

# Relationship of Self Confidence with Sprinters Performance



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## Abstract

The purpose of the study was to determine the relationship between self-confidence and sprinters performance. To achieve the purpose 30 participants of final sprint events of all India intervarsity athletic meet held at Guntoor, Andhra Pradesh were selected. The age of the subjects was ranged between 19 to 25 years. Questionnaire by Rainer Marten (CSAI-2) was used to collect data about level of pre-competition anxiety. The CSAI-2 was scored by computing total score ranging from a low of 9 to a high of 36. The collected data was analysed by using Pearson's Product Moment Correlation. The result of the study shown that self-confidence ( $r=0.559$ ) was significantly related with the performance at 0.05 level of significance, since obtain value of coefficient correlation is greater than the tabulated value ( $r=0.361$ ). It is concluded that self-confidence is having positive relationship with the performance of sprinters.

**Keywords:** Anxiety, Cognitive, Competition, Performance and CSAI-2.

## Introduction

Modern competitive sports of today demands more emphasis on the training of psychological aspects of sports. The high level performance seen in competitive sports is nothing but a perfect optimum harmonious relationship between one's psychological preparedness and technical preparation. Cognitive process can affect the athlete's skill performance regardless of whether they are the beginner, intermediate or advanced state of learning. These processes are imagery, memory, attention, anticipation and perception of skill. These are more related to the athlete's perceived ability. It is believed that superior athletic performance has been fitted from knowledge about the psychology and bio-mechanics of human motor activity. However many coaches and psychologist throughout the world believe that the future records will be broken primarily because of increased attention to psychological parameters of human personality.

Speed plays a vital role in all games and sports but plays a very dominant role for sprinters to give performance. He must possess acceleration speed, speed of movement and reaction time. Even though these four components, of speed affect the performance of sprinters yet the contribution made by reaction time to enhance speed performance is still not very certain. There is no doubt regarding the contribution of acceleration speed, sprinting speed & speed of movement to bring about better performance on the part of sprinters. Therefore to attain optimum performance in activities where the speed is the main factor, acceleration speed, sprinting speed, speed of movement and reaction time should be woven together.

"Confidence is a quality found in many aspects of society. Therefore, confidence isn't a stranger to sports, when it can be associated with qualities like mental toughness, poise, grit, belief, courage, and heart. These qualities are descriptive verbs that are constantly used when describing someone who is successful. Recent research has shown that success has affected the level of confidence and confidence can affect success. Elite athletes have revealed that confidence affects their performance through their thoughts, behaviours, and feelings. Levy, Nicholls, and Polman (2010) found that subjective performance and confidence were statistically significant and positively correlated. The world of sport recognizes the importance that confidence has on success (Vealey & Chase, 2008). Athletes are constantly evaluated on the level of confidence they have in their abilities to perform. Coaches, fans, and media constantly discuss confidence when talking about the ability to win. Confidence can affect performance when our efficacy expectation is strong and our abilities are clearly developed. Self-confidence is a term known to

more than sport, influencing Vealey (1986) to coin the term "sport-confidence."

Performance in sports is no longer dependent on physiological well being of the athlete. It is well established by now that there are numerous psychological factors which effect & improve sports performance like, individual differences among the athletes, personality, intelligence, attitude, motivating, aggression, mental imagery, group dynamics etc. All these factors may affect the sports performance in both, positive and negative way.

The effect of anxiety on performance dependence directly on the type of task considered. In most cases a heightened arousal state has been found to facilitate simple performance. On the other hand as anxiety reaches a certain level a breakdown of psychological and physiological integrative mechanism is often seen to occur resulting in less efficient performance in more complex tasks. Anxiety has a temporal relationship to performance. In general, anxiety level increases prior to dangerous situation until they become relatively high just before it is encountered. During performance anxiety is often lessened. Since, the individual must concentrate on his own action rather than on his internalized fear.

Jones, Swain and Cole conducted study on university athletes and found that in case of cognitive anxiety males shown no changes across time though females shown a progressive increase as the competition is near. Males and females showed the same patterning in somatic anxiety with increase occurring on the day of competition. Self-confidence scores revealed a reduction in self-confidence neared in both gender but there was greater decrease in females than males.

Mathes, H. & Mathes, S. studied the high school gymnastic pre-competitive state anxiety and self confidence level. The results indicated that the cognitive, somatic anxiety and self confidence levels varied according to the performance setting but not influenced by years of experience or by difficulty of routines. Surprisingly anxiety was highest and self confidence lowest, prior to the dual meet rather than prior to the district championship.

Hall, Kerr and Mathews employed Smith's (1996) model of performance-related anxiety to examine linked between perfectionism, achievement goals, the temporal patterning of multidimensional state anxiety on 119 high school runners. Instruments assessed achievement goals (Roberts & Balague, 1998), perfectionism (Frost, Marten, Lahart, & Rosenblate, 1990) on 4 occasions prior to a cross-country meet. Hierarchical regression analysis indicated that overall perfectionism was a consistent, significant predictor of cognitive anxiety. Perceived ability was a consistent predictor of confidence, and ego and task goals contributed to the prediction of cognitive anxiety and confidence, respectively. The findings help further develop Smith's (1996) model and suggest that the appraisal process underlying multidimensional state anxiety is influenced by individual differences in a number of achievement-related constructs.

