

Self-confidence and sports

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ABSTRACT

Self-confidence (SC) is one of the most cited factors thought to affect athletic performance. SC is said to play a critical role in athletes' success; in contrast, lack of SC seems to be closely associated with athletic failure. Thus, confidence is an important factor that distinguishes successful athletes from unsuccessful ones in terms of both their mental status as well as their performances.

Keywords: *Self-confidence, Sports, Performance, Mental Status*

Self-confidence is the belief that you can successfully perform a desired behavior. It is an attitude about skills and abilities or trusting himself. It depends on the positive thinking and negative thinking on himself. If the individual thinks positive on his performance the self-confidence increases and if he thinks negatively the self-confidence may decrease.

Self-confidence is an important predictor of success. Self-confident people may have realistic expectations. They will be positive and to accept themselves. People who are not self-confident tend to avoid taking risks because they fear failure. Self-confident people are willing to take risk and generally trust their own abilities. Self-confidence is the main psychological variable for key to success in sports and games. Some studies recommended that to develop of Self Confidence among sports persons some Psychological Training must be included in the Coaching Program in sports.

In sports the self confidence is about one's ability to execute physical skills. It is the ability to utilize the psychological skills during the competitions. It is the ability to employ perceptual skills and belief on one's level of physical fitness and training status. When athletes feel confident, they are more readily able to turn sporting potential into superior performance. When they feel unsure of themselves, the slightest setback or smallest hurdle can have an inordinate effect on their performance. The recent study done on university athletes (2016) says that Anxiety and self-confidence as predictors of athletic performance. It also resulted that the anxiety and confidence impact on performance.

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Self-confidence and sports

Self-confidence has been shown to be significantly correlated with skillful sport performance, but whether there is a causal relationship, and what the direction of that relationship is, cannot be determined from the co-relational designs of the studies. Sport psychologists describe self-confidence as a person's (or team's) belief that it can perform difficult tasks in certain conditions.

TYPES OF SELF CONFIDENCE

Optimal self-confidence

Optimal self-confidence means being so convinced to achieve goals that himself strived hard to achieve the goal. Every success full athlete must have this kind of confidence to achieve high level of performance. The regular and systematic training and support from the society makes an athlete confident to perform.

Lack of confidence

Self-doubt on performance is may called as lack of confidence. It may create anxiety, break concentration and indecisiveness.

Over confidence

It is the falsely confidence. If the confidence is greater than the ability then it is overconfidence. Over confident people won't prepare themselves or exert the effort to get the job done. Due to this the performance is declines. Sport psychologists describe self-confidence as a person's (or team's) belief that it can perform better in all the conditions. Overconfidence cause to judge wrong such conditions and to pay less attention on exhibition of skills. It may result in ignorance of information, less preparation for the competition and during the competition. And at the last decline of performance.

BENEFITS OF SELF CONFIDENCE IN SPORTS

Arouses positive emotions

When the athlete feel confident he remains himself calm and relaxed under pressure. This state of mind of an athlete to be aggressive and assertive when the outcome of the competition lies in the balance.

Improves concentration

When the athlete feel confident the mind is free to focus on task. Mind free to think on how to exhibit better performance in competitions. If the athlete is in lack of confidence then the mind tend to worry on how to perform better. It leads to anxiety, and low performance.

Affects goal

Goal setting is one of the major factor to reach performance level. Confident people tend to set challenging goals and purse them actively. Confidence allows the athlete to reach goal through perform better.

Increases effort

When the goal is fixed the training is must to achieve the goal. To perform better athlete must put effort himself. When the athlete confident on his training ultimately, he involves more and increase his effort to reach the goal. He regularly practices and tries to minimize the faults in skills. Perfection in skill is leads to improve the performance.

SOURCES OF SELF-CONFIDENCE

Mastery

Exhibition of best skills gives better performance in sports competition. When the athlete master on skills of the particular game he can perform better. Proper and regular training is

Self-confidence and sports

necessary to develop skills and finally to become master on skills. Then athlete can confidently exhibit the skills in the competitions and get good performance. performance accomplishments have proved to be the most influential source of efficacy information because they are based on one's own mastery experience (Bandura, 1997) One's mastery experiences affect self-efficacy beliefs through the cognitive processing of such information. If one has repeatedly viewed these experiences as successes, self-efficacy beliefs will increase; if these experiences were viewed as failures, self-efficacy beliefs will decrease. Furthermore, the self-monitoring or focus on successes should provide more encouragement and enhance self-efficacy more than the self-monitoring of one's failures.

Physical and mental preparations

For every competition the athlete undergoes training plans. It may be short, medium- or long-term training plans. Both the physical and mental training is required for better performance. Physical training improves the strength of the body as well as mental training prepares an athlete mentally for the competitions. Psychological variables like Confidence, mental toughness, emotional control, concentration are necessary for a high performer athlete. Before the competition the athlete must actively involve in warming up sessions. It prepares the body and mind for the competitions. Imagery techniques prepare an athlete mentally to perform higher.

