



Comparison of the Self Confidence of the Different Classes of the Fide Rated Chess Players in Kerala

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Abstract

The purpose of the study was to compare the Self Confidence of the different classes of the FIDE Rated Chess Players in Kerala, India. 180 Tournament playing male Chess Players were selected as the subjects for the study. FIDE International Rating is used in Chess to calculate an estimate of the Chess playing strength of a player. The subjects under the study were equally assigned to six groups based on their FIDE International Ratings. The six Classes are given below: Class A- Players with the Rating of 2100 and above; Class B- Players with the Rating between 1900 and 2099; Class



C- Players with the Rating between 1700 and 1899; Class D- Players with the Rating between 1500 and 1699; Class E- Players with the Rating between 1200 and 1499; Class F- Players with the Rating between 1000 and 1199. The Agnihotri's self Confidence Inventory (ASCI) was used to measure the Self Confidence of the subjects under the study. ANCOVA & Scheffe's Post Hoc test were used to determine the difference between the different Classes under the study. The findings of the study indicated that highly rated chess players have better Self Confidence than lower rated chess players.

Keywords: FIDE Rating, Tournament & Self Confidence.

Introduction

We need to know that Self Confidence is a source of strength that elevates one to creative thinking and nurtures a sense of success in competitive chess. It is the player's confidence that gives him strength, courage and success in any situation of the game of chess. Chess players are guided by their plans, strategy and tactics. To become successful in a game chess requires a lot of thought, pattern recognition and calculation ability. Often the thoughts and imagination are the guides to success. Good feelings, thoughts, imagination and a positive attitude towards the game will give the players confidence. Fear of failure, a sense of humiliation, doubt, despair, and lack of self-confidence hinder a player's development. Confidence can be defined as 'the source of strength of mind, the secret of success and the mine of self-satisfaction'. Confidence is the cornerstone of each of the success. No matter how talented, athletic, strong or intelligent a person is, failure is certain if he does not have confidence in himself. Fear and doubt are factors that undermine confidence. Achieving success in chess is not easy for those who have fears and doubts. Success is not measured by the amount of money in the pocket. Inherent chess skills are self-control, the ability to think about different things, active mental activity, will-power, observation, creativity and concentration. Acquired Chess skills include excellent athleticism, unobtrusive temperament, objective thinking ability, high intelligence, self - confidence and emotion control. The purpose of the study was to compare the Self Confidence of the FIDE Rated Chess Players in Kerala, India. 180 FIDE Rated Chess Players were selected as the subjects for the study. FIDE International Rating is the reliable indicator the Chess playing strength of a player.



180 FIDE Rated male Chess Players were selected as the subjects for the study. The subjects under the study were equally assigned to six groups based on their FIDE International Ratings. The six Classes are given below: Class A- Players with the Rating of 2100 and above; Class B- Players with the Rating between 1900 and 2099; Class C- Players with the Rating between 1700 and 1899; Class D- Players with the Rating between 1500 and 1699; Class E- Players with the Rating between 1200 and 1499; Class F- Players with the Rating between 1000 and 1199. In the light of this the present study focusing on the comparison of the Self Confidence of the different classes of the FIDE Rated Chess Players in Kerala, India.

Methodology:

Subjects:

Kerala was taken as the universe for the present study. 180 the FIDE Rated male Chess Players were selected as the subjects for the study. FIDE International Rating is used in Chess to calculate an estimate of the Chess playing strength of a player. The subjects under the study were equally assigned to six groups based on their FIDE International Ratings. The six Classes are given below: Class A- Players with the Rating of 2100 and above; Class B- Players with the Rating between 1900 and 2099; Class C- Players with the Rating between 1700 and 1899; Class D- Players with the Rating between 1500 and 1699; Class E- Players with the Rating between 1200 and 1499; Class F- Players with the Rating between 1000 and 1199 (N=30).

