

A COMPARISON OF FOOTBALL PLAYERS' SPORT CONFIDENCE AND SELF-EFFICACY BELIEFS ACCORDING TO THE R LEAGUE LEVEL IN TURKEY

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ABSTRACT

The purpose of the present study was to examine the sport confidence and self-efficacy beliefs in football players participating in either super league (N = 48) or second league (N = 53). Athletes completed the Trait Sport Confidence Inventory (TSCI), State Sport Confidence Inventory (SSCI), and Self-Efficacy Scale (SES). Pearson Moment Correlation results indicated a positive significant relationship between State Sport Confidence and Self-Efficacy levels ($r = .492$), Trait Sport Confidence and Self-Efficacy levels ($r = .493$) and State Sport Confidence and Trait Sport Confidence levels ($r = .766$) of the Super League players. Results also revealed a non-significant relationship between State Sport Confidence and Self-Efficacy levels ($r = .227$) and a positive significant relationship was found between Trait Sport Confidence and Self-Efficacy levels ($r = .271$) and State Sport Confidence and Trait Sport Confidence levels ($r = .787$) of the Second League players. Multivariate analysis of variance (MANOVA) analyses revealed significant differences between the Super League and Second League players' self-efficacy beliefs ($F_{(1,99)} = 7.188, p = .009$). The linear regression results revealed that for both the Super League and Second League players, trait sport-confidence predicted state sport-confidence and self-efficacy. Finally, it was revealed that the super league and second league football players were similar with regard to sport confidence, whereas, they had different self-efficacy beliefs.

Key Words: Football, State Sport Confidence, Trait Sport Confidence, Self-Efficacy, Super League.

TÜRK YEDE K FUTBOLCULARIN L G DÜZEYLER NE GÖRE SPORT F KEND NE GÜVEN VE ÖZ YETERL K İNANÇLARININ KAR İLA İRİLMASI

ÖZET

Bu çalı manın amacı, süper lig (N=48) ve ikinci lig de oynayan (N=53) futbolcuların sportif kendine güven ve öz yeterlik inançlarını incelemektir. Sporculara Sürekli Sportif Kendine Güven (TSCI), Durumluk Sportif Kendine Güven (SSCI) ve Öz Yeterlik (SES) ölçekleri uygulanmıştır. Süper lig oyuncularının verilerine yapılan korelasyon analizi sonucu, durumluk sportif kendine güven ve öz yeterlik düzeyleri ($r = .492$), sürekli sportif kendine güven ve öz yeterlik düzeyleri ($r = .493$) ve durumluk sportif kendine güven ile sürekli sportif kendine güven düzeyleri ($r = .766$) arasında anlamlı pozitif bir ilişki göstermiştir. Ayrıca ikinci lig oyuncularının durumluk sportif kendine güven ve öz yeterlik düzeyleri ($r = .227$) arasında anlamsız bir korelasyon, sürekli sportif kendine güven ve öz yeterlik düzeyleri ($r = .271$) ve durumluk sportif kendine güven ve öz yeterlik düzeyleri ($r = .787$) arasında ise anlamlı pozitif bir ilişki göstermiştir. Çok yönlü varyans analiz sonuçlarına göre, süper lig ve ikinci lig oyuncularının öz yeterlik inançları arasında anlamlı bir fark vardır ($F_{(1,99)} = 7.188, p = .009$). Doğrusal regresyon analizi sonucu, hem süper lig hem de ikinci lig oyuncularında, sürekli sportif kendine güven düzeyi durumluk sportif kendine güven düzeyi ve öz yeterlik inançları için önemli bir belirleyici olduğu ortaya çıkmıştır. Sonuç olarak, süper lig ve ikinci lig oyuncularını benzer sportif kendine güven düzeylerine sahip iken öz yeterlik inançları açısından ayrılmaktadırlar.

Anahtar Kelimeler: Futbol, Durumluk sportif kendine güven, Sürekli sportif kendine güven, Öz yeterlik, Süper lig

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INTRODUCTION

Most sport psychology researchers, applied consultants, coaches, and athletes agree that confidence is an essential contributor to optimal sport performance. Research has identified confidence as a characteristic that clearly distinguishes between successful and unsuccessful athletes (Manzo, Mondin, Clark & Schneider, 2005).

