

ANALYSIS OF SOURCES OF SPORT CONFIDENCE AMONG KERALA FOOTBALL PLAYERS

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ABSTRACT

The purpose of this study was to analyze the sources of sports confidence among football players of Kerala state. The participants were 300 Football players (sub junior-100, junior-100 and senior-100), age group ranging from 12-30 from different districts of Kerala. Each participant completed the Sources of Sport Confidence Questionnaire (SSCQ) of Vealey, Hayashi, Holman and Giacobbi (1998), which assessed the performance/mastery, demonstration of ability, physical/mental preparation, physical self-presentation, social support, coach's leadership, vicarious experience, environmental comfort, and situational favorableness. The data was analyzed using ANOVA. The findings of sub variables of Sources of Sport Confidence reveals that in demonstration of ability there was significant difference between sub-junior and senior players; and no significant difference between sub-junior and junior and junior and senior players. In physical self-presentation there was significant difference between sub-junior and senior, and junior and senior; and no significant difference between sub-junior and junior. In coaches leadership there was significant difference between junior and senior and no significant difference between sub-junior and junior and sub-junior and senior. In environmental comfort there was significant difference between sub-junior and junior; sub-junior and senior; and junior and senior. There was no significant difference between sub-junior, junior and senior football players in performance/mastery, physical/mental preparation, social support, vicarious experience, and situational favorableness.

KEY WORDS: Football Players, Junior, Senior and Confidence.

INTRODUCTION:

Confidence is considered as one of the greatest quality that is essential for each individual, particularly in sports. Confidence is very familiar to sport, when it can be associated with qualities like mental toughness, composure, determination, courage etc. These qualities are interesting verbs that are frequently used when describing someone who is successful. Latest research has revealed that success has affected the level of confidence and confidence can affect

success (Hays, Thomas, Maynard, & Bawden, 2009). Elite athletes have exposed that confidence affects their performance through their thoughts, behaviors, and feelings (Hays et al. 2009). How self-confidence is associated with excellence in sports, what are the elements affect the level of self-confidence, and what are the sources to enhance the self-confidence have been thought-provoking questions for researchers.

Self-confidence is acknowledged as a vital element of successes in sport, and increasing self-confidence is often central consideration for all athletes. Run by earlier research claiming that the sources of self-confidence are the most critical factor in developing and maintaining continuing levels of self-confidence overtime (Nicholls, 1978; Weiner, 1980), numerous studies have been conducted to know what athletes base their confidence. Among studies of self-confidence in athletes, it is a dependable result that enactive mastery experience or former performance is the strongest source of confidence for all athletes.

Dongfang, et al., (2008) in their study on gender differences in goal setting, perceived motivational climate, perceived athletic ability, and perceived sources of confidence in athletic ability for a male group and female group of high school basketball players, found significant high scores for males in perceived ego climate, perfection of skills, and physical performance as sources of confidence. Significant results from simple correlation analyses included a positive relationship of both sexes' task orientation, perceived task climate, and perceived ability, to 8 confidence sources. Male players' ego orientation was positively related to demonstration of ability, physical performance, and social support. Males' perceived ego climate and females' ego orientation were both positively related to 7 of the 8 sources of confidence. Females' ego orientation, males' perceived ego climate, and the 8 sources were positively related to confidence perceived prior to competition. Stepwise regression analyses showed males' task orientation and perceived ability to predict confidence prior to competition; for females, perceived ability and perceived task climate were effective predictors. Respondents derived better confidence in a task-oriented environment, so the researchers advise coaches to create task-oriented practice environments to enhance confidence of male and female players.

Demaine and Short (2007) examined sources of sport confidence and their relationship with sport confidence in college basketball players. Division II NCAA female college basketball players ($n = 265$) completed the Sources of Sport-Confidence Questionnaire (SSCQ), the Trait Sport-Confidence Inventory (TSCI), and the Sport Confidence Inventory (SCI). ANOVAs showed differences in TSCI scores for eligibility, starting status, and playing time. Similarly, SCI and SSCQ scores varied relative to eligibility and playing time, but the differences were not significant. The frequency with which the sources were used was as follows: social support, coaches' leadership, physical/ mental preparation, mastery, demonstration of ability, vicarious experience, environmental comfort, situational favorableness, and physical self-presentation. Overall, the sources of sport confidence did not differ according to the sport involvement factors, but taken together these variables predicted sport confidence.

