Psychology*, 3(4).
8. Jamshaid, F., & Ahmed, B. (2014). The impact of gender discrimination on trait sports confidence (TSCI) in Pakistani athlete's. *Journal of Management Info*, 3(1), 58-66.
9. Kılıç, K., & Ince, M. L. (2021). Youth athletes' developmental outcomes by age, gender, and type of sport.
10. Kim, J., & Nesselroade, J. (2003). Relationships among social support, self-concept, and wellbeing of older adults: A study of process using dynamic factor models. *International journal of behavioral development*, 27(1), 49-65.
11. Kuloor, H., & Kumar, A. (2020). Self-confidence and sports. *The International Journal of Indian Psychology*, 8(4), 1-6.
12. Lirgg, C. D. (1991). Gender differences in self-confidence in physical activity: A meta-analysis of recent studies. *Journal of sport and exercise psychology*, 13(3), 294-310.
13. Lirgg, C. D. (1992). Girls and women, sport, and self-confidence. *Quest*, 44(2), 158-178.
14. Parnabas, V., Parnabas, J., & Parnabas, A. M. (2023). The relationship between self confidence and psychological performance on track and field student-athletes. *Malaysian Journal of Sport Science and Recreation (MJSSR)*, 19(2), 313-321.
15. Rattanakoses, R., Omar-Fauzee, M. S., Geok, S. K., Abdullah, M. C., Choosakul, C., Nazaruddin, M. N., & Nordin, H. (2009). Evaluating the relationship of imagery and self-confidence in female and male athletes. *European Journal of Social Sciences*, 10(1), 129-142.
16. Stepanyan, L., & Lalayan, G. (2024). Stress resilience and decision-making under pressure: Enhancing athletic performance in competitive sports. *Georgian medical news*, (352-353), 32-37.
17. Windle, G., Markland, D. A., & Woods, R. T. (2008). Examination of a theoretical model of psychological resilience in older age. *Aging and Mental Health*, 12(3), 285-292.