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EXAMINATION OF LOCUS OF CONTROL, SUBJECTIVE WELL-BEING AND OPTIMISM AS THE PREDICTORS OF SPORT CONFIDENCE

ABSTRACT

In this study, the level of locus of control, subjective well-being and optimism were investigated as predictor variables of sporters' sport self-confidence. For the aim of it, the total 463 athletes that were licensed 342 male and 121 female in different branches were chosen. The results of the study showed that there was a positive and significant relation between the levels of the belief of internal locus of control, subjective well-being, optimism and sport confidence, and the levels of the belief of internal locus of control, subjective well-being and optimism predicted the sport confidence significantly. Suggestions were given according to the study's results.

Key Words: Sport confidence, locus of control, optimism, subjective well-being.

DENETİM ODAĞI, ÖZNEL İYİ OLUŞ VE İYİMSERLİKİN SPORTİF GÜVENİN YORDAYICILARI OLARAK İNCELENMESİ

ÖZET

Bu araştırmada sporcuların sportif özgüvenlerini yordayıcı değişkenler olarak denetim odağı, öznel iyi oluş ve iyimserlik düzeyleri incelenmiştir. Bu amaç doğrultusunda farklı branşlardan lisanslı 342 erkek ve 121 bayan olmak üzere toplam 463 sporcu araştırma kapsamına alınmıştır. Araştırma sonuçlarına göre, içsel denetim odağı inancı, öznel iyi oluş, iyimserlik ile sportif güven düzeyleri arasında pozitif ve anlamlı bir ilişki olduğu, içsel denetim odağı inancı, öznel iyi oluş, iyimserlik düzeylerinin sportif güveni önemli derecede yordadığı bulunmuştur. Araştırma sonuçlarına göre önerilerde bulunulmuştur.

Anahtar kelimeler: Sportif güven, denetim odağı, iyimserlik, öznel iyi oluş

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INTRODUCTION

Delivering high performance underlies the success in sports. Physical activities as well as psychological facts play an important role in increasing the performance of the athletes. One of these facts is the belief of self-confidence in sports (Vealey, Hayashi, Garner-Holman, & Giacobbi, 1998). Self-confidence in sports is defined in different ways in the literature. Turkish Language Society (2005) defines sportive confidence as the feeling of self-confidence of the individual. Weinberg and Gould (2007) defines it as the athletes' belief in achieving the desired behavior in a successful way, Vealey defines it as the athletes' beliefs in the skills they have for being successful in their branches.

In the researches made on sport confidence, it was concluded that sport confidence makes a positive effect in increasing performance and success (Woodman & Hardy, 2003; Vealey, 1986), athletes with high sport confidence are more successful in activities based on performance (Woodman, Sally, Lew, & Stuart, 2010), they show strength for a longer time in competitions which require resistance (Beattie, Hardy, Savage, Woodman, & Callow, 2011) and they focus on success more (Adegbesan, 2010). Having a sport confidence decreases anxiety levels of athletes in the competition and increases performance by having a protective effect against anxiety (Hanton, Stephen & Mellalieu, 2004). On the other hand sport confidence is related to with perfectionism perception and decrease of perfectionism belief causes anxiety and it decreases sport confidence (Koivulaa, Hassména, & Fallbya, 2002). In perceptions of the individual directed to himself/herself (e.g. perception of self-confidence), the competences he/she has as well as the

positive reactions of the environment are important. In development of feeling of sport confidence, supporting and awarding of the athletes, as well as increasing their achievement motivations by directing them to branches which they can be successful contribute to the confidence development. Making the athletes gain the skill to deal with challenges by forming mental images in athletes (Cox, 1994; Levy, Nicholls & Polman, 2011) increases their self-confidence.

In the studies for examining the relation between sport confidence and gender, it was found that male athletes show higher sport confidence than the female ones and this case does not change before the competition and the level of sport confidence of female athletes change more than that of male athletes (Jones & Cale 1989; Jones, Swain, & Cale, 1991). Vealey (1988) reached to the conclusion that since sport is perceived as more manly, this results from giving less social support to the females.

