

The Relationship between Sport-Confidence and Goal Commitment of Amateur Footballers

Berat Koçyiğit (Corresponding author)

Faculty of Sport Science, Süleyman Demirel University
Atatürk Spor Salonu, Doğu Yerleşkesi, Çünür, Isparta, Turkey
Tel: 90-246-211-4774 E-mail: beratkocyiigit@sdu.edu.tr

Aydın Şentürk

Faculty of Sport Science, Süleyman Demirel University
Evliya Çelebi Yerleşkesi, Kütahya, Turkey
Tel: 90-274-227-0459 E-mail: aydin.senturk@dpu.edu.tr

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Abstract

The goal of this study is to examine the relationship between amateur football players' Sport-confidence and goal commitment. The study consisted of amateur footballers in Isparta province. The sample group consisted of 194 male athletes who played in amateur teams. In this study, the personal information and the sports self-confidence scale and the commitment to team goals scale in the literature were used. Continuous Sport-confidence Scale was developed by Vealey (1986) and adapted to Turkish by Engür et al. (2006). The scale consists of 13 items in total and constitutes a dimension of the Sport-confidence scale. The overall internal consistency coefficient in the adaptation study of the scale was found to be 0.89. Goal Commitment Scale in Sports was developed by Klein vd (2001) and adapted to Turkish by Şenel and Yıldız (2016). The scale, which consists of 5 items and a single sub-dimension, is a five-point Likert-type scale. The overall internal consistency coefficient in the adaptation study of the scale was found to be 0.70. Statistical analysis was performed in computer environment. Pearson correlation analysis (r) was applied. As a result, it was observed that

amateur football players participating in the study had high levels of sport-confidence and commitment to team goals. A moderate positive correlation was found between sport-confidence and commitment to team goals. This is thought to be due to the fact that amateur football players want to prove themselves and that the success of the team is also adopted as the success of their football players.

Keywords: Amateur footballers, Sport-confidence, Goal commitment

1. Introduction

It is expected that the deterioration that may occur in the psychological patterns of individuals in sports activities will reflect negatively on their Sport achievements (Düzen & Yazıcılar-Özçelik, 2022). In this sense, strengthening the psychological health of athletes is emphasized, and psychologists working as psychological counselors in sports practices play an important role in mental exercise programs for athletes (Anshel, 1990; Erdoğan & Gülşen, 2020).

Participation in sports activities contributes greatly to the progress of individuals' self-perceptions as well as their physical progress (Sönmez et al., 2022). In the sports environment, athletes are under some psychological pressure. Therefore, self-confidence, which is one of the psychological factors, has an important place in the use of motor skills under these pressures. Self-confidence is the individual's being aware that he/she can dominate his/her own universe with his/her body and attitude (Gökner, 2007). Self-confidence is a trait that can be gained through education. Self-confidence is not an innate skill. If the individual does not gain self-confidence, he/she can gain success if he/she realizes this insecurity and wants to overcome it (Kasatura, 1998). The concept of self-confidence is a part of the concept of self-efficacy developed by Bandura (1977), which is based on social learning theory and suggests that individuals should trust their own competence (Özerkan, 2007). Self-confidence is a general personality trait and not a temporary or situational attitude. (Pervin & John, 2001).

Athletes need to pay attention to the mental quality that is key to self-confidence for success in sports performance, but at this stage it is very important for athletes to be determined and solution-oriented. Therefore, young, talented and ambitious athletes need to keep their unstable self-confidence levels at the ups and downs of their performances stronger, more stable and more resilient. At this point, the level of self-confidence of athletes can affect the goals they set for their own Sport development and their commitment to these goals.

Goal commitment is stated as the struggle of individuals to achieve their goals in the short or long term without giving up with persistence, effort and determination. It is stated that the commitment of individuals to the goal is a very important personal trait in order to achieve success in every challenging aspect of life. The set goal commitment emphasizes the principle that high goals require high performance. Variables such as motives, participation in decision-making, feedback or knowledge of results, and competition can affect the performance of individuals only as long as lofty goals are set (Latham et al., 2011).

In many sports branches, it is important to gain the spirit of being a team by teaching athletes to cooperate with their teammates (Pepe et al., 2021). However, the athlete is seen as an important determinant of goal setting and motivation in evaluating his/her own ability and an important setup of success in sports (Alp, 2020).

As a successful motivation tool to improve performance in education and sports environment, goal setting theory emerges. It is seen that goals significantly affect both team and individual performance (Kleingeld et al., 2011). In our country, there are very few studies based on goal setting theory or that include this theory in the research (Zeynel & Çarıkçı, 2015; Yılmaz & Turgut, 2016; Arslan & Göksoy, 2017; Ataman, 2017). Mavisu (2010), and Yıldız (2019) included the concept of goal commitment in their studies.

Although most of the studies suggest that goal setting has a similar effect on both teams and individuals (Chen et al., 2009), teams are by nature collective and often have interconnections and individual characteristics that may conflict with motivational processes (Chen & Kanfer, 2006). From these interconnections, the concept of self-confidence emerges. In particular, researchers characterize sport as both a performance-based and a social practice because sports is actively involved in the socialization of individuals and it is stated that it plays an important role in developing self-confidence in general, such as support, fair play, solidarity and cooperation (Yıldız, 2019).