Tools:

Agnihotri's Self Confidence Inventory (ASCI)

The scale was developed by Dr. Rekha Agnihotri in 1987. The Agnihotri's self confidence inventory (ASCI) has been designed to assess the level of self confidence among adolescents and adults. It consists of 56 items. There are two response categories i.e. 'right' and 'wrong'. A score of one is awarded for a response as 'wrong' to item numbers 2,7,23,31,40,41,43,44,45,53,54 and 55. For making cross to 'right' response for rest of the items to be awarded a score of one. Hence, the lower the score, the higher would be the level of self confidence and vice versa. The test-retest reliability of ASCI was found to be 0.78 and split half reliability was 0.91. The validity of the inventory with Basavanna's self confidence inventory obtained was 0.82.

**Procedure:**

The subjects under the study were equally assigned to six groups based on their FIDE International Ratings. The six Classes are given below: Class A- Players with the Rating of 2100 and above; Class B- Players with the Rating between 1900 and 2099; Class C- Players with the Rating between 1700 and 1899; Class D- Players with the Rating between 1500 and 1699; Class E- Players with the Rating between 1200 and 1499; Class F- Players with the Rating between 1000 and 1199 (N=30). After establishing the rapport with the players the self confidence inventory was administered to them. They were told that the purpose of the data collection is only for a research and their responses would be used for research purpose only. After completion of the data collection, responses of each player on each tools were scored as per the scoring key of manual.

The necessary data were collected by administering Agnihotri's Self Confidence Inventory (ASCI).

Statistical Analysis:

The data were analyzed by ANCOVA & Scheffe's Post Hoc test to determine the difference between the different Classes of the FIDE Rated Chess Players under the study.

RESULTS:

The data pertaining to the Self Confidence of the six classes of the FIDE Rated Chess Players were analyzed by ANCOVA & Scheffe's Post Hoc test with the help of SPSS version 17. Findings pertaining to the selected variable of the six classes of the FIDE Rated Chess Players which was subjected to analysis of covariance have been presented in the table1. The mean differences of six classes of the FIDE Rated Chess Players for the selected variables are presented in tables 2.

Difference in Means of the Six Classes of the FIDE Rated Chess Players in Self Confidence

SINo.	Variables	Sources of Variance	df	Sum of Square	Mean Square	'F' Value
	Self Confidence	Within group Between group	173 5	106.88 491.98	0.618 98.396	159.27 *

* Significant at 0.05 level of confidence



$$F_{0.05}(5,173) = 2.21$$

As the 'F' value was found to be significant in the case of the selected variables, the Scheffe's Post Hoc test was applied to test the significance of the difference between the paired means separately for different classes of FIDE Rated Chess Players which was presented in tables 2. Self Confidence of different Classes of the FIDE Rated Chess Players (means in numbers) is presented in figure 1.

Difference between the paired means separately for different Classes of the FIDE Rated Chess Players in Self Confidence

Table 2

Class A	Class B	Class C	Class D	Class E	Class F	Mean Difference
5.60	5.83					1.76 *
5.60		6.17				2.60 *
5.60			7.63			4.06 *
5.60				8.47		4.40 *
5.60					10.23	4.63 *
	5.83	6.17				0.84 *
	5.83		7.63			2.30 *
	5.83			8.47		2.64 *
	5.83				10.23	2.87 *
		6.17	7.63			1.46 *
		6.17		8.47		1.80 *
		6.17			10.23	2.03 *
			7.63	8.47		0.34
			7.63		10.23	0.57
				8.47	10.23	0.23

* Significant at 0.05 level of confidence. The computed value of critical difference at 0.05 level is 0.97.

