

# Analysis of Sources of Sports Confidence Among International Female Volleyball Players

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**Abstract - The study examined the source of confidence in female international volleyball players. 12 international female volleyball players from KSEB with a mean age of  $23.3 \pm 2.76$  years were selected as subjects for the study. The data were collected using the Source of Sports Confidence Questionnaire (SSCQ) developed by (Vealey, 1998). Source of confidence was categorized into six components- performance accomplishment, vicarious experience, verbal persuasion, physiological states, emotional states, and imagery experiences - and the data were assessed. Data were analysed with Statistical Package for Social Science (SPSS)- Version 21. Descriptive statistics like mean, standard deviation, maximum score, and minimum score were calculated. Results of the study revealed that the highest sources of sports confidence were identified in physical and mental preparation, social support, and vicarious experience. The study also disclosed that situational favorableness was exhibited as the weakest source of confidence among subjects.**

## INTRODUCTION

Confidence is a life skill which drive us to push in many circumstances of life. Confidence plays a vital role in the field of sports to enhance performance (Vealey & Chase, 2008). Self-confidence has been constantly accompanied with positive influence in all aspects of performance. However, the findings of (Taylor, 2021) showed that, lack of self-confidence has been associated with psychological hazards like depression, frustration, poor focus, anxiety, and negative self-talk. Confidence has a positive influence on an athlete's behaviour, thoughts and feelings which eventually enhance the performance. Hays, Thomas, Maynard & Bawden, (2009) also reported that confidence is positively correlated with an efficient sporting performance at the world-class level. Rintaugu, Mwangi, & Toriola (2018) found that source of sports confidence has both controllable and uncontrollable sources. Coaches' leadership, mastery, demonstration ability, and vicarious ability were the

highly graded sources of confidence among athletes. Volleyball is a game that requires excellent physical fitness as well as high psychological skills to perform well in elite-level competitions. Perception about player's source of confidence is significant for all coaches. This knowledge can help the coaches to create a favorable environment for each player during the competition. Each player got a unique source of confidence. So, keeping in mind the chances of difference in the source of confidence, the researcher tried to analyse the source of confidence among Indian women volleyball players.

## METHODOLOGY

As per the data available from the National Federation and in consultation with senior coaches, the Kerala State Electricity Board (KSEB) was identified as the major department which contributes to the Indian Women's Volleyball Team. Therefore, 12 international female volleyball players from KSEB with a mean age of  $23.3 \pm 2.76$  years were selected as subjects for the study. Subjects also have an average training age of  $10.27 \pm 2.68$  years. Followed by a discussion with the coaches concerned, the researcher approached the players and briefly oriented about the objectives and procedures of the study. Data were collected using the Source of Sports Confidence Questionnaire (SSCQ) developed by (Vealey, 1998). The questionnaires consisted of 43 items with nine subscales that represented nine sources of confidence in sports: Mastery (five items), Demonstration of Ability (six items), Physical and Mental Preparation (six items), Physical Self Presentation (three items), Social Support (six items), Coach's Leadership (five items), Vicarious Experience (five items), Environmental Comfort (four items) and Situational Favorableness (three items). Data were coded and analysed with Statistical Package for Social Science

(SPSS) version 21. Descriptive statistics like mean, standard deviation, maximum score, and minimum score were calculated.

RESULTS

Table 1 Descriptive Profile of Sources of Sports Confidence

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|---|------|----------------|---------|---------|
| Variable  | Mean | Std. Deviation | Minimum | Maximum |
| Mastery   | 5.80 | .57            | 5.00    | 6.80    |
| Demonstration Ability                                       | 5.65 | .88            | 4.33    | 6.50    |
| Physical and Mental Preparation                             | 6.23 | .58            | 5.16    | 7.00    |
| Physical Self Presentation                                  | 5.69 | 1.14           | 4.00    | 7.00    |
| Social Support  | 6.20 | .71            | 4.83    | 7.00    |
| Coach's Support   | 6.08 | 1.08           | 4.20    | 7.00    |
| Vicarious Experience  | 6.18 | .76            | 5.00    | 7.00    |
| Environmental Comfort                                       | 5.66 | .70            | 4.50    | 6.25    |
| Situational favourableness                                  | 5.30 | 1.08           | 3.00    | 6.33    |

The subjects' score on the source of sports confidence is presented in Table 1. It reveals that physical and mental preparation, social support, coach's support, and vicarious experience were considered as the highest sources of sports confidence among players. However, the table also discloses that the lowermost source of confidence was reflected in situational favorableness in comparison with other sources.

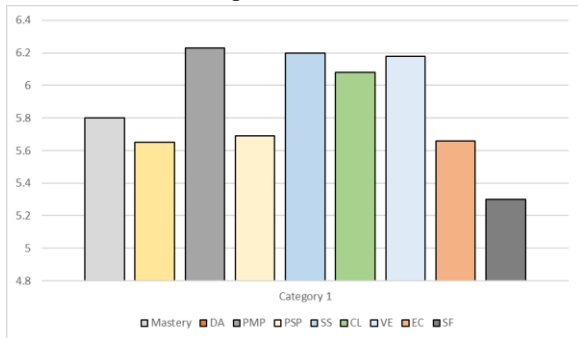


Fig. 1. Descriptive Profile of Sources of Sports Confidence

DISCUSSION

The study investigated the source of sports confidence among international female volleyball players in India. Indeed, sports confidence is considered as the dominant performance booster of all time. Lack of

self-confidence may lead to a declined performance. The findings of the study indicate that physical and mental preparation was the topmost source of confidence among the subjects. Appropriate physical and technical training, as well as playing experience, will help them to build confidence. The selected subjects were being trained under expert coaches and skilled sports science professionals in the same training center for a long period. So, the confidence to prepare in an efficient manner may be reflected in them.

This can be the prime reason for Physical and Mental Preparation displayed with a high score. Hays, Thomas, Maynard, & Bawden, (2009) also found that physical and mental preparation was their prime source of confidence for elite-level athletes. The present study also uncovered that situational favorableness is considered as the lowest source of confidence among subjects. Practice matches are taken to be the most productive method to familiarize the competition situations for athletes.

Playing a sufficient number of practice matches will help them to acclimatize with the competition atmosphere and eventually it will lead in getting a mastery over such environments. Indian female volleyball players rarely got practice matches over the international arenas before their major competitions. This can be deemed as a leading reason as the subjects feel difficulty in finding confidence in situational favorableness. Abdolizadeh, et al., (2010) also reported that situational favorableness is the lowest source of confidence among elite wrestlers of Iran. To facilitate this issue (Beachy, 2021), it was recommended that players should attempt to take their unfavorable conditions as challenges and opportunities so that they can make a significant influence on performance.

SUMMARY

The study upgraded the knowledge regarding the source of sports confidence in female inter-national volleyball players. It was shown that physical and mental preparation was identified with the highest source of confidence in female players. Long term training with expert coaching team in the same training center was assumed as the leading reason behind this. Situational favorableness was showed with comparatively declined score among female

players. An ideal number of practice matches can make a significant influence on this issue. In conclusion present study will helps the coaches as well as the administrative authority to recognize the current statues as well as the issues of female players of India. This result can also provide an insight regarding the source of confidence of female volleyball players.

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