

ANALYZING THE ROLE OF SELF CONFIDENCE IN SPORTS PERFORMANCE

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ABSTRACT

One of the most often mentioned elements believed to influence sports performance is self-confidence (SC). While SC is thought to be essential to an athlete's performance, its absence appears to be strongly linked to athletic failure. Therefore, confidence plays a significant role in differentiating great athletes from failed ones in terms of both their performance and mental state. An athlete's performance and general success in sports are greatly influenced by their level of self-efficacy and confidence. Although both ideas help improve athletic skills, they have different traits and consequences for players. The purpose of this article is to define self-efficacy and self-confidence in sports, discuss their significance, and explore key theories related to these subjects. We'll also look at doable tactics that athletes can employ to boost their self-esteem, which will eventually result in better performance and greater personal fulfillment. In this paper we will discuss. Analyzing The Role of Self Confidence in Sports Performance.

Keywords:

Self Confidence, Sports Performance, Self-Esteem, Self-Efficacy, Positive Thoughts, Improved Emotions, Assertive Behaviors, Sport Psychologists, Athletes Possess

INTRODUCTION

Self-confidence is essential for success and for reaching new heights in the realm of sports and athletics. It acts as the motivation that propels athletes to overcome obstacles, provide their best effort, and go beyond their own boundaries. Understanding the importance of self-confidence, this article explores the skill of cultivating and fostering this crucial trait.

The conviction that you can carry out a desired activity is known as self-confidence. It is a mindset on one's own strengths and capabilities or self-confidence. Both positive and negative thoughts are dependent on the individual. The more positively an individual thinks about his performance, the more confident he becomes; conversely, if he thinks badly, his confidence may decline. The belief in one's own abilities, judgments, and capabilities is known as self-confidence. Self-confidence in sports refers to the conviction that one can perform a specific ability or tactic well during competition. Positive attitudes, a willingness to take chances, and improved performance under pressure are characteristics of athletes who possess high levels of self-confidence. [1]

One significant indicator of success is self-confidence. People who are self-assured might have reasonable expectations. They will have a positive outlook and embrace who they are. Because they are afraid of failing, those who lack confidence often refrain from taking chances. Self-assured individuals often have faith in their own skills and are not afraid to take chances. The primary psychological factor that is essential for success in games and sports is

self-confidence. According to some research, psychological training should be a part of every sports coaching program in order to help athletes build their self-confidence. [2]

SELF-EFFICACY

- Self-efficacy is the belief in one's own ability to succeed in particular circumstances.
- It is frequently seen as a form of situational confidence and is a fundamental idea in Bandura's social cognitive theory.
- Increased effort, perseverance, and resilience can result from high self-efficacy, and these traits can all help athletes perform better.
- Performance achievements, vicarious experiences, verbal persuasions, and physiological conditions can all contribute to the development of self-efficacy.

Types of Self Confidence

- **Optimal self-confidence**

When someone has optimal self-confidence, they are so certain that they can accomplish their goals that they put in a lot of effort to do so. Every successful athlete needs this level of self-assurance in order to perform at a high level. An athlete gains the confidence to compete via consistent, methodical training and social support.

- **Lack of confidence**

Lack of confidence is another term for self-doubt about performance. It could lead to worry, impair focus, and cause indecision.

- **Over confidence**

It's the deceptive assurance. Overconfidence occurs when one's confidence exceeds one's ability. People who are overconfident won't put in the necessary preparation or effort to finish the task. As a result, the performance is declining. Self-confidence is defined by sport psychologists as an individual's (or team's) conviction that it can perform better under any circumstances. Overconfidence leads one to make incorrect judgments in certain situations and to focus less on skill demonstration. It could lead to a lack of knowledge and inadequate preparation both before and during the competition. and the final drop in performance. [3]

Self-Confidence's Effect on Behavior, Thoughts, Emotions, and Performance Athletes' thoughts, emotions, and actions during competition are significantly influenced by their level of self-confidence. High-confidence athletes typically encounter:

- *Positive Thoughts:* Self-assured athletes frequently harbor positive beliefs about their own skills. Instead of being afraid of failing, they concentrate on possible positive results.
- *Improved Emotions:* Having confidence in oneself can result in feelings of enthusiasm and eagerness, which can help one concentrate better when performing.
- *Assertive Behaviors:* Self-assured athletes are more inclined to take charge, whether that means completing difficult feats without hesitation or making smart judgments throughout a game. [4]