Locus of control, subjective well-being and optimism beliefs are among the psychological factors related with sport confidence. Locus of control is an attribute which occurs when the individuals associate the results of their behaviors to their own control or to the control of loci except for themselves. If the individual does not see the change as a result of his/her own behavior, it is called externally controlled belief; if the individual perceives the event as a result of his/her own behavior or relatively permanent personal attributes, it is called internally controlled (Rotter, 1966). Internally controlled individuals seek the responsibility of their successes and failures in their own talents and attempts while externally controlled ones seek the responsibility in external factors. Since the

athletes with the belief of internal locus of control attribute the reasons for their failures to themselves, they search for these reasons, correct their deficiencies and they make an effort towards success (Devis & Davis 1972). In another research, it was determined that there is a positive correlation between having belief of internal locus of control and sportive success (Auley, Russel & Gross, 1983). The athletes doing individual sports have more internal locus of control compared to those doing team sports; the reason is that the individuals doing team sports put the responsibility on other team members' shoulders and responsibility in individual sports is perceived as related with his/her attempts and skills (Ar, Koç, & Balçın, 2002). In the comparisons in sport branches, it was found that the individuals doing wrestling compared to the ones doing archery (Hasırcı & Koç, 1995) and the athletes in sports such as gymnastics, swimming and free gymnastics lay their successes on skill and attempt which are inner factors and their failures on external factors (Lefebvre, 1979).

There is a significant relation between sport confidence and subjective well-being. Subjective well-being includes how the individual decides that his/her life is valuable, the happiness, peace, pleasure and life satisfaction (Diener, 2000) and it enables people to evaluate their lives cognitively and effectively. (Saygın & Arslan, 2009). If the individual is satisfied with his/her life is very satisfied, experiences positive feelings frequently and negative feelings less frequently, it can be said that the individual has high levels of subjective well-being (Eryılmaz, 2010; Ryan & Deci, 2001). It was determined that subjective well-being plays an important role in realizing the decisions of the individuals (Vallerand, 1997), sport

successes increase the belief of subjective well-being and it directs the activities to be carried out by the athletes in the future (Reinboth & Duda, 2006), individuals doing sports have higher levels of subjective well-being and confidence compared to those who do not do sports (Paul & Simona, 2011).

Another factor which may be effective in increasing sportive confidence and generally the performance is the belief of optimism. Optimism is defined both as a personal trait and way of thinking including the tendencies to expect positive results (Türküm, 2001); positive feelings, high spirits, determination and efficient problem solving, academic and professional success, being popular, healthy long life and an important way to get rid of traumas (Genço lu, 2006); basic tendency to perceive positive feelings rather than negative ones (Açıkgöz, 2006); a strong expectation that everything will be good in life despite all obscures (Goleman, 2000). It was determined that having high levels of optimism increases the resistance against challenges or inconveniences (Carver, Scheier & Segerstrom, 2010); optimistic people have a positive thinking even when it is not going right (Carver & Scheier, 1985). It was determined that since optimistic individuals generally expect good results, they can challenge well with short-term inconveniences and self-competence and sport confidence levels of optimistic individuals are higher (Tabak, 2000). Optimism gives psychological support to the athlete and makes him/her gain the courage to deal with bad events. Optimistic individuals make more effective attempts and they can face with threatening situations more (Türküm, 1999). In the researches on optimistic and pessimistic athletes based on comparison, it was found that pessimistic athletes have low performances and they

tend to protect themselves against events and their expectation and boldness is low, they have more stress before the competition; the optimistic ones have low anxiety levels before competitions (Gordon, 2008; Wilson, Raglin & Pritchard, 2002), optimistic thoughts constitute the basis for success (LeUnes & Nation, 1996). It was determined the pessimism decreases sport confidence and increases anxiety (Weinberg & Gould, 1999) and optimism decreases anxiety in athletes (Cox, 1994). Determining the relationship between the levels of locus of control, optimism and subjective well-being and sport confidence will have an influence to increase the success of athletes.

The aim of this research is to determine how much sport confidence the locus of control, optimism and subjective well-being levels predict.

Method

Population and Sample

Relational screening model was used in this research. The population of the research consists of licensed athletes studying in Sakarya, Erciyes, Ahi-Evran and Karadeniz Technical University Physical Training and Sports Vocational Schools and licensed athletes of Ankara and Istanbul Metropolitan Municipality Clubs. The sample of the research consists of 463 licensed athletes participating in the study. The data on the participant is given in table 1.