Not many studies have explored on the sources of confidence among football players in India. Therefore the present study was undertaken with the purpose of comparing the sources of sport Confidence - mastery, demonstration of ability, physical/mental preparation, physical self presentation, social support, coach's leadership, vicarious experience, environmental comfort and situational favorableness among sub-junior, junior and senior football players of Kerala State.

METHODS:

Participants

Data for the study were collected from 300 male (sub-junior = 100, junior = 100 and senior = 100) football players chosen from various districts of Kerala state. They were categorized according to their age as sub-junior (age 12-15 years), junior (age 16-19) and senior (20 and above). The age of the participants ranged from twelve to thirty years.

Measures

The Sources of Sport Confidence Questionnaire (SSCQ) of Vealey, Hayashi, Holman and Giacobbi (1998), was chosen for assessing sources of Sport Confidence of players. To compare the differences in sources of sport confidence among the different levels of football players,

analysis of variance (ANOVA) was used. The LSD post-hoc test was used to compare the significance of difference among the paired means.

RESULTS:

Table 1 shows the results of analysis of variance for sources of sports confidence i.e., performance/mastery, demonstration of ability, physical/mental preparation, physical self-presentation, social support, coach's leadership, vicarious experience, environmental comfort, and situational favorableness among sub-junior, junior and senior football players.

Table – 1
Analysis of Variance of Sources of Sport Confidence among three levels of Football Players
of Kerala
 (Sub-junior, Junior and Senior)

	Sub-junior Mean	Junior Mean	Senior Mean	Sources of Variance	Sum of Squares	df	Mean Square	F-ratio	Sig.
Performance/ Mastery	27.61	27.12	28.31	B	71.54	2	35.77	2.117	.122
				W	5017.74	297	16.89		
Demonstration of Ability	25.11	25.98	26.98	B	175.12	2	87.56	4.266*	.015
				W	6095.71	297	20.52		
Physical/Mental Preparation	31.11	31.18	32.22	B	77.28	2	38.64	2.086	.126
				W	5501.71	297	18.52		
Physical Self Presentation	13.78	13.56	14.6	B	60.08	2	30.04	3.639*	.027
				W	2451.80	297	8.25		
Social Support	33.94	33.62	34.4	B	30.74	2	15.37	.708	.493
				W	6447.20	297	21.70		

Coaches Leadership	26.99	26.00	28.03	B	206.08	2	103.04	4.638*	.010
				W	6597.90	297	22.21		
Vicarious Experience	25.84	25.93	26.62	B	36.42	2	18.21	.947	.389
				W	5709.51	297	19.22		
Environmental Comfort	16.37	17.6	18.67	B	264.92	2	132.46	12.531*	.000
				W	3139.42	297	10.57		
Situational favorableness	9.23	9.2	9.3	B	.52	2	.26	.048	.953
				W	1618.71	297	5.45		

*Significant at .05 levels

The results of analysis of variance from table 1 indicate significant F ratios of 4.266, 3.639, 4.638, and 12.531 for demonstration of ability, physical self presentation, coaches' leadership and environmental comfort. However, the F ratios for performance mastery (2.117), physical/mental preparation (2.086), social support (0.708), vicarious experience (0.947) and situational favourableness (0.048) were not significant as the obtained F ratios were lower than the F ratio value of 3.02 required for significance at 0.05 levels.

The results indicates that there were significant difference among the three levels (sub-junior, junior and senior) of football players of Kerala in demonstration of ability, physical self presentation, coaches' leadership and environmental comfort. To find out which of the sub groups differed significantly, the LSD post-hoc test was applied.

To find out the significance of difference among the paired means for the sub variables which showed significant F-ratio's, the LSD post-hoc test was done and the results pertaining to it are shown in table 2.