REVIEW OF LITERATURE

The strong link between self-confidence and good athletic performance is among the most recurrent conclusions in the literature on peak performance (Feltz, Citation 2007). Therefore,

it should come as no surprise that the study of self-confidence has been a major topic in sport psychology literature. The majority of this work is based on social cognitive theories, such as Bandura's (Citation1977) self-efficacy theory and Vealey's (Citation1986, Citation1998, Citation2001) models of sport confidence. In an effort to provide a framework and inventories tailored to a particular sport in order to operationalize confidence in competitive sports, Vealey offered the first model of sport confidence in 1986. In more recent times, Vealey's work has progressed to creating a unifying framework for the study and improvement of confidence in sports that is pertinent to both scholars and practitioners. [5]

According to the integrative model of sport confidence (Vealey, Citation 2001), athletes' personality traits, attitudes, and values, as well as the three domains they use to source confidence (achievement, self-regulation, and social climate), are influenced by organizational culture (such as competitive standards, motivational climate, and the goals and structural expectations of sport programs) and individual athletes' personality traits, attitudes, and values. Athletes' thoughts, emotions, and behaviors are influenced by their subsequent levels of sport confidence, and these factors ultimately impact their athletic performance. Sport confidence is therefore seen as essential to both human functioning and sport performance, even if the model shows that performance is influenced by the athlete's physical talent and traits in addition to uncontrollable elements like opponents and the weather. [6]

Research on self-confidence is highly subjective. Although it may seem unlikely, a study revealed that self-confidence can have a significant impact. To find out if self-confidence and cognitive worry affected the players before their game, this team of researchers examined two distinct soccer teams. The day before a match, winners scored better than losers, according to LaFratta et al. (2021). According to this study, a team will perform better if its self-confidence score is higher. The defeators lacked confidence in their abilities to defeat a squad. This might be because they lacked confidence in themselves, which would have made them more anxious. It is suggested that having strong self-confidence can boost performance since this anxiousness made them question their ability before they ever started the game. [7]

Athletes' performance, whether positive or negative, is greatly influenced by their level of self-confidence. Over the course of their sporting careers, some athletes may battle with self-confidence, while others may naturally possess it. Some athletes do better than others as a result of this. The conviction that you can carry out a desired conduct is known as self-confidence (Weinberg & Gould, 2014). Performance will probably suffer for athletes who let even the slightest amount of self-doubt enter their thoughts. Because it influences goals, boosts effort, and makes it easier to focus, self-confidence can make or break an athlete's performance. [8]

OBJECTIVES:

- To Analyzing the role of Self Confidence in Sports Performance
- To evaluate the model shows that where athletes get their sport-confidence
- To explain Types, sources, and debilitating factors of sport-confidence in elite young athletes

Research Methodology:

The majority of applied textbooks cover strategies aimed at boosting athlete confidence, and self-confidence is a popular study issue. Although self-confidence-boosting techniques are frequently used in sport psychology interventions for athletes, there is conflicting research about the connection between self-confidence and athletic performance. Numerous studies

have shown that athletes benefit greatly from having self-confidence. This study's overall design was exploratory. An objective psychological instrument that would gauge self-confidence was required in order to gather the data required for the current investigation. The nature of the investigation is exploratory. This paper was prepared using secondary data that was gathered from a variety of published sources. The information used to prepare this research paper was taken from a number of prestigious journals and pertinent websites.

RESULT AND DISCUSSION

Sport-confidence:

The level of confidence that players have in their capacity to succeed in sports. is the confidence sportsmen have in their capacity to succeed in sports. Athletes who have confidence in their ability to succeed perform better in sports, according to numerous scientific studies. In order to help applied sport psychologists, there has been an increase in interest in understanding sport-confidence and developing models (Figure 1). A person who strives to improve performance and well-being with athletes, coaches, and/or athletic organizations. and coaches to assist athletes in cultivating it. The majority of sport-confidence research to date has examined the different types of sport-confidence that athletes possess. The origins of sport-confidence are the societal and personal elements that affect an athlete's level of confidence in their sport. The social and personal elements that athletes employ to boost their confidence in sports, as well as the things that undermine it (sport-confidence damaging factors). the social and personal elements that hinder or diminish athletes'confidence in their sport. [9-10]