Table 1. Distribution of the participant athletes according to branch, gender and age

Participants	Male	Female	Age	Age
	N	N	\bar{X}	S.D
Football	60	---	22.5	4.01
Basketball	35	25	20.03	2.02
Athleticism	50	20	23.6	3.15
Badminton	28	12	19.8	2.22
Wrestling	60	---	23.7	3.25
Karate-Taekwondo	35	20	20.10	2.20
Boxing	10	---	23.02	2.11
Volleyball	30	27	22.5	2.10
Handball	34	17	22.10	1.35
Total	342	121		463

Data Collecting Instruments

1- State and Trait Sport Confidence

Inventory: Turkish adaptation of the scale which was developed by Vealey (1986) was made by Engür and Atatar (2005). In the study made with physical education teachers, Cronbach alpha reliability coefficient of was obtained .70. In addition, trait confidence inventory internal consistency coefficient is .912 and inter-items correlation varies between .69 and .53. State sportive confidence inventory internal consistency coefficient is .944 and

inter-items correlation varies between .79 and .67. As a result, it was concluded that the two scales which measure sport confidence has internal consistency.

2- Locus of Control Scale: Turkish adaptation of the scale which was developed by Rotter (1966) was made by Da (1991). The scale was applied with Learned Resourcefulness Scale of Rosenbau and Psychological Symptom List (Sci-9-R9). In the application, it was observed that there is a correlation of -.29 between Learned Resourcefulness Scale

and Rotter's Internal-External Locus of Control Scale and it gave a correlation of .21 with GSI score of Symptom Scanning Scale. In the main research, analysis of the collected data was made with SPSS program. Test-retest reliability coefficient of RIELCS is r.83 in this study. Reliability coefficient of the scale calculated with KR-20 technique was found r.68 and Cronbach Alfa internal consistency coefficient was found r.70.

3-Subjective Well-being Scale

Subjective well-being scale developed by Tuzgöl (2005) consists 46 items. Subjective well-being scale includes personal judgment on niche and positive and negative emotion statements. The lowest score which can be obtained is 46 and the highest one is 230. High score indicates a high subjective well-being level (Tuzgöl, 2005). The Cronbach Alpha reliability coefficient of SWS was found .93. Pearson product-moment correlation coefficient of the scale regarding stability factor was found .86.

4-Optimism Scale: Turkish adaptation of the scale which was developed by Scheiver and Carver (1985) was made by Aydın and Tezer (1991). Internal consistency coefficient, four-week test-retest reliability coefficient, Cronbach alpha coefficient for internal consistency of the scale were calculated 0.72, 0.77 and 0.74 respectively. The lowest score which can be obtained from the test is 0 and the highest one is 32. Higher points obtained from the test indicate positive perspective to life (optimism) and low points indicate negative perspective (pessimism).

Data Analysis

Descriptive statistics was used on the collected data in the research. Moreover; to determine the relations between the variables, correlation technique and to predict sportive reliability of this research, liner multiple regression analysis were used. Statistical analyses were carried out by using SPSS 10 program

FINDINGS

Table 2. Descriptive and correlation values analysis on the relation between locus of control, subjective well-being and optimism and sport confidence

		Sport Confidence	Locus of Control	Subjective Well-being	Optimism
Sport Confidence	N=463 \bar{X} =93.49 Sd.=8.36	--			
Locus of Control	N=463 \bar{X} =9.06 Sd.=4.01	-.925** Sig. (2-tailed) .000	--		
Subjective Well-being	N=463 \bar{X} =183 Sd.=23.36	.903** Sig. (2-tailed) .000	-.924** Sig. (2-tailed) .000	--	
Optimism	N=463 \bar{X} =22.10 Sd.=3.86	.895** Sig. (2-tailed) .000	-.974** Sig. (2-tailed) .000	.946** Sig. (2-tailed) .000	--

**P<.01

When sportive confidence and the descriptive and correlation results on the variables which are assumed to predict it were examined, the relation between sport confidence of the athletes and locus of control, subjective well-being and optimism according to significance level was found to be positive and significant in $p > .01$ level.