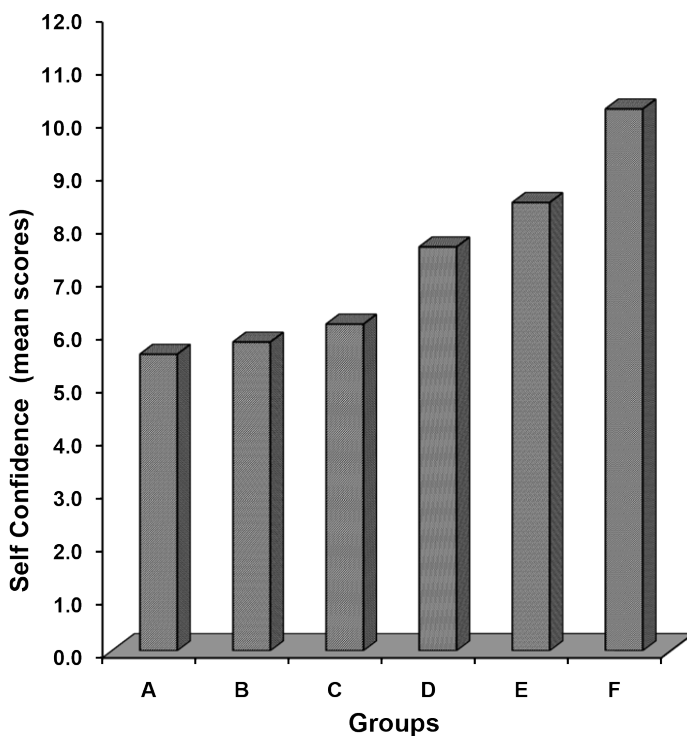


Figure 1: Self Confidence of different Classes of the FIDE Rated Chess Players (means in numbers).

Discussion:

The analysis of the results revealed that highly rated chess players demonstrate superior levels of self-confidence across all measured dimensions compared to lower-rated players. This aligns with broader sport psychology literature, which consistently identifies self-confidence as a major psychological variable influencing performance and distinguishing successful from less successful athletes. Attaining a higher FIDE rating represents a tangible achievement of competitive goals, which strengthens players' sense of competence and efficacy and, in turn, enhances their self-confidence. As shown in Table 1, there are significant differences among the six classes of FIDE-rated chess players in Kerala with respect to self-confidence. The lower-rated groups exhibit significantly lower mean scores than the higher-rated groups, supporting the view that confidence is an important factor that differentiates performance levels within the same sport. Similar evidence from chess-specific



research indicates that higher-rated players tend to report better self-evaluative characteristics such as self-esteem and less performance-disrupting anxiety than their lower-rated counterparts. The present findings also suggest that lower-rated chess players are more vulnerable to nervousness, over-anxious thoughts, and worries about performance, which can negatively influence their effective playing strength in tournaments. Studies of psychophysiological responses in chess have shown that difficult chess tasks and competitive situations are associated with elevated stress markers, reduced heart rate variability, and negative mood states, indicating substantial psychological pressure on players. When such stress is combined with low self-confidence, it is more likely to result in frustration, self-derogation, and heightened anxiety, all of which further undermine performance. The comparatively lower self-confidence observed in lower-rated players appears to reflect limitations in emotional development and psychological skills. Research on self-efficacy and emotional variables in sport indicates that athletes with lower confidence often show reduced capacity to regulate emotions, cope with stress, and maintain focus under pressure. In the context of chess, this may manifest as a weaker ability to correctly interpret the mental and emotional states of opponents, difficulty in regulating one's own behavior during critical moments, and a tendency to lose composure in complex or time-pressured positions. In addition, the lower-rated group in this study appears to display lower goal orientation and reduced capacity to create and maintain effective social and interpersonal relationships within the sporting environment. Prior work has emphasized that experience, systematic mental and physical preparation, environmental support, and positive coach–athlete relationships all contribute to stronger self-confidence and better performance outcomes. Taken together, the present findings underscore that self-confidence is not only an outcome of chess performance and FIDE rating but also a key psychological resource that supports emotional regulation, resilience under stress, and sustained competitive success among FIDE-rated chess players in Kerala. Overall, the findings highlight the importance of psychological factors, particularly self-confidence, in determining performance levels among FIDE-rated chess players in Kerala..

Conclusion:

It is concluded that the higher rated chess players show better scores in all the dimensions of Self Confidence than the lower rated chess players.



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