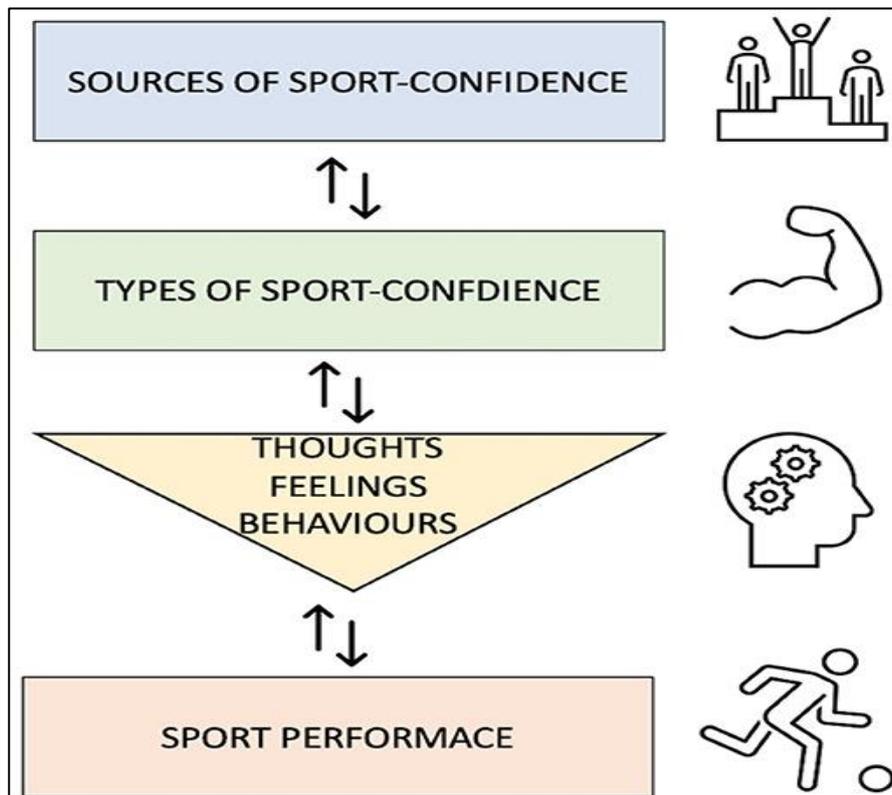


Figure 1 - This simplified model shows that where athletes get their sport-confidence [11]

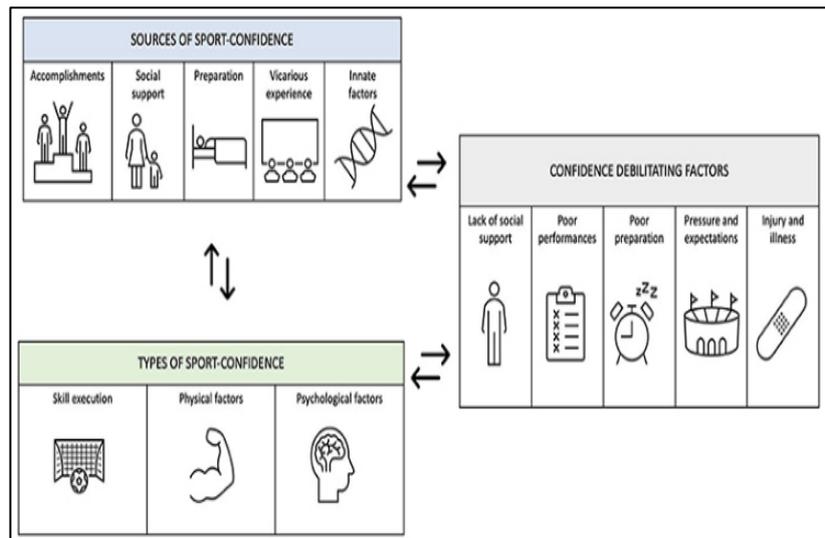


Figure 2 - Types, sources, and debilitating factors of sport-confidence in elite young athletes [12]

Theoretical approaches to sport confidence

Albert Bandura's self-efficacy theory and Robin Vealey's model of sport confidence¹ are the two primary theoretical stances on sport confidence. I will only address the latter because of its popularity in the sport psychology literature and the empirical backing it has garnered. Deborah Feltz modified Bandura's theory to create a sport-specific version, and I have further modified it to fit the applied character of this piece (see figure 3 below). [13]

• **The six sources of self-confidence**

The following six components, which are shown in figure 3 in order of relative importance, are typically the source of an individual's confidence during a certain activity or circumstance:

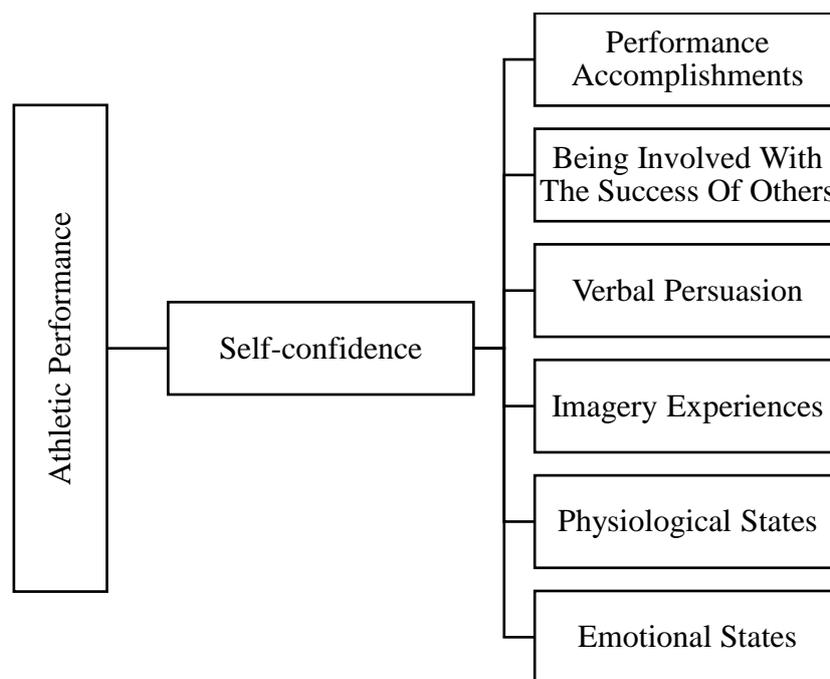


Figure 3: Athletic Performance (adapted with permission from Feltz) [14]

Sport confidence is most strongly influenced by performance achievements. Successfully executing any skill can boost your confidence and make you want to try something a little harder. Learning skills should be structured as a sequence of exercises that advance gradually, allowing you to become proficient in each phase before moving on to the next. While repeated personal failure erodes confidence, personal achievement increases it.