Table 3. Multiple Regression Analysis on Predicting Sport Confidence

Variable		Std. Error Hata		t	P	Dual	Partial
Constant	106.66	4.85	-----	21.99*	.000	----	----
Locus of Control	-2.11	0.14	-1.01	-14.31*	.000	-0.95	-0.55
Subjective Well-being	0.18	0.01	0.50	10.36*	.000	0.90	0.43
Optimism	-1.23	0.18	-0.57	-6.88*	.000	0.95	-0.30

In Table 3, the results of multiple regression analysis are given and prediction between the variables which forms the hypothesis of the research is presented. It can be seen that locus of control, subjective well-being and optimism variables are significantly related with sport confidence in high levels ($R = 0.94$, $R^2 = 0.88$, $P < 0.01$). Locus of control, subjective well-being and optimism altogether explain the 88% of total variance in sport confidence. According to the standardized regression coefficient (),

DISCUSSION

The findings obtained in the research revealed that locus of control, subjective well-being and optimism are the predictors of sport confidence and especially locus of control is an important predictor. Locus of control score averages of the participant are low. This result indicates that most of the participant have belief of internal locus of control. According to the finding, internal locus of control is an important predictor feature for sport confidence for the athletes with internal locus of control, because the athletes with internal locus of control attribute their successes or failures to their

relative order of significance of predictor variables on Sport Confidence is locus of control, subjective well-being and optimism. When the t results on the significance of regression coefficient, it is seen that locus of control, subjective well-being and optimism are important predictors of sport confidence variables. Regression equality regarding predicting sportive confidence according to regression analysis results is as follows; (sport confidence = $106.65 - 2.11 + 0.18 - 1.23$).

own behaviors and their belief to successful is high. Since the athletes with the belief of internal locus of control attribute their failures to themselves, they search for these reasons, correct their deficiencies and they make an effort towards success (Devis & Davis 1972). Athletes with external control search for the responsibility in external factors and they associate their performances with luck factor instead of their skills (Auley, Russel & Gross, 1983). It was determined that athletes doing individual sports have more internal locus of control than the athletes doing team sports (Ar, Koç, & Balçın, 2002); athletes doing

wrestling have more internal locus of control than the athletes doing archery (Hasırcı & Koç, 1995); the athletes doing gymnastics, swimming and free gymnastics attribute their successes to skill and effort which are internal factors and their failures to external factors (Lefebvre, 1979). It was concluded that as the subjective well-being level, one of independent variables of the research, increases, sport confidence also does. When the studies on subjective well-being and sportive confidence are examined, it was found that sportive successes increase subjective well-being belief and at the same time it directs the activities to be carried out by the athletes in the future (Reinboth & Duda, 2006); individuals participating in sportive activities have higher subjective well-being than those who do not (Ku, Fox, Chou & Chou, 2011; Paul & Simona, 2011). Another independent variable of the research, optimism, has an important influence on predicting sport confidence. A positive relation was found between optimism and sport confidence. It was concluded that optimism is both as a personal trait and way of thinking including the tendencies to expect positive results (Türküm, 2001); positive feelings, high spirits, determination and efficient problem solving, academic and professional success, being popular, healthy long life and an important way to get rid of traumas (Genço lu, 2006); basic tendency to perceive positive feelings rather than negative ones (Açıkgöz, 2006); a strong expectation that everything will be

good in life despite all obscures (Goleman, 2000). It was concluded in the researches that having high levels of optimism increases the resistance against challenges or inconveniences (Carver, Scheier & Segerstrom, 2010); optimistic people expect positive results even when it is not going right (Scheier & Carver, 1985); optimism gives a psychological support to the athlete and make him/her gain the courage to deal with bad events (Türküm, 2001). It was found that pessimistic athletes have low performances and they tend to protect themselves against events and they have low expectations (Gordon, 2008; Wilson, Raglin & Pritchard, 2002). According to the findings obtained and literature studies, optimism, as a predictor of sport confidence, is an effective belief in increasing success and performance. The findings obtained as a result of both in native and foreign literature studies present that locus of control, subjective well-being and optimism beliefs are related with sport confidence and they are strong predictors of sport confidence. Based on the literature and research findings, some recommendations are made to the researchers.

- 1- The relationship between the sport confidence and performance of the athletes should be researched,
- 2- The sport confidence of the athletes and affect of their trainer should be examined,
- 3-The relations between sport confidence and life qualities of the athletes should be researched.

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