Table-2

**Difference between the Paired Means of sub-variables of Sources of Sport Confidence
among Sub-Junior, Junior and Senior Football Players of Kerala**

Sub-Variables	Sub-Junior	Junior	Senior	Mean Difference	Sig.
Demonstration of Ability	25.11	25.98		-.87	.176
	25.11		26.98	-1.87*	.004
		25.98	26.98	-1.00	.120
Physical self-Presentation	13.78	13.56		.22	.589
	13.78		14.60	-.82*	.044
		13.56	14.60	-1.04*	.011
Coaches' Leadership	26.99	26		.99	.139
	26.99		28.03	-1.04	.120
		26	28.03	-2.03*	.003
Environmental Comfort	16.37	17.60		-1.23*	.008
	16.37		18.67	-2.30*	.000
		17.60	18.67	-1.07*	.021

*Significant at .05 level

Table 2 reveals that in demonstration of ability there was no significant difference between sub-junior and junior, and between junior and senior football players as the p values obtained (0.87 and 1.00) respectively, were not significant at 0.05 levels. However, there was significant difference between the paired means between sub junior and senior football players in demonstration of ability, with the senior football players exhibiting higher demonstration of ability as compared to sub-junior players.

In physical self presentation, there was no significant difference between sub-junior and junior football players as the obtained p value (0.22) was not significant at 0.05 levels. However, there existed significant differences between junior and senior football players; and between sub junior and senior football players, with the senior players' showing higher physical self presentation as compared to as compared to sub-junior and junior players.

In coaches' leadership there was no significant difference between sub-junior and junior, and between sub-junior and senior football players as the p values obtained (0.99 and 1.04) respectively, were not significant at 0.05 levels. However, there was significant difference between the paired means between junior and senior football players in coaches' leadership, with the senior football players showing higher values for coaches' leadership as compared to junior players.

In case of the sub variable environmental comfort, there was significant difference between sub-junior and junior football players (p value 1.23); between junior and senior football players (p value 2.30) and between sub junior and senior football players (p value 1.07) as all the obtained p values were significant at 0.05 levels.

DISCUSSION:

The findings pertaining to the sources of sports confidence among sub-junior, junior and senior football players of Kerala revealed that there was significant difference among the sub-variables of sources of sport confidence like demonstration of ability, physical self-presentation, coaches' leadership and environmental comfort. The study results revealed no significant difference among the three levels of football players on performance/mastery, physical/mental preparation, social support, vicarious experience and situational favorableness.

This study result revealing that senior football players showing higher scores in demonstration of ability as compared to sub-junior players, indicates that senior players like to demonstrate their ability in front of others than sub-junior players to gain favorable social comparison (Bandura's, 1977). Again, in case of physical self-presentation there was significant difference between sub-junior and senior, and junior and senior football players. This demonstrates that the

senior players have perception of one's physical self better than lower levels of players. Players reaching the senior level are more matured and are conscious of their self and their self presentation.

In coaches leadership there was significant difference between junior and senior football players. This indicates that the seniors with their maturity and experience and the seriousness with which they approach the game can clearly understand with critical thinking the importance of the coach in making good decision (Weinberg, Gould and Jackson, 1979). In environmental comfort there was significant difference between sub-junior and junior, sub-junior and senior; and between junior and senior players, which shows that with growing age and level of football participation, the individual get better sense to read the environmental situation accurately. If the competitive environment is comfortable the confidence level also will increase.

CONCLUSION:

The purpose of this study was to compare the sources of sport confidence (performance/mastery, demonstration of ability, physical/mental preparation, physical self-presentation, social support, coach's leadership, vicarious experience, environmental comfort, and situational favorableness) of sub-junior, junior and senior football players of Kerala. The study results leads to the following conclusions:

- (i) Senior football players exhibited higher demonstration of ability as compared to sub-junior football players
- (ii) Senior football players showed higher physical self presentation as compared to both sub-junior and junior players.
- (iii) In coaches leadership the senior football players showed significantly higher scores as compared to junior players
- (iv) In environmental comfort there was significant difference between sub-junior and junior and sub-junior and senior and junior and senior football players.

- (v) There was no significant difference between sub-junior, junior and senior football players in performance/mastery, physical/mental preparation, social support, vicarious experience, and situational favorableness.

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