

A MODEL OF SOURCES PREDICTING TYPES OF SPORT CONFIDENCE IN FOOTBALL PLAYERS

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ABSTRACT

The objective of this research was to determine the sources predicting the sport confidence of football athletes. Accordingly, Vealey Sources of Confidence Questionnaire (1998) and Vealey and Knight Sport Confidence Questionnaire (2002) were randomly provided for 269 young football players. The model analysis results showed that each of the nine sources of sport confidence, including social support, physical and mental preparation, coach leadership behavior, physical self-presentation, demonstration of ability, mastery, environmental comfort, vicarious experiences, and situational favorableness predicted three types of sport confidence, so that the source of social support and physical and mental preparation were the strongest predictors of physical skills and training component ($P < 0.001$; standardized estimate=0.901), followed by resilience confidence ($P = 0.001$; standardized estimate=0.898), cognitive efficacy standardized estimate=0.891). Results of this research support the multidimensional Vealey and Knight Sport confidence model (2002).

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Introduction

Sport confidence is often considered by athletes and coaches [1], while it is not easy to define it. Based on definition presented by sport psychologists, sport confidence is belief in successful performing of desired behavior of an action, which might be shooting the football ball into the goal. [2] Most of the past studies have indicated the relationship between sport confidence and sport performance [3]. Although Vealey (1986) viewed confidence a kind of state or tendency in his early view [4], he presented a new view in 2001 (2001), in which he stated that sport confidence is a social and cognitive variable, used based on time interval and reference. The main reference of majority of confidence theories in sport psychology is Vealey Sport confidence model [5]. They made sport confidence concept practical by introduction of a sport confidence model and sources of sport confidence questionnaire. The early model of sport confidence (1986) was based on a trait and state approach and predicted that trait confidence and competitive orientation of the athlete interact with the sport subjective state [6]. Vealey (1986) introduced two questionnaires to measure sport confidence, called as trait confidence questionnaire and the state confidence questionnaire, and integrated all types of confidence to a single concept called as sport confidence [5]. In a multistage study, Vealey and Knight (2002) presented a new model based on Bandura's social-cognitive theory (1997). Unlike early model of sport confidence (1986) [7, 8], this model considers confidence as a dynamic and multidimensional feature, not a fixed and one-dimensional feature. Vealey and Knight (2002) identified three types of sport confidence in their research, including physical skills and training sport confidence, cognitive efficacy sport confidence, and resilience sport

confidence [9]. A research conducted by Vealey and Knight (2002) showed that these three dimensions of sport confidence differently predict competitive anxiety, coping skills, and sport performance [10]. The revised model of Vealey and Cache (2008) shows that individual (such as age, gender, type of sport, etc.) and social characteristics of athletes affect the selection of sources of sport confidence, and these sources affect types of sport confidence. Through emotional, cognitive, and behavioral mediators, which interact with each other, types of sport confidence can influence the sport performance of athlete. This model also shows that in addition to sport confidence, the individual characteristics of the athlete and the uncontrollable external factors (such as luck, weather conditions, competitor, etc.) can also affect sport performance in a specific way [9].

Sources of sport confidence are one of the factors, which play major role in development of sport confidence (Vealey et al., 1998). The sources of sport confidence identified by Vealey et al. (1998) include nine skills: mastery, physical / mental preparation, physical self-presentation, social support, coach leadership behavior, vicarious experiences, environmental comfort, and situational favorableness. Sources of sport confidence have been recognized as the most important factors involved in development and maintaining confidence level of athletes (Bandura, 1997; Nichols, 1978). Vealey et al. (1998) stated that identification of the sport confidence sources of athletes before any intervention is very important to enhance confidence. Accordingly, many studies have been conducted to find out athletes of various sports establish their confidence on which basis [11]. The presence of many audiences and enthusiasts of football sport has made it to be a popular sport, and due to the many techniques and tactics, confidence plays an important role for players. Confidence is an essential in order to achieve the high levels in this sport [12].

The above-mentioned cases made the researcher find the clear answer for the question of sport confidence sources predict which types of sport confidence among football athletes. Answer for this question can provide appropriate strategies for coaches and sports authorities in order to increase the sport confidence of young athletes.

Thus, the researcher decided to evaluate the effects of confidence sources on any type of sport confidence of football athletes based on the Vealey and Cache Revised Model of Sport Confidence (2008), and to present a model finally.

