The Analysis of the Athletes' Constant Sportive Self-Confidence Degree Based on Several Variants (Istanbul/Bağcilar – Case Study)

ÖMER KARABULUT[1], FARUK AKÇINAR[2]
Inonu University Faculty of Sport Sciences, Turkey.
Correspondence to Ömer Karabulut, Email: omer.karabult@gmail.com

ABSTRACT

Objective: In this study, it is aimed to determine athletes' sportive self-confidence and point out the factors affecting it.

Methods: The study was conducted on 454 sportspeople participating in amateur sports clubs and the Olympic Sports Centre in Bağcılar during the 2018-2019 season, using a demographic survey and a scale of constant sportive self-confidence. The acquired data were analyzed on the SPSS program using a T-test and ANOVA besides descriptive statistics.

Findings: The athletes were found to have a high degree of self-confidence. The degree of the males was considerably higher than that of the females. Likewise, the sportive self-confidence of footballers and taekwondoers was also substantially higher than that of the basketball and volleyball players. According to the BMI properties, the sportive self confidence level of thinner athletes is meaningfully higher than normal weight and overweight participants. Similarly, the degree is also higher with the athletes aged 13-14 than the ones aged 15 or more. In addition, the same level was also considerably higher with the athletes whose parents are athletes than the ones having none

Conclusion: Now that sportive self-confidence is higher with males, younger groups and thinner athletes and increases in tandem with the time spent on the sport, personal exercise programs to augment performance are of great importance, urging families to encourage their children at an early age for sports facilities.

Key Words: Sport, Athlete, Self-confidence, Constant Self-Confidence

INTRODUCTION

Considering the concepts of sport and sportsperson, success and factors having something to do with it are closely related with these concepts. Researchers have pointed out that not only psychological characteristics but physiological, anatomical, anthropometric capacities and motor skills of athletes as well are essential for an athlete to reach success.[1] Any disruption in the psychological health of athletes is expected to have unfavourable implications on their success in sportive events. In this respect, tactics aiming to improve the psychological health of athletes as well as psychologists working as psychological advisors in sports events themselves and their intellectual exercises have a pivotal position.

For success in sports events, athletes should pay enough attention to intellectual power, which has a key role in self-confidence, yet it is quite significant for them to be resilient and solution-oriented. To this end, young and assertive athletes ought to keep their volatile self-confidence level resulting from ups-and-downs constant and resolute, thereby necessitating that self-confidence degree of athletes should be set and the essential steps are taken to compensate for the missing points.

As we all know, augmenting self-confidence in sport and keeping it constant is one of the paramount needs in imagination since intellectual power is indispensible in sport performance. Self-confidence in sport is closely related to success expectation. Athletes with high sportive self-confidence believe that they are equipped with the necessary physical and psychological skills to reflect their original potential for success, which is an important factor enabling such athletes to remain calm and relaxed under stress and focus on positive concepts.[2]

Self-confident athletes train harder and more diligently and thus get ready for competitions better both physically and psychologically, yielding success in return.[3]

The aim of this study is to identify athletes' sportive self-confidence. To this end, the sportive self-confidence level of the athletes in Bağcılar is going to be analyzed through several agents, revealing what really determines their self-confidence.

METHODS

In this study, the causal comparative model was applied among others as the main concern in this research is to compare different groups of participants based on their self-confidence levels influenced by several variants.

The population of the study consists of around 5000 athletes participating in amateur sports clubs and the Olympic Sports Centre in Bağcılar during 2018-2019 season. Simple random sampling was preferred for the selection of the participants who were expected to yield answer to the main problem in the study.[4] Therefore, the sampling was composed of 454 athletes from various branched.

In the survey prepared by the researcher, there are nine articles aiming to gather information about the athletes' gender, height, weight, branch, age, years of experience in that branch, availability of other family members engaged in a kind of sport, number of siblings, financial conditions and parents' educational background, respectively.

The scale was developed by Vealey[5] and translated into Turkish language by Yıldırım. The Likert scale has 13 articles and the translated form by Yıldırım has a single factorial form, having a Croanbach Alpha coefficient 0,89

and 0,78 test-retest reliability. As for the reliability of this research, Cronbach Alpha coefficient of the scale is 0,89.

For the analysis of the research data, SPSS was employed. In order to identify the personal characteristics of the participants, their frequency distribution was analysed in addition to descriptive statistics to determine their sportive self-confidence levels. The distribution of the data was analyzed through Kolmogorov-Smirnov test to determine other analysis techniques to be used in the study.

The fact that the p value in the Kolmogorov-Smirnov test is more than 0,05 shows that the data are normally distributed with the rate p= 0,075.[6] Accordingly, a t-test for the comparison of sportive constant self-confidence between two independent dual groups and a LSD Test among ANOVA and Post Hoc tests for the comparison of three or more independent groups were employed in the study with the findings showing 95 % reliability and 5% significance level.

RESULTS

Table 4. 1. Descriptive Statistics

	N	Min	Maks	$\bar{X}$	ss
Constant Sportive Self-confidence	454	1,38	9,00	6,92	1,24

According to Table 4.1, the mean rate of constant sportive self-confidence is 6,92±1,24.

Table 4. 2. Constant Sportive Self-confidence Based on Gender

	n	$\bar{X}$	ss	t	p
Constant Sportive Self-confidence					
Female	185	6,78	1,27	-2,04	0,042
Male	269	7,02	1,22		

Constant Sportive Self-confidence differs in gender (p<0,05) with males having a higher mean degree of self-confidence than females.