Physical self-presentation

The strength, endurance, flexibility, speed is very necessary for the sports performance. All these components are making the athlete fit. Fitness of the athlete is one of the factors to decide the performance in competitions. Fitness builds confidence himself on athlete.

Social support

Motivation and encouragement are necessary to make the athlete to perform better. Encouragement by the team mates inside and outside the playing area is to boost the athlete perform well. Understanding between the players improve the combination in the teams. The team combination is the major factor to success in the competition in sports. Family support is also important to an athlete to get in to the training regularly. The coach is to support the trainee otherwise the performance will not gain. Coach is to know everything about the student and according to students the needs he must facilitate. Nicolas (2010) studied and resulted that coach's autonomy support facilitates self-determined motivation and sports performance.

Coach's leadership

coach is leader to his trainees. His personality definitely influences on sports persons. Personality of the coach motivates and improves self confidence among students / players. He is the model to the students.

Vicarious experience

An athlete learns most from the past experiences. Past experience may change attitudes may provide motivation. Experience can strengthen or weaken athletes confidence. Learning from own experience or learning from others experience is called vicarious experience. Losing a game or winning a game motivate the athlete for higher performance. Suffering an injury can teach an athlete to take better care of their body and appreciate their health.

According to psychologist Albert Bandura self-efficacy is a personal judgment of "how well one can execute courses of action required to deal with prospective situations". Self-efficacy

Self-confidence and sports

beliefs are not judgments about one's skills, objectively speaking, but rather about one's judgments of what one can accomplish with those skills (Bandura, 1986). Self-efficacy judgments are about what one thinks one can do, not what one has. These judgments are a product of a complex process of self-appraisal and self-persuasion that relies on cognitive processing of diverse sources of efficacy information (Bandura, 1990). Bandura categorized these sources as past performance accomplishments, vicarious experiences, verbal persuasion, and physiological states. Others have added separate categories for emotional states and imaginal experiences.

To gain self-confidence athlete is to interpret events in different dimensions and self-talk and participating in competitions will help the athletes to build and gain confidence.

Environmental comfort

The environment factors like heat, rain, cold, high altitude, wind, air pollution affect on sport performance. An investigation done by Alessandro Pezzoli (2013) and others argued that the weather forecast at different time's term can be used to improve sports performance. The temperature, humidity and wind strongly influence on sports performance. The sport like cycling, shooting is influence by rain and fog. Study says the athletes, coaches and technicians are doing climatological analysis to finalize the sports training well in advance from the date of the event and to get better performance.

Some studies on self confidence in sports performance

Self-confidence is an important aspect needs for every player. Self-confidence may vary player to player and event to event. The psychic factors are influence on self-confidence of an athlete. Hossein Soltani (2013) states that the significant difference between the level of trait self-confidence between elite and non-elite players. He studied on elite and non-elite volleyball players and found significance difference in self-confidence between elite and non-elite volleyball players. It shows the experience in a particular event develops self-confidence within a player. And he argued that the psychic factors are influence on self-confidence of individual.

KatrienFransen revealed in their study the team confidence is a dynamical process, which can be affected by coaches and players, our findings open new avenues to optimize team performance.

Heydari A. (2018) argued that the self-confidence plays an important role in the success of athletes. and suggested to include mental training and practicing programs along with physical and skills practices on the agenda of sport coaches to create the degree of self-confidence necessary for peak performance.

A Study done by KatrienFransen and others (2015) supported for the reciprocal relation between players' team confidence and players' perceptions of the team's performance. and the study stated a relation between perceived team performance and players' subsequent team confidence.

Rajesh kumar (2015) concluded that Boxers are having more self-confidence than Wrestlers and recommended that Psychological Training must be included in the Coaching Program in sports for development of Self Confidence among sports persons. Self-confidence is the main psychological variable for key to success in sports and games.

Self-confidence and sports

Covassin et.al. (2004) revealed that Winning tennis players displayed significantly higher self-confidence, lower cognitive and somatic anxiety levels, and lower total mood disturbance scores than losing players. Further study concluded that athletes who displayed high self-confidence and low anxiety levels were potentially able to remain calm and relaxed under pressure and were not as affected by negative events.

According to Kristjan Kais and Lennart Raudsepp (2005) the cognitive and somatic anxiety and self-confidence were stable prior to the different matches.

Kate Hays et.al (2009) indicated that high sport confidence facilitated performance through its positive effect on athletes' thoughts, feelings, and behaviours. These factors appeared to be associated with the sources from which they derived their confidence and influenced to some extent by gender.

CONCLUSION

Self-confidence is must for a sports man to achieve in the competitions. Optimum level of confidence is required for higher achievement. Lack of confidence and over confidence decline the performance. Self-confidence is differs to athlete to athlete and event to event. The past experience, mastery in skills and the social support increases the self confidence in sports man. And performance and self-confidence of athlete is correlated.

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Self-confidence and sports

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Conflict of Interest

The author declared no conflict of interest.

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