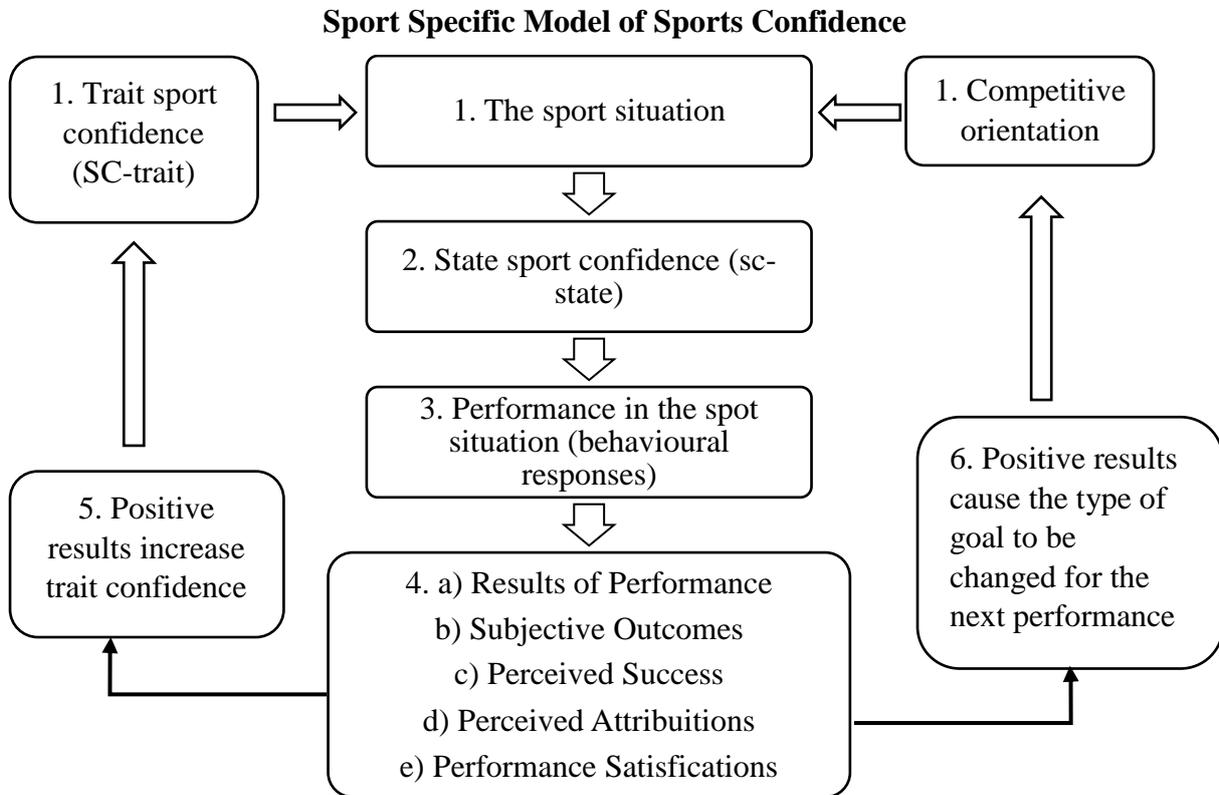


Figure 4: Sport Specific Model of Sports Confidence

Level of self-confidence affect performance:

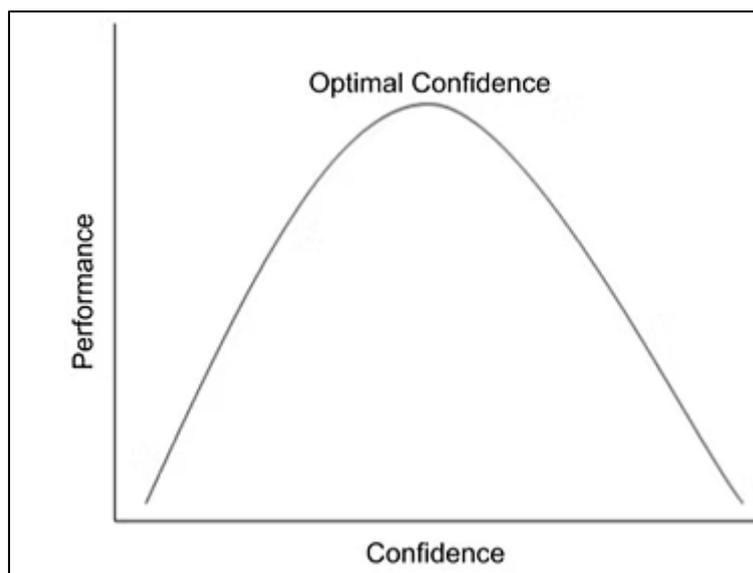


Figure 5: Level of self-confidence affect performance

There is an ideal level of self-confidence for strong performance. While it is clear that having too little confidence is bad, having too much confidence is also bad. As seen below:

- Lack of confidence: this person's performance quickly deteriorates when they are confronted with the possibility of failure because they are unable to keep their cool.
- Overconfidence: When someone feels they are already good enough, they won't bother trying to get better. This can involve their workout habits, diet, attitude, and time for recuperation. This behavior is self-limiting and hinders performance gains.
- False confidence: Putting on a show of overconfidence to cover up an athlete's inner insecurity. The negative impact on performance is a result of both excessive and insufficient confidence.
- Perfect confidence: This is the ideal degree of assurance. In this situation, the athlete will prepare as much as possible and set a number of attainable goals. They will develop plans in case they encounter challenging circumstances during contests or events, which will enable them to perform well even in the face of difficulty. [15]

CONCLUSION

However, prior studies have found a positive correlation between performance and self-confidence. It is untrue to say that children who participate in sports are expected to develop self-confidence. Goal mapping, imagery, and self-talk are psychological strategies that support increased confidence in athletes. These methods are necessary to determine whether athletes need to develop or already possess self-confidence in sports. Performance will probably suffer for athletes who let even the slightest amount of self-doubt enter their thoughts. Because it influences goals, boosts effort, and makes it easier to focus, self-confidence can make or break an athlete's performance. A key component of success in sports is self-confidence. It improves performance, aids athletes in overcoming hardship, lowers anxiety, increases motivation, cultivates wholesome connections, and advances general wellbeing. Athletes can realize their full potential and accomplish their objectives in sports and beyond by realizing the value of self-confidence and making a concerted effort to build it.

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