Table 4. 3. Constant Sportive Self-confidence Based on Branch

	n	$\bar{X}$	ss	F	p	Disparity
Constant Sportive Self-confidence						
Football[1]	124	7,15	1,19	8,88	0,000	1>2
Basketball[2]	101	6,61	1,17			1>3
Voleyball[3]	135	6,67	1,27			4>2
Taekwando[4]	94	7,31	1,20			4>3

Constant Sportive Self-confidence differs in branch (p<0,05) with a significantly higher mean degree of self confidence in football and taekwondo than basketball and volleyball.

Table 4. 4. Constant Sportive Self-confidence Based on BMI

	n	$\bar{X}$	ss	F	p	Disparity
Constant Sportive Self-confidence						
Thin[1]	100	7,27	1,02	5,85	0,003	1>2
Normal weight[2]	320	6,85	1,30			1>3
Overweight[3]	34	6,57	1,14			

Constant Sportive Self-confidence differs in body mass index (p<0,05) with thin participants having a significantly higher rate of self-confidence than those of normal weight and overweight.

DISCUSSION

According to the findings of the study, the mean degree of sportive self-confidence of the subjects is 6,92±1,24, confirming that the sampled population in our study has a high rate of this kind. Such a high rate is not surprising in that our subjects are amateur athletes and they do regular sport. Similarly, another study conducted by Öztürk and his colleagues on 60 judo performers showed results of high athletic self-confidence in line with the current study.[7] On the other hand, another study performed on 485 athletes engaged in superior teams posed a moderate level of athletic self-confidence.[8]

In accordance with the analysis based on gender, male athletes had a higher rate of athletic self-confidence compared to the female ones, possibly resulting from the fact that they have a higher rate of overall self-confidence in terms of both motor skills and sportive confidence compared to the female athletes.[9] The aforementioned study by Öztürk and his colleagues showed similar results in this sense,[7] as opposed to the one carried out by Vurgun revealing that female athletes had higher athletic self-confidence than males.[9]

Another outcome of the study is that the level of athletic self-confidence varies based on the branch of the participants, as is the case of footballers and taekwondo doers having a higher rate of self-confidence than basketball and volleyball players. Also, Karagün concluded in his study, in tandem with the current study that branch is a determinant on the rate of athletic self-confidence. According to his study, judo doers had the highest rate of self-confidence, followed by football, wrestling, bodybuilding and basketball, respectively.[10] On the other hand, in the study carried out by Çetinkaya, there appeared no difference in the rate of athletic self-confidence between footballers, basketball, volleyball and handball players,[8] as is the case in the study by Fahimenezhad and his

colleagues, suggesting a similar lack of discrepancy between sport branches.[11] In accordance with the results showing varying levels of self-confidence based on branches, it should be noted that sport branches show disparities and the environment athletes are living in is influential on the level of athletic self-confidence.

Thinner athletes had a higher degree of athletic self-confidence than the ones with normal weight and overweight based on the BMI analysis. Taking the idea that the BMI forms through physical exercise and dietary conditions thereby lower body index is related to sportive exercise and healthier diet into consideration, it is not surprising that the subjects in the study having lower body index feel physically more competent and thus have a higher rate of sportive self-confidence as estimated initially. As shown by Morrison in line with our study, children of normal weight had better motor performance and athletic competence than the ones overweight.[12]

As another finding of our study, the level of athletic self-confidence differs in age. In this respect, athletes aged 13-14 had considerably more sportive self-confidence than the ones 15 or more. Accordingly, this rate is expected to increase in tandem with the rising experience in the related sport branch. Indeed, the finding of this study that younger athletes had a higher rate of athletic self-confidence points out to the effect of the duration a that branch, supporting the inference of the study that the longer an athlete is engaged in a particular branch, the higher the sportive self-confidence gets. Among the researches in this issue, the one carried out by Perry and Williams on tennis players suggests that the level of athletic self-confidence is higher with the tennis players with more experience, supporting our conclusion that longer years spent on a particular sport branch yields more athletic self-confidence.[13]

As can be understood from the comparison in the study based on the availability of a family member engaged in a kind of sport, the subjects having at least a parent with sport background showed a higher rate of self-confidence. Just as the parental attitude in the upbringing process has a pivotal role in the overall development of self-confidence in a child, parental engagement in sport has great contribution to the active participation of the child in sport. Children of parents with sport background seem to be eager to do sport and be professionals in their branches. In addition, the number of siblings makes no difference in the level of self-confidence, underpinning the idea that parents have a more profound impact in this sense. However, there is no similar research in the literature of this kind.

The level does not vary depending on the income of the family, suggesting that athletes have the necessary opportunities regardless of the families' financial conditions. As indicated by the study conducted by Acuner on dancers, their self-confidence is not influenced by income, either[14]; in contrast, Gökkaya asserts that income level increases the level of self-confidence in his study conducted on elite athletes.[15]

As concluded from the study, the education level of parents does not make difference in the self-confidence of athletes. On one hand, parents' education has a role in leading children to sport and the development of their self-confidence; on the other hand, sportive self-confidence is related not with the education level of parents but with their

competence in their field. However, there is no similar research in the literature of this kind.

CONCLUSION

The participants in the study showed a high rate of sportive self-confidence with male ones having considerably more than females, just like footballers and taekwondo doers more than basketball and volleyball players. BMI analysis also shows that thinner participants had more self-confidence than the ones with normal weight and overweight, just as athletes aged 13-14 had higher sportive self-confidence than the ones 15 and over. In terms of experience, athletes with a 4-5-year experience had more self-confidence than the ones with 0-1 year and 6-year experience had more than 0-1 and 2-3 years. Parental engagement in sport proved to yield more self-confidence than having none, but showed no difference depending on the number of siblings, income or educational level.

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