

Effect Of A Winning And Losing Match On Male University Football Players' Sources Of Self-Confidence

*Ayesha Siddiq¹, Sofia Amjad², Yasmeen Tabassum³ and Muhammad Zafar Iqbal Butt⁴

1. Assistant Professor at Govt. Associate College for Women Melamandi Sargodha.
2. M. Phil Physical Education from Department of Sports Sciences & Physical Education, Riphah International University Faisalabad Campus.
3. Assistant Professor at Department of Sport Sciences and Physical Education, University of the Punjab, Lahore.
4. Professor at Department of Sport Sciences and Physical Education, University of the Punjab, Lahore.

Corresponding Author: Yasmeen Tabassum

Received Jan 12,2022; Accepted March 16,2022; Published May 04,2022
DOI:10.14704/WEB/V1911/WEB19015

Abstract

Self-confidence plays a persuasive role in determining whether sporting performance is successful, as it is self-confidence that affects an individual's cognitive functioning and behavior. The present study aimed to find out the effect of winning and losing the match on university football players' sources of self-confidence through a survey response of players. For this purpose, a total 48 of male football players were selected from the Men's Sports Department, University of the Punjab, Lahore and Punjab University Football Club, Lahore. A developed questionnaire by Vealey et al. (1998) sources of the sport-confidence questionnaire (SSCQ) was used for data collection. The results of the study showed that there was a significant difference ($p < 0.05$) in their Self-Confidence sources when they won their match as compared to when they lost the match.

Keywords: Football game, Players, self-confidence.

Introduction

There has been a lot of debate about competition and how it affects youth programming (Ross et al., 2015). The level of competitiveness in their sports programs and how it affects adolescents, especially in terms of self-esteem development, is one of the main concerns of most leisure agencies (Howie et al., 2020). Since its inception in Asia, football, which is by far the most globally embraced sport in the world, has inspired and excited people in many Asian cities (Cho, 2016). Given the complexity of the Asian sports landscape, football is particularly significant in this region. Real pan-Asian athletic cultures are lacking, but "maybe only soccer

(football) can lay claim to being Pan-Asian sporting phenomena," according to the author. Even though Asian sports cultures have vastly different customs and traditions, football is the one sport that more or less unites Asia. However, assuming that there would be a single Asian football culture is extremely naive. Instead, football and the cultures that surround it have greatly varied in Asia based on the connected circumstances and various historical times. Football has served as a metaphor for contemporary inventions, a weapon for imperial forces, a stimulant for the development of local, national, and regional identities, a practical and enduring pastime, and even a sign of cultural globalization and the emergence of consumerism in Asia (Cho, 2016).

Self-confidence is the conviction that you can carry out the desired conduct with success. It is a mindset about one's skills and abilities or self-confidence (Axelrod, 2017). It depends on whether he thinks positively or negatively about himself. When a person has a favorable outlook on his performance, his confidence rises, and when he has a negative outlook, it may fall. Success is significantly predicted by confidence. Ihsan et al. (2015) People who are confident might have reasonable expectations. They will have a good outlook and accept who they are. People who lack self-confidence frequently shy away from taking chances because they worry about failing. Self-confident people are prone to taking chances and typically have faith in their talents. The primary psychological factor for success in sports and games is self-confidence (Kumar, 2015). According to various research, the coaching program for sports should include psychological training to help athletes increase their self-confidence. In sports, one's capacity to use physical skills is a key component of self-confidence. It is the capacity to use psychological techniques in competitions (Hardy et al., 2018). It is the capacity to use perception skills and have conviction about one's level of physical preparedness and training (Gross, 2015). Athletes are better equipped to convert their sporting potential into elite performance when they feel secure. When they are insecure about themselves, even the tiniest setback or obstacle can significantly affect how well they function (Dohme et al., 2019). According to a recent study on college athletes, anxiety and self-confidence are indicators of athletic success (Reigal et al., 2020). Additionally, the impact of confidence and anxiety on performance was discovered (Hyseni and Hoxha, 2018).