## Remarking An Analisation

Walid Selmi & Sonia Sahli (2018)

investigated the effects of repeated sprint training on somatic anxiety, cognitive anxiety, self confidence rating of perceived exertion and repeated sprint ability indicators in elite young soccer players. After RST-G showed a very significant ( $p < 0.000$ ) increase in RSA total time performance relative to control. Despite the faster sprint pace, the RPE also decrease significantly ( $p < 0.005$ ) in RST-G, and their self confidence was significantly greater ( $p < 0.01$ ) while the cognitive ( $p < 0.01$ ) and somatic ( $p < 0.000$ ) component of their anxiety state decreased. When practiced regularly, shot bouts of sprint exercises improve anaerobic performance associated with a reduction in anxiety state and an increase in SC which may probably competitive performance.

B. Mcgrane, S. Belton, D. Powell and J. Issartel (2017), assess fundamental movement skill proficiency, physical self confidence levels and the relationship between these variables and gender differences among adolescents. A significant correlation was observed between FMS proficiency and physical self-confidence for females only ( $r = 0.305$ ,  $p < 0.001$ ) males rated themselves as having significantly higher physical self-confidence levels than females ( $p = 0.001$ ). Males scored significantly higher than females FMS proficiency ( $p < 0.05$ ), and the lowest physical self confidence group where significantly less proficient at FMS than the medium ( $p < 0.001$ ) and high physical self-confidence groups ( $p < 0.05$ ). This information not only highlights those in need of assistance to develop their FMS but will also facilitate in the development of intervention which aims to improve physical self-confidence and FMS proficiency.

### Statement of the Problem

The purpose of the study was to investigate the relationship between self-confidence and sprinters performance.

### Delimitations

1. The study was delimited to male sprinters who took part in All India Inter University Athletic meet, which was held at Guntoor (Nagarjuna University) Andhra Pradesh.
2. The study was also delimited to assess pre-competition anxiety level by Competitive State Anxiety Inventory – 2 (CSAI-2).
3. The study was further delimited to 30 sprinters of All India Inter University Athletic meet 2004.

### Limitations

1. Questionnaire research had its limitations, with biasness that might have come into the mind of the subjects at the time of responding to the statements in questionnaire.
2. The study was conducted in natural competitive situation.

### Significance of the study

The researcher scholar on the basis of the available and his own understanding regarding the problem an insight into the process occurring during performance self-confidence is just important to know:-

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1. The degree at which self-confidence could have facilitating or debilitating effect on sprinters performance.
2. Coaches can work with self-confidence variables for enhancing the sprinters performance.
3. For assessment of a player whether he can become a sprinter or not, can be very well known through this test.

**Hypothesis**

On the basis of the knowledge reflected by the available literature, research findings, and the scholar's own understanding of the problem, it was hypothesized that there may not be significant relationship between self-confidence and sprinters performance.

**Procedure**

**Selection of Subject**

Thirty participants of final sprint events of all India Inter- University Athletic Meet were selected, which was held at Guntoor, Andhra Pradesh. The age of the subjects was ranged between 19 to 25 years.

**Selection of Questionnaire and Procedure**

The Competitive State Anxiety Inventory-2 by Rainer Marten was selected for the study because it is a sports specific anxiety test. Further it assesses competitive anxiety on the basis of three dimensions i.e. cognitive anxiety, somatic anxiety and self confidence.

**Purpose**

To find out the level of Pre- competition anxiety.

**Procedure**

The CSAI-2 was scored by computing a total score, ranging from a low of 9 to a high of 36, higher the score, greater the state of self-confidence. The state self-confidence sub- scale was scored for totalling the responses of the following 9 items- 3, 6, 9, 12, 15, 18, 21, 24 and 27. Scoring for items is reversed in calculating the score for self-confidence.

**Directions**

A number of direction preceded before the questionnaire was to be filled – in by the respondents and are as given below:

1. Read each statement and then circle the appropriate number to the right now at this moment.
2. There is no right wrong answer.
3. Do not spend too much time on any one statement, but choose answer, which describes your feelings right now.

**Scoring**

The responses of each statement of score as follows-

S. No.	Response	Scoring
1.	Not at all	4 points
2.	Somewhat	3 points
3.	Moderately	2 points
4.	Very much so	1 point

**Administration of Questionnaire**

The test was administered on the subjects before one hour of the competition. The subjects were assembled in a group; clear instructions were given that all the items in the Questionnaire must be attempted.

*Remarking An Analisation*

**Sprinters performance**

Total time clocked by the finalist of sprinting events was considered as the score of sprinters performance. It was obtained from the organisers.

**Statistical Procedure**

To determine the relationship between self-confidence and the performance of male sprinters of Inter University participants, the Pearson's Product Moment Correlation was employed. The level of confidence was set at 0.05 level.

**Findings**

**Relationship of Self Confidence to Sprinter's Performance**

Variable Correlated	Co-efficient correlation
Self confidence and Sprinter's performance	0.559*

\*Significant at 0.05 level

r 0.05 df (28) =0.361

The results obtained from the analysis of data in table shown that the attribution variable i.e. Self confidence (r =0.559) was significantly related with the performance at 0.05 level of significance, since the obtained value of co-efficient correlation is greater than the Tabulated value (r = 0.361).

**Discussion of Finding**

Self- confidence has shown a positive impact on sprinters performance probably because self – confidence makes them cognizant about his positive abilities or may be because it is the basic pre-requisite for giving his best performance in sprints.

**Discussion of Hypothesis**

On the basis of the finding the hypothesis stated early that there may not be significant relationship between self-confidence and sprinters performance is rejected.

The hypothesis is rejected for the relationship of self confidence to sprinters performance.

**Conclusion**

Self –Confidence was having impact on performance.

**Recommendations**

On the basis of conclusion drawn the following recommendations have been made-

1. It is recommended to conduct a similar study on female sprinters participating at different levels of competition.
2. It is recommended to conduct a similar study on male/female national and international sprinters.
3. It is recommended to conduct a similar study in different games and sports.

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