Self-efficacy as defined by Bandura (1977) is an individual's belief that she/he has the necessary skills to produce the desired outcome. Self-efficacy is considered as a situation-specific issue. Vealey (1986) applied these ideas of Bandura to the sport domain and developed sport confidence. Sport confidence is developed sport confidence concept which means the athletes' certainty that they have the ability to be successful in their sport.

Self-efficacy is a self-judgment about the successful realization capacity of a performance (Bandura, 1984). Generally, it is an individuals' belief about what they are capable of doing. Self-efficacy belief is one of the important factors that affect an athletes' performance (Hardy, Woodman & Carrington, 2004).

Most of the studies that investigated the relationship between performance and self-efficacy indicated a positive relationship. For example; Beauchamp, Bray, and Albinson (2002) suggested stated that athletes who exhibit high performance have higher degrees of self-efficacy, whereas, athletes who exhibit poor performance have lower degrees of self-efficacy.

According to Bandura's (1977, 1982) theory of self-efficacy, self-efficacy is required for a competent and satisfactory performance. In competitive situations, higher self-efficacy belief and optimal emotional arousal produce a superior performance (Bandura, 1982). Bandura's model has been supported by researchers in the sport domain (Feltz & Mugno, 1983; Gould & Weiss, 1981).

Sport confidence is another important psychological factor that affects sport performance. Vealey (1986, p. 222) defines 'sport confidence' as "the belief or degree of certainty individuals possess about their ability to be successful in sport." An athlete's confidence, related to the sport that she / he participates in, depends on the environmental conditions. In this respect, Vealey differentiated between state sport confidence (i.e., confidence just before an event) and trait sport confidence (i.e, how confident athletes generally feel about their athletic ability) (Manzo, Mondin, Clark & Schneider, 2005). Trait sport confidence represents the perceptions that individuals usually possess about their ability to be successful in sport, and state sport confidence represents the perceptions individuals have at a particular moment, about their ability to be successful in sport (Feltz, 2007). Vealey (1986), has indicated that an individual's disposition toward being self-confident in sport or trait sport-confidence, also influences the state sport-confidence. Vealey (1988) has found that athletes high in trait sport confidence, who held a performance orientation, were also high in state sport confidence.

Studies that investigated the relationship between performance and psychological variables (Feltz, 1988; Martens, Burton, Vealey, Bump, & Smith, 1990) indicated that state sport confidence and self-efficacy level have been positively affected by trait sport confidence and by the pre-competitive preparation period and the precompetitive preparation process. In addition to this, researchers have stated that state sport confidence and self-efficacy level have a negative relationship with cognitive anxiety.

Martin and Gill (1991), in their studies with runners, proved the relationship between self-efficacy, state sport confidence, and performance. Athletes, who were highly sport confident and who had high self-efficacy expectations of the

outcome, ran faster in their races than did individuals who were less self-efficacious and less sport-confident.

Self-efficacy was also positively related to performance and task choice as participants with higher self-efficacy performed the task more satisfactorily and chose more difficult tasks (Escarti ve Guzman, 1999). There are many studies in sport literature showing that the level of self-efficacy is one of the most consistent psychological factors that differentiates the success level of the elite athletes across various sport branches. (Feltz & Mugno, 1983; Miller, 1993; Miller & McAuley, 1987; Weiss, Wiese, & Klint, 1989).

Researchers indicated that athletes with higher levels of self-confidence expend more effort, resist failure, and determine more difficult goals. All these results show us the importance of confidence in sport performance (e.g., Burton, 1988; Jones, Swain, & Hardy, 1993; Martens, Burton, Vealey, Bump, & Smith, 1990). Burton (1988) found a negative linear trend between cognitive anxiety and swimming performance and a positive linear trend between self-confidence and performance. Gould, Petlichkoff, and Weinberg (1984), also found a significant negative linear relationship between cognitive anxiety and performance, but no significant trend between self-confidence and performance.

Martin and Gill (1991), found self-confidence to be significantly and positively related to distance running performance. In their study of pistol shooters, Gould, Petlichkoff, Simons, and Vevera (1987), found no significant relationship between cognitive anxiety and performance. However, in that study, a significant negative relationship between self-confidence and performance was revealed. Other studies have revealed no significant relationships between cognitive anxiety and performance (Williams and Krane, 1992; Maynard and Cotton, 1993).

As a result of the meta-analysis, both cognitive anxiety and self-confidence were found to be significantly higher in men and high-standard athletes (Woodman and Hardy, 2003).

Vealey (1986) has indicated that an individual's disposition toward being self-confident in sport or trait sport-confident, determines self-confidence, also, it influences state sport-confidence. Vealey (1988) found that athletes who are high in trait sport confidence, who hold a performance orientation, were also high in state sport confidence. Also, Martin and Gill (1991) have stated that trait sport confidence influences and predicts self-efficacy. So far described the here about sport confidence and self-efficacy beliefs, The purpose of the present study was to compare super league and second league football players' sport confidence and self-efficacy beliefs.

MATERIAL AND METHOD

Participants: The participants were Turkish super league (N = 48) and second league (N = 53) football players.

Instruments:

Sport Confidence Inventory: Vealey (1986), developed a Sport Confidence Inventory in two dimensions; Trait Sport Confidence Inventory (TSCI) and State Sport Confidence Inventory (SSCI). The Turkish adaptation was made by Engür, Tok, and Tatar (2006). The overall internal consistency coefficient of the trait sport self-confidence has been reported as .91 and .90 for state sport self-confidence. The criterion validity was made by the State-Trait Anxiety Scales and the results were psychometrically acceptable.

Self-efficacy Scale: This scale was developed by Riggs, Warka, Babasa, Betancour, and Hooker (1994), to measure the beliefs of individual toward their capacity, and adapted by Öcel (2002) to the Turkish culture. Factor analysis was applied to identify the construct validity of the Turkish

form, and items with minimum .30 factor loadings were selected. Results showed that self-efficacy was formed by one factor and the items' factor loadings were between .32 and .85. As a result, the construct validity of the scale was sufficient. The overall internal consistency coefficient had been reported as .61. The scale has no any dimension or sub factor and totally the scale consists of 10 items.

Procedure: Data collection was carried out by researchers, and participant requirements and basic information about the nature of the research were explained. The participants returned the questionnaire immediately to the researchers. Data were analyzed by using descriptive statistics, MANOVA, and linear regression.

RESULTS

Pearson's Product Moment Correlations were calculated to examine the relationship

between self-efficacy, trait sport confidence, and state sport confidence of the super league and second league football players (Table 1).

Table 1. The relationship between self-efficacy, trait sport confidence and state sport confidence of super league and second league football players.

| | | Self-efficacy | SSCI |
|---------------|-------------|---------------|--------|
| Super League | SSCI | | |
| | Correlation | .492** | 1 |
| | Sig. | .000 | |
| | N | 48 | 48 |
| | TSCI | | |
| | Correlation | .493** | .766** |
| | Sig. | .000 | .000 |
| | N | 48 | 48 |
| Second League | SSCI | | |
| | Correlation | .227 | 1 |
| | Sig. | .103 | |
| | N | 53 | 53 |
| | TSCI | | |
| | Correlation | .271* | .787** |
| | Sig. | .050 | .000 |
| | N | 53 | 53 |

*p<0.05 and **p<0.01

As stated, Table 1 shows a positive significant relationship between State Sport Confidence and Self-Efficacy levels ($r = .492^{**}$, $p < .05$), Trait Sport Confidence and Self-Efficacy levels ($r = .493$, $p < .05$), and State Sport Confidence and Trait Sport Confidence levels ($r = .766$, $p < .05$) of the Super League football players. The results also revealed a non-significant relationship between State Sport Confidence and Self-Efficacy levels ($r = .227$, $p > .05$) of Second League football players. In spite of this, a positive significant relationship was found between Trait Sport Confidence and Self-

Efficacy levels ($r = .271$, $p < .05$) and State Sport Confidence and Trait Sport Confidence levels ($r = .787$, $p < .05$) of Second League football players.

MANOVA test was conducted to the data in order to determine if any differences existed in the self-efficacy, state sport confidence and trait sport confidence levels of athletes according to their league levels. (Table 2 and Table 3). According to the MANOVA results, significant differences existed between Super League and Second League football players (Wilk's Lambda .923, $F(3,97) = 2.695$, $p = .05$, $\eta^2 = .077$). The results of the analyses revealed significant differences between the Super League and Second League football

players' self-efficacy beliefs ($F_{(1,99)} = 7.188$, $p = .009$), no significant differences were indicated between the football players' trait sport confidence levels

($F_{(1,99)} = 3.271$, $p = .074$) and state sport confidence levels ($F_{(1,99)} = 1.424$, $p = .236$), based on their league levels.

Table 2. MANOVA results of athletes' self-efficacy, state sport confidence and trait sport confidence according to their league levels.

| | Wilk's | F | p | SD | Error SD | Eta |
|--------------|--------|-------|-----|----|----------|------|
| League Level | .923 | 2.695 | .05 | 3 | 97 | .077 |

Table 3. F, p ve eta square values of Super and second league athletes' self efficacy, state sport confidence and trait sport confidence.

| | | n | \bar{X} | ss | sd | F | p | eta |
|---------------|---------------|----|-----------|-------|------|--------|------|------|
| Self-Efficacy | Super League | 48 | 39.4 | 3.87 | 1-99 | 7.118* | .009 | .067 |
| | Second League | 53 | 37.2 | 4.26 | | | | |
| TSCI | Super League | 48 | 98.3 | 11.53 | 1-99 | 3.271 | .074 | .032 |
| | Second League | 53 | 93.9 | 12.43 | | | | |
| SSCI | Super League | 48 | 99.8 | 14.84 | 1-99 | 1.424 | .236 | .014 |
| | Second League | 53 | 96.6 | 12.66 | | | | |

$p < 0.05$

Linear regression analysis was applied to the data of super league athletes and to the data of second league athletes, to examine the predictability of their state sport confidence and self-efficacy levels by their trait sport confidence levels.

The linear regression analysis which was conducted on data of super league players, revealed that trait sport-confidence (TSCI), $R = .766$; $F(1,46) = 65.5$, $p < .001$, was a significant and powerful predictor that accounted for 58.7% of the variance in state sport-confidence (SSCI). (Table 4)

Table 4. Linear Regression analyses of State Sport Confidence of Super League Players.

| League Level | Variable | B | Standart Error | T | p | R^2 | |
|--------------|----------|------|----------------|------|-------|-------|------|
| Super League | TSCI | .987 | .122 | .766 | 8.092 | .000 | .587 |

[$R = .766$, $R^2 = .587$, $F_{(1,46)} = 65.487$, $p < .01$]

The linear regression analysis which was conducted on data of second league players, revealed that trait sport-confidence (TSCI), $R = .787$; $F(1,51) = 83.1$, $p < .001$,

was a significant and powerful predictor that accounted for 62% of the variance in state sport-confidence (SSCI). (Table 5)

Table 5. Linear Regression analyses of State Sport Confidence of Second League Players.

| League Level | Variable | B | Standart Error | T | p | R ² | |
|---------------|----------|------|----------------|------|-------|----------------|------|
| Second League | TSCI | .802 | .088 | .787 | 9.118 | .000 | .620 |

[R=.787, R²=. 620, F (1,51)=83.142,p<.01]

The linear regression analysis which was conducted on data of super league players, revealed that trait sport-confidence (TSCI), **R = .493**; F(1,46) = 14.8, p < .001, was a significant and powerful predictor that accounted for 24.3% of the variance in self-efficacy (Table 6).

Table 6. Linear Regression analyses of Self Efficacy of Super League Players.

| League Level | Variable | B | Standart Error | T | p | R ² | |
|--------------|----------|------|----------------|------|-------|----------------|------|
| Super League | TSCI | .166 | .043 | .493 | 3.844 | .000 | .243 |

[R=.493, R²=. 243, F (1,46)=14.777,p<.01]

The linear regression analysis which was conducted for second league players analysis revealed that trait sport-confidence (TSCI), **R = .271**; F(1,51) = 4.03, p < .05, was a significant and powerful predictor that accounted for 7.3% of the variance in self-efficacy (Table 7).

Table 7. Linear Regression analyses of Self Efficacy of Second League Players.

| League Level | Variable | B | Standart Error | T | p | R ² | |
|---------------|----------|------|----------------|------|-------|----------------|------|
| Second League | TSCI | .093 | .046 | .271 | 2.007 | .050 | .073 |

[R=.271, R²=. 073, F (1,51)=4.027,p<.05]

DISCUSSION and CONCLUSION

The results suggest that significant relationships existed among self-efficacy, state self-confidence, and trait self-confidence of Super League football players. In their studies with 73 runners (ages between 14 and 18), Martin and Gill (1991), found positive relationships among self-efficacy, state self-confidence, and trait self confidence. According to these results, the Super League football players' state and trait self-confidence increased, based on the rise in their self-

efficacy levels. Empirical researches, which investigated the effects of self-efficacy beliefs on sport and motor performance, revealed a positive relationship between self-efficacy and performance (Weinberg, Gould, Yukelson & Jackson, 1981; Feltz & Mungo, 1983; Mc Auley, 1985).

According to the results of the present study, Super League and Second League football players' self-efficacy levels differed. A significant difference was revealed between the Super League and Second League football players' self-efficacy levels. However,

significant differences were not found in the state and trait self-confidence levels based on the league level.

McAuley (1985), found that successful past experiences caused an increment in the self-efficacy levels of gymnasts and divers. Bandura (1997), suggested that experiences of mastery have proved to be the most influential, as they convey to the subject the evidence of his or her ability to fulfill a task. Repeated successes increase and build a robust belief in personal efficacy, while repeated failures (when not due to the lack of personal effort or adverse environmental situation) diminish the individual's expectations of efficacy.

Studies that investigated the relationship between psychological variables that affect the sport performance level suggested a positive effect of trait sport confidence and precompetition preparation on state sport confidence and self-efficacy. Also, results of these studies revealed that cognitive anxiety is inversely related to state sport confidence and self-efficacy (Feltz, 1988; Martens et. al., 1990). Martens (1987), found that low levels of self-efficacy caused high levels of anxiety, therefore, these psychological changes negatively affected sport performance.

Results of the present study show that the self-efficacy levels of Super League players who are experienced and senior level athletes are higher than those of Second League players. In spite of this, no significant differences are found between Super League and Second League players based on their state and trait sport confidence levels. This non-significant result is interesting. Bandura (1990) has revealed the relationship between self-efficacy and self-confidence in his studies. Indeed, elite performers have reported that possessing unshakeable, resilient, and robust confidence is a fundamental aspect of mental toughness and success (Bull et al., 2005). Bull et al. (2005) suggested that it was the nature of confidence (e.g., its robustness), rather than just a high level of confidence per se, that

was important for mental toughness and success. The league levels can be really important for sport confidence if you play the top league you can have more confidence than the other league players. These results are supported in the present study.

The linear regression results revealed that for both Super League and Second League football players, trait sport-confidence predicted state sport-confidence and self-efficacy. Trait sport confidence was a strong predictor of state sport confidence in Super League and Second League football players. On the other hand, trait sport confidence prediction of self-efficacy level was diminished. Vealey (1988) stated that the athletes' confidence related to their sports or trait sport confidence affected their state sport confidence. Vealey (1988), also found that athletes with high levels of trait sport confidence possessed high levels of state sport confidence. Therefore, trait sport confidence was a significant and strong predictor of state sport confidence. In addition to this Martin and Gill (1991), suggested that trait sport confidence affected self-efficacy as well. Martin and Gill (1991) found that TSCI predicted state sport-confidence (SSCI), accounting for 41% of the variance. The second finding parallels the first: The TSCI accounted for 19% of the variance related to the outcome of self-efficacy. These results are supported in the present study.

These results may not generalize to other sports, other levels of experience, or to females.

The results of this study might be generalized to the football population in Turkey. Certainly more research in this area is recommended, to substantiate the current findings and to broaden our understanding of self-efficacy and state-trait sport confidence. Future research in this area is recommended, to investigate the interaction of a variety of psychological factors, such as, competitive orientations, trait-state sport confidence, self-efficacy, cognitive anxiety, and performance.

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