Research Methodology

The present study was conducted on university male football players to check the effect of winning and losing the match on football players' sources of self-confidence. Total no. of 48 players randomly selected from Men Sports Department, University of the Punjab, Lahore and Punjab University Football Club. The researchers took their responses twice regarding one winning and one losing match through a survey method. The researchers used a developed questionnaire for data collection, which was established by Vealey et al. (1998) sources of sport confidence questionnaire (SSCQ) which consisted of nine sub-variables

1. Coaching Leadership	2. Social Support	3. Vicarious Experience
4. Mastery	5. Environmental Comfort	6. Demonstration of ability
7. Physical Preparation	Mental 8. Physical Presentation	self- 9. Situational Favorableness

and each variable carries 5 statements. The 5- point Likert scale; Never, Rarely, Seldom, often, always was used to take possible responses of players on each statement. Data were analyzed on the statistical package for social sciences (SPSS) 22 version. A Paired Sample t' Test was administrated to assess the self-confidence levels of football players regarding their winning and losing the match.

Results

Table No.1 Paired Samples t-Test of a Winning and Losing Match on University Male Football Players' different sub-variables Sources of Self-Confidence

Variable	n	M	SD	T	P
Coaching Leadership (Winner Team)	48	14.89	1.89	54.51	***
Coaching Leadership (Looser Team)	48	12.48	2.84	30.41	
Social Support (Winner Team)	48	14.33	1.85	53.71	
Social Support (Looser Team)	48	11.96	2.924	28.33	***
Vicarious Experience (Winner Team)	48	15.10	2.59	40.45	
Vicarious Experience (Looser Team)	48	12.43	3.40	25.28	***
Mastery (Winner Team)	48	15.18	1.95	53.87	
Mastery (Looser Team)	48	13.08	3.09	29.24	***
Environmental Comfort (Winner Team)	48	15.10	2.60	40.20	
Environmental Comfort (Looser Team)	48	12.54	3.10	27.96	***
Demonstration of ability (Winner Team)	48	14.54	1.89	53.30	
Demonstration of ability (Looser Team)	48	13.58	2.314	40.66	***
Physical Mental Preparation (Winner Team)	48	14.91	2.35	43.96	
Physical Mental Preparation (Looser Team)	48	13.06	3.12	28.9	***
Physical self-Presentation (Winner Team)	48	15.16	2.19	47.84	
Physical self-Presentation (Looser Team)	48	13.37	3.10	29.84	***
Situational Favorableness (Winner Team)	48	15.43	1.67	63.86	
Situational Favorableness (Looser Team)	48	12.25	3.41	24.87	***

Table-1 shows the results of a Winning and Losing Match of University Male Football Players' Sources of Self-Confidence (different sub-variables) by applying paired Sample t-

Test. All Sub-variables of Self-Confidence (Coaching Leadership, Social Support, Vicarious Experience, Mastery, Environmental Comfort, Demonstration of ability, Physical Mental Preparation, Physical self-Presentation, Situational Favorableness) score of the Football winner Team had a significant difference ($p < 0.05$) than Self-Confidence score of Football loser Team.

Table No. 2 Independent Samples t-Test Winning and Losing Match on University Male Football Players' Sources of Self-Confidence

#	Variable	N	M	Difference	SD	T	P
1	Self-Confidence score of male Football winner Team	48	134.7	19.92	10.52	6.69	**
2	Self-Confidence score of male Football loser Team	48	114.8		17.74		

Table 2 shows the results of the Independent Samples t-Test of a Winning and Losing Match on University Male Football Players' Sources of Self-Confidence. The self-Confidence score of the Football winner Team had a mean of 134.7 and the Self-Confidence score of the Football loser Team mean of 114.8. This table shows that there was a significant difference ($p < 0.05$) between the mean score of football winning and losing teams. Further, it was determined that a football-winner team had a positive effect on Self-Confidence.

Discussion and Conclusion

The present study was conducted on university male football players. The players' survey responses were taken twice one on winning and the second on a losing match to find out the significant difference in their self-confidence resources. The researchers collected data from university $n=48$ male football players through a developed questionnaire. The following self-confidence resources were assessed through a survey method. The questionnaire consisted of 9 statements which are;

1. Coaching Leadership	2. Social Support	3. Vicarious Experience
4. Mastery	5. Environmental Comfort	6. Demonstration of ability
7. Physical Mental Preparation	8. Physical self-Presentation	9. Situational Favorableness

The results of the study show that there was a significant difference ($p < 0.05$) in their Self-Confidence sources when they won their match as compared to when they lost the match. Moreover, it was concluded that a high level of self-confidence brings dominant and composed behavior and also become a cause for outstanding performance during the match.

