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The Examine Goal Orientation and Sports Self Confidence Level of Soccer Players

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Abstract

This research aims to examine the level of goal orientation and sports self-confidence of the soccer players. 87 male soccer players participated to this research. SSCI and GEO scale used collect to data. According to the result Significant differences between the level of state sports self-confidence of the amateur and professional soccer players ($F=.005$; $p<0.05$), There is no significant differences in trait sports self-confidence ($F=.429$; $p>0.05$). On the other hand level of goal orientation has no significant differences ($F=.459$; $p>0.05$), there is a significant differences in task orientation ($F=.005$; $p<0.05$). According to the result of analysing the level of sportive self-confidence and goal orientation of the amateur and professional soccer players shows significant differences depending on the league levels.

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Keywords: Soccer, self-confidence, task orientation.

1. Introduction

It is seen that self-confidence is one of the factors that effect and set the performance in sports (Vealey and et al., 1998). As self-confidence is examined in sports, we face three different facts (Vealey, 1986). First is self-sufficiency theory developed by Bandura in 1997 and measured the qualifying forecast of individuals in actualizing the predicted behaviors. Second is using the performance expectations in perceived competition theory in sports behaviors for adaptation to sports (Vealey, 1986). The last step in examining of the self-confidence is to develop the

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measurement mechanism and to conceptualize the issue as sport-specific (Vealey, 1998). Sports self-confidence feeling can be evaluated as constant and state. The reason for this is the effect of self-confidence sources in indeterminate periods in time. Namely, what to choose as confidence source and how to perceive it for a sportsman is a changeable process. Most research in this field are planned to understand how some main confidence sources effect the behavior, emotions, mind and level of confidence. Studies planned about self-confidence sources help us explain the mutual effects of individual features of sportsmen and organizational socio-cultural back rounds (Chi-der and et al., 2003). Goal orientation is the other factor to be successful in sports. Motivation that is fundamental for human behavior has a great importance in sports as in other fields. A lot of theories are developed studies are done to examine the motivation in the issues that are discussed in sports and practice psychology. According to Achievement Goal Theory, there are two perceived motivational climate: mastery climate and performance climate (Toros, 2002; Crosswell, 2003). These are forms that effect sportsmen performance: perceived motivational climate, goal orientation, perceived physical competence concepts. In other words, it has a great effect on orientation level for sportsmen; how to evaluate the success, what the goal orientations are, feedbacks from environment and if they feel sufficient in physical perception or not. According to Goal Orientation Theory, people feel successful when they reach their goals. Success feelings are achieved as a result of success and evaluated to sportsmen’s performance (Nicholland et al., 1989).

2. Method

2.1. Participants

86 soccer players in Amateur League of Eskisehir have participated to this research (Age, \bar{X} : 20.89 ± 4.51).

2.2 Instruments

Two instruments were used in this study:

- Sports Self-Confidence Inventory : The inventor developed by Vealey (1986) has two parts: state and constant. Adaptation into Turkish is done by Engür and others (2006).
- Goal Orientation Inventory : Developed by Ölçek, Duda and Nicholls (1992). Adaptation for Turkish sportsmen is done by Toros (2004).

3. Results

3.1 Descriptive Statistics

Table 1. The MANOVA Table for Amateur and Professional

| Variables | Amateur n = 108 | | Professional n = 42 | | sd | f | P |
|------------------------|--------------------|-------|------------------------|-------|------|------|------|
| | \bar{X} | Ss | \bar{X} | Ss | | | |
| Trait Sport Self Conf. | 95.33 | 11.85 | 95.50 | 10.30 | 1-86 | .005 | .946 |
| State Sport Self Conf. | 96.31 | 13.32 | 94.57 | 10.58 | 1-86 | .429 | .514 |
| Task orientation | 3.69 | .75 | 3.68 | .75 | 1-86 | .459 | .332 |
| Ego orientation | 3.23 | .87 | 3.41 | .81 | 1-86 | .005 | .946 |

As it is seen in Table 1, According to the result of analyses even though there is a significant differences between the level of trait sports self-confidence of the amateur and professional soccer players (F=.005; p<0.05), There is no

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