Some studies on sport-confidence in different sports branches (Çiftçi et al., 2021; Başer, 2019; Aygün & Öztaşyonar, 2019; Tolukan & Akyel, 2019; Karabulut & Akçınar, 2021; Kara, 2017; Öztürk et al., 2016; Çetinkaya, 2015; Frischknecht et al., 2016), and some studies on goal commitment levels (Aydın, 2019; Ulukan & Esenkaya, 2020; Çekceoğlu, 2019; Yıldız, 2019; Süleymanoğulları et al., 2021) were found. Studies examining the relationship between athletes' sport-confidence and goal commitment and examining them in terms of various variables have been found to be very limited. In this respect, it is thought that this research will make significant contributions in terms of examining the relationship between sport-confidence and goal commitment levels in sports, which is limited in the literature. In this context, the goal of the presented study is to examine the relationship between amateur footballers' level of sport-confidence and goal commitment in sports.

2. Method

2.1 Research Group

The research population consisted of amateur footballers in Isparta province. The sample group consisted of 194 male athletes who played in amateur teams.

Table 1. Descriptive statistics of the participants

| Variables | Groups | n | % |
|---------------------|-------------------------|----------|----------|
| Age | 18-22 | 133 | 68.6 |
| | 23-27 | 51 | 26.3 |
| | 28+ | 10 | 5.2 |
| Sports Age | 1-5 | 119 | 61.3 |
| | 6-10 | 44 | 22.7 |
| | 11-15 | 20 | 10.3 |
| | 16+ | 11 | 5.7 |
| League | 1st Amateur League | 114 | 58.8 |
| | 2nd Amateur League | 65 | 33.5 |
| | Regional Amateur League | 15 | 7.7 |
| Income Level | 0-2000 | 135 | 69.6 |
| | 2001-4000 | 59 | 30.4 |
| Position | Goalkeeper | 15 | 7.7 |
| | Defense | 64 | 33.0 |
| | Midfielder | 76 | 39.2 |
| | Offense | 39 | 20.1 |
| | Total | 194 | 100 |

Appropriate According to the age variable of the participants, 68.6% were 18-22, 26.3% were 23-27 and 5.2% were 28 and above, according to sports age variable 61.3% were 1-5, 22.7% were 6-10, 10.3% were 11-15 and 5.7% were 16 years and above, according to the league variable they played 58.8% were 1st amateur league, 33.5% were 2nd amateur league and 7.7% were regional amateur league, according to income level variable, 69.6% were 0-2000 Turkish Liras, 30.4% were 2001-4000 Turkish Liras, according to the position variable, 7.7% were goalkeeper, 33.0% were defense, 39.2% were middle fielder and 20.1% were offense

2.2 Data Collection Tools

The personal information form created by the researchers and the Sport-confidence scale and the commitment to team goals scale in the literature were used.

2.2.1 Personal Information Form

A personal information consisted of five questions: age, sports age, league, income level and position of the participants.

2.2.2 Continuous Sport-Confidence Scale

This scale was developed by Vealey (1986) to measure the level of continuous self-confidence in the sports environment and adapted to Turkish by Engür et al. (2006). The scale consists of 13 items in total and constitutes a dimension of the Sport-confidence scale. The overall internal consistency coefficient in the adaptation study of the scale was found to be 0.89.

2.2.3 Goal Commitment Scale in Sports

This scale was obtained by adapting the Goal Commitment Scale developed by Hollenbeck et al. (1989) in the form of 9 items, rearranged by Klein et al. (2001) in the form of 5 items, and adapted to Turkish by Şenel and Yıldız (2016). The scale, which consists of 5 items and a single sub-dimension, is a five-point Likert-type scale. The high score obtained from the scale indicates that the athlete's commitment to team goals has increased. The overall internal consistency coefficient in the adaptation study of the scale was found to be 0.70.

2.3 Data Analysis

The skewness and kurtosis values and Kolmogorov-Smirnov test results are presented in Table 2.

Table 2. Skewness-values of the scale scores of the participants

| | n | Skewness | Kurtosis | p |
|---------------------------------|----------|-----------------|-----------------|----------|
| Confidence | 194 | -.984 | 1.939 | .000 |
| Commitment to Team Goals | 194 | -.526 | -.503 | .000 |

It is seen that the scores of the participants in the continuous sports self-confidence and goal commitment in sports scales and deviations from normality are significant (Table 2). In the literature, George and Mallery (2016) have explained that skewness and kurtosis values are ideally in the range of ± 1 , while Demir et al. (2016) have explained that these values are in the range of ± 2 as a suitable condition for normality. According to this information, parametric statistical analysis tests were performed. Statistical analysis was performed in computer environment. Pearson correlation analysis was applied between the continuous variables of the study.

3. Results

Table 3. Descriptive Statistics of the Scores Obtained from the Scales of Sport-confidence and Commitment to Team Goals

| | n | Min | Max | X±SD |
|---------------------------------|----------|------------|------------|-------------|
| Confidence | 194 | 13.00 | 65.00 | 50.20±8.42 |
| Commitment to Team Goals | 194 | 5.00 | 25.00 | 17.85±4.93 |

It was determined that the average of the total score of the self-confidence inventory of the football players was 50.20±8.42 and the total score obtained from the commitment to team goals scale was 17.85±4.93.

Table 4. Relationship Between Sport-confidence and Commitment to Team Goals

| | | Commitment to Team Goals |
|------------------------|---|---------------------------------|
| Self-Confidence | r | .545 |
| | p | .000 |
| | n | 194 |

A correlation was found between football players' self-confidence and commitment to team goals levels ($r = .545$, $p = .000$) (Table 4).

4. Discussion

Since football is a team sport, it provides an opportunity for individuals to get to know themselves and reveal their talents as it offers a learning environment as well as socializing. When the literature was examined, scientific studies revealed that individuals who actively pursue sports activities positively affect their personality traits such as developing positive behaviors, courage, personality structure, self-esteem and self-confidence (Ersoy & Çimen, 2021; Bostancı et al., 2018; Can & Kaçay, 2016; Er et al., 1999; Slutzky & Simpkins, 2009; Zorba, 2012; Demirel, 2013).

It was determined that football players had high levels of sport-confidence and commitment to team goals (Table 3). When the literature is examined, there are studies with high levels of Sport-confidence (Öztürk et al., 2016; Frischknecht et al., 2016; Çetinkaya, 2015) and

commitment to sports (Süleymanoğulları et al., 2021; Siyahtaş et al., 2020; Francisco et al., 2018; Kelecek & Göktürk, 2017; Kelecek & Koruç, 2017). They stated that athletes who do team sports have higher levels of self-confidence than athletes who do sports individually and individuals who are not involved in sports activities (Çekceoğlu, 2019; Özbek et al., 2017; Ekinci et al., 2014). Klein and Wright (1994) stated that if people have a challenging goal at the same level, the people depending on their goal perform higher than the others. Individuals can reach the ultimate goals they want to achieve by strengthening from competition, struggling, and with desire and determination (Yıldız, 2018). It can be said that the high level of sport-confidence and commitment to team goals due to the regular sports activities of the participants in our sample is expected and is due to the characteristic feature of the sports branch in which football players deal with high levels of sport-confidence and goal commitment.

In the study, a moderate positive correlation was found between the sport-confidence of the football players and their commitment to team goals (Table 4). When the literature is examined, there are studies indicating that there is a significant positive difference between sport and self-confidence (Newnam, 2001; Sun, 2015; Theodorakou & Zervas, 2003).

Sport-confidence is considered as one of the important psychological variables that affect the performance levels of athletes (Çiftçi et al., 2021). In addition, it is stated that the self-confidence value is an important resource in terms of performance parameters (Thomas et al., 2011). While Gould and Maynard (2009) talk about the importance of sports trust for Olympic success, they state that self-confidence can be explained by psychological factors.

Achieving a goal can be a psychological reward for athletes, but failure to achieve this goal can be a psychological cost; therefore, there is also a decrease in the self-confidence levels of athletes with a decrease in their goals (Schweitzer et al., 2004). Athletes should have full confidence in the situations they will encounter before, during and after the competition. Athletes should be taught that their sole goal should not be the desire to succeed. It is very important to set specific goals, to set difficult and realistic goals, to set long-term and short-term goals, to set performance and process goals, to write goals, to develop goal success strategies, to consider the personality of the participant, to improve the commitment of the participant to the individual goal, to provide goal support and to provide evaluation about the goals.

In this respect, it can be said that sport-confidence and goal commitment are two closely related concepts because it is stated that self-confidence is related to sports performance (Enderlin-Lampe, 2002). Sport-confidence is perceived as one of these psychological parameters because it represents the continuous and situational beliefs of athletes about their abilities (Çiftçi et al., 2021). While goal commitment refers to the determination to achieve a

goal (Locke et al., 1981), Klein et al. (1999) stated that the main result of goal commitment is that it provides the relationship between goal difficulty and performance. Based on the research findings, it is seen as an important result that these two concepts are related to each other and that this relationship level is high. Because athletes strive to achieve their goals by increasing their level of self-confidence in their abilities with different training techniques. It is stated that the high level of sport-confidence of athletes is an important factor for them to focus on positive thoughts, to be calmer and more relaxed even under stress (Başer, 2019). In addition, high sport-confidence reveals a basic finding that athletes' goal commitment levels increase more. Self-confidence is considered as a state quality. The level of self-confidence is a similar structure. Changing conditions cause changes in the response levels of athletes (Jones et al., 1993). It is observed that changes in the self-confidence of athletes may have an effect on sports commitment.

As a result, it was observed that amateur football players participating in the study had high levels of sport-confidence and commitment to team goals. A moderate positive correlation was found between sport-confidence and commitment to team goals. This