The results of the present study supported the previous study's findings. A large number of studies have shown that higher levels of self-confidence are associated with superior

performance. In one recent review, the average correlation reported between self-confidence and performance across 24 studies was 0.54, which indicates a moderately strong relationship between performance and the self-confidence of players (Soltani et al., 2013).

Sport has become a part of human life and for this reason, it is impossible to think only physically about what the sport gains for individuals. We need to consider as a whole what sport brings to individuals in terms of physical, spiritual and social aspects (Woods & Butler, 2020). Self-confidence is a general personality trait, not a temporary attitude or a special attitude towards individual situations. Self-confidence is defined as "courage"; however, the concept of self-confidence also includes a firm belief in one's abilities. It is a concept with a physical side as well as a state of mind (Ilhan & Bardakci, 2020)

References

- Axelrod, R. H. (2017). Leadership and self-confidence. In *Leadership today* (pp. 297-313). Springer, Cham.
- Cho, Y. (2016). Introduction: football in Asia. In *Football in Asia* (pp. 13-21). Routledge.
- Christian, A. C. S. (2021). Public Obedience to Health Protocols during Covid-19 Pandemic in Indonesia: A Perspective from Health Belief Model Theory. *Soshum: JurnalSosialdanHumaniora*, 11(2), 201-210.
- Dohme, L. C., Piggott, D., Backhouse, S., & Morgan, G. (2019). Psychological skills and characteristics facilitative of youth athletes' development: A systematic review. *The Sport Psychologist*, 33(4), 261-275.
- Gross, J. J. (2015). Emotion regulation: Current status and future prospects. *Psychological inquiry*, 26(1), 1-26.
- Hardy, L., Jones, G., & Gould, D. (2018). *Understanding psychological preparation for sport: Theory and practice of elite performers*. John Wiley & Sons.
- Howie, E. K., Daniels, B. T., &Guagliano, J. M. (2020). Promoting physical activity through youth sports programs: It's social. *American journal of lifestyle medicine*, 14(1), 78-88.
- HyseniDuraku, Z., &Hoxha, L. (2018). Self-esteem, study skills, self-concept, social support, psychological distress, and coping mechanism effects on test anxiety and academic performance. *Health psychology open*, 5(2), 2055102918799963.
- İHSAN, S., Ekici, S., Soyer, F., &Eskiler, E. (2015). Does self-confidence link to motivation? A study in field hockey athletes. *Journal of Human Sport and Exercise*, 10(1), 24-35.
- Ilhan, A., & Bardakci, U. S. (2020). Analysis on the Self-Confidence of University Students According to Physical Activity Participation. *African Educational Research Journal*, 8(1), 111-114.
- Kumar, R. (2015). A Comparative Study of Self Confidence Among Boxers and Wrestlers of Hyderabad in India. *AASCIT Journal of Psychology*, 1(1), 1-4.
- Reigal, R. E., Vázquez-Diz, J. A., Morillo-Baro, J. P., Hernández-Mendo, A., & Morales-Sánchez, V. (2020). Psychological profile, competitive anxiety, moods and self-efficacy in beach handball players. *International Journal of Environmental Research and Public Health*, 17(1), 241.

- Ross, A. J., Mallett, C. J., & Parkes, J. F. (2015). The influence of parent sport behaviours on children's development: Youth coach and administrator perspectives. *International Journal of Sports Science & Coaching*, 10(4), 605-621
- Soltani, H., Reddy, K. S., & Hojati, Z. (2013). State and trait self confidence among elite and non-elite volleyball players in Iran. *Advances in Environmental Biology*, 283-288.
- Vealey, R. S., Garner-Holman, M., Hayashi, S. W., & Giacobbi, P. (1998). Sources of sport-confidence: Conceptualization and instrument development. *Journal of Sport and Exercise psychology*, 20(1), 54-80.
- Woods, R., & Butler, B. N. (2020). *Social issues in sport*. Human Kinetics Publishers.