Methodology

The current research was descriptive-correlational type of study. In this research, 206 athletes with at least three-year experience of physical activity participated in this research. The mean age of them was 18 to 23 years ($M = 19.26$, $SD = 1.25$). 1-Sources of Sport Confidence Questionnaire: Sources of sport confidence questionnaire (SSCQ, Vealey et al. 1998). SSCQ assesses the sources of sport confidence of athletes. SSCQ includes 41 items, which show nine source of confidence in sport: mastery (5 items), demonstration of ability (5 items), physical and mental preparation (6 items) self-presentation (3 items), social support (6 items), coach leadership behavior (5 items), vicarious experiences (5 items), environmental comfort (3 items), and situational favorableness (3 items), on a 7-point Likert scale [13, 14].

2-Sport Confidence Questionnaire: Sport- Confidence Questionnaire was developed by Vealey and Knight (2002) and it consists of 14 items scored on a 7-point Likert scale. This questionnaire includes three subscales of physical skills and training confidence (5 items), cognitive efficiency confidence (5 items), and resilience confidence (4 items) [9].

Results

In order to determine the effect of the sources of sport confidence sources on types of sport confidence, Structural Equation Modeling Method is used to examine the relationships among the observed and latent variables. In addition, goodness of fit indices and reliability and validity of each construct were examined. The figure below shows the fitted Structural Equation Modeling Method [15].

In order to determine the role of any one of the sources of sport confidence on sport confidence, using the structural equation modeling method as a method for investigating the relationships between the obvious and hidden variables is designed. In addition, goodness and fitness indicators, as well as the validity and reliability of each structure Reviewed and their appropriateness. The figure below shows the model of the fitted structural equations given [15].

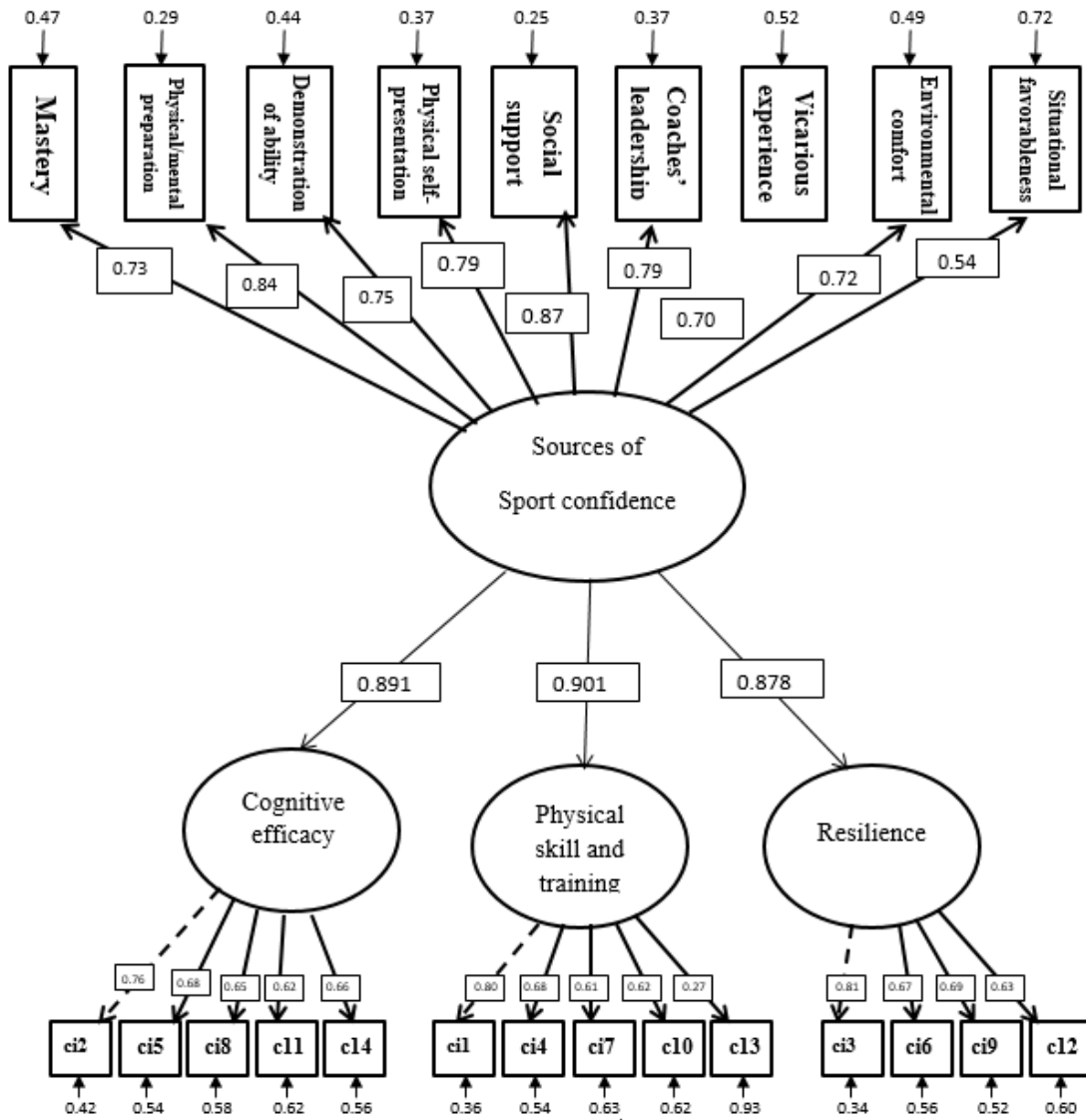


Figure 1. Structural equation model, and fit of data sources and types of sport confidence of football athletes

In this model, the goal is to evaluate the effect of sources of sport confidence on each type of sport confidence. The Chi-square index, GFI (goodness of fit index), and AGFI (adjusted goodness of fit index), CFI (comparative fit index), and the RMSEA (root mean square error estimate) were calculated to be 2.75, 0.96, 0.95, 0.89, 0.08, respectively. It is seen that all the indices are statistically at desired level [15].

In the fitted structural equation modeling model, the latent variable of confidence sources include 9 sources (Table 1), and types of confidence include 3 aspects of cognitive efficacy, resilience, and physical skills and training. Each of these types of confidence includes a number of items.

Table 1. Results of testing the hypotheses of the measurement model of sport confidence sources

Relationship	Standard direct effect(λ_x)	p-value	Result
mastery	0.73	<0.001	Significant
Physical / mental preparation	0.84	<0.001	Significant
Coach leadership behavior	0.79	<0.001	Significant
Social support	0.87	<0.001	Significant
Physical self-presentation	0.79	<0.001	Significant
Demonstration of ability	0.75	<0.001	Significant
Environmental comfort	0.72	<0.001	Significant
Vicarious experience	0.70	<0.001	Significant
Situational favorableness	0.54	<0.001	Significant

Table 2. Results of testing hypotheses of measuring model of types of sport confidence

Dependent variable	Non-standardized estimate	SD	Test statistic	p-value	Standardized estimate
Cognitive efficacy	1.56	0.189	8.25	<0.001	0.891
Resilience	1.52	0.180	8.43	<0.001	0.878
Physical skills and training	1.89	0.223	8.46	<0.001	0.901

Table 3. Indirect path coefficient (γ) of sources and types of sport confidence of football athletes

Sources of sport confidence	standard	Types of self-confidence	Standard	Estimate of indirect relationship coefficient
Social support	0.87	Physical skill and training	0.901	$0.87*0.901=0.783$
Physical/mental preparation	0.84			$0.84*0.901=0.756$
Physical self-presentation	0.79			$0.79*0.901=0.711$
Coaches' leadership	0.79			$0.79*0.901=0.711$
Demonstration of ability	0.75			$0.75*0.901=0.675$
Mastery	0.73			$0.73*0.901=0.657$
Environmental comfort	0.72			$0.72*0.901=0.648$
Vicarious experience	0.70			$0.70*0.901=0.630$
Situational favorableness	0.54			$0.54*0.901=0.486$
Social support	0.87			Cognitive efficacy
Physical/mental preparation	0.84	$0.84*0.891=0.748$		
Physical self-presentation	0.79	$0.79*0.891=0.703$		
Coaches' leadership	0.79	$0.79*0.891=0.703$		
Demonstration of ability	0.75	$0.75*0.891=0.668$		
Mastery	0.73	$0.73*0.891=0.650$		
Environmental comfort	0.72	$0.72*0.891=0.641$		
Vicarious experience	0.70	$0.70*0.891=0.623$		
Situational favorableness	0.54	$0.54*0.891=0.481$		
Social support	0.87	Resilience	0.878	
Physical/mental preparation	0.84			$0.84*0.878=0.737$
Physical self-presentation	0.79			$0.79*0.878=0.693$
Coaches' leadership	0.79			$0.79*0.878=0.693$
Demonstration of ability	0.75			$0.75*0.878=0.658$
Mastery	0.73			$0.73*0.878=0.640$
Environmental comfort	0.72			$0.72*0.878=0.632$
Vicarious experience	0.70			$0.70*0.878=0.614$
Situational favorableness	0.54			$0.54*0.878=0.474$

As p-value in all examined relationships is less than test error level (0.05), it can be stated that the effect of confidence sources on each type of confidence is significant. In order to compare the effectiveness of sources on types of confidence, a standardized estimate of relationships was reported. Sources of confidence are social support, physical and mental preparation, coach leadership, self-presentation, demonstration of ability, mastery, environmental comfort, vicarious experiences and situational favorableness, respectively, and they had the highest effect on physical skills and training with coefficient of 0.901. After this case, they had the highest of confidence was on the cognitive efficacy with coefficient of 0.891. Finally, the resilience with regression coefficient of 0.878 received the lowest effect by other types of confidence compared to other types of confidence sources. We used the indirect path coefficient (γ) to examine the relationships of the components of confidence sources and components of types of confidence, which its results are presented in Table 3 -1.

Discussion and conclusion

The objective of this research is to present a model of sources of sport confidence and types of sport confidence in football athletes. Using the Vealey confidence model as a specific framework, it evaluates the role of sources of sport confidence on confidence of physical skills and training, confidence of cognitive efficacy, and confidence of resilience of football athletes. Based on the results, as presented in the path model, the strongest predictor of sport confidence was physical skills and training of footballers. These results are in line with those of research conducted by Mackida (2008 and 2017) and Demine et al. (2007), indicating that learning new skills and achieving high levels of learning in the implementation of that skill might provide a high level of confidence, and these results are inconsistent with the results of the research conducted by Sampan et al [3]. Bandura (1997) stated that the first condition of persistence and effort in one sport is feeling mastery on the skill of that sport. If people believe that they have no ability to perform a skill, they would not try to get something [4, 9]. Thus, encouragement and support of important people such as family, friends and coaches can lead to desired level of one's demonstration during the competition and gaining adequate physical preparation to create a sense of victory in the competition can lead to confidence through the sources examined in athletes. It also seems that the successful implementation of the skills based on prior knowledge of one's abilities and being ensured of its acceptable demonstration are considered as factors affected by sport confidence sources.

Based on the research results, the second type of sport confidence predicted by sources of sport confidence is cognitive efficacy confidence of football athletes. This result is in line with the results of the research carried out by Edwards (1999) and Vealey

et al. (2004), but inconsistent with the results of the research conducted by Demine et al. (2007) and Mackida (2008). The reason for this inconsistency might be the nature of the football sport.

The revised model of Vealey and Cache (2008) also shows that the type of sport is effective in selecting the sources of sport confidence in athletes [5]. In this regard, keeping focus during the competition and making critical decisions in order to select the best performance with the goal of the strategy in achieving the desired result are affected by sources of confidence. In addition, we can achieve the desired performance by mental attention and concentration before making decision and cognitive and neurological control of the pressures during the competition.

Based on research results, sources of sport confidence are the last predictor of resilience confidence of the football athletes. These results are consistent with those of research conducted by Demine et al. (2007) and they show that in the case of athletes' failure in sport competitions, coaches and officials should work on sources of sport confidence [16].

Given the fact that error is a part of competitions, mental focus faces with challenge. Thus, by overcoming the doubts in re-implementation and with the goal of desirability of its occurrence, successful and controlled back in both of the physical and mental parts can be demonstrated. This issue can be achieved as a result of paying attention to the sources of sport confidence and also during the implementation.

In general, the most important source predicting types of confidence of football athletes is social support, so that important people such as family, friends, relatives, and coaches can be the most important element in enhancing the confidence of athletes. In addition to social support, athletes can use physical and mental preparation, coach leadership behavior, and physical self-presentation, demonstration of ability, mastery, environmental comfort, vicarious experiences, and situational favorableness to develop and maintain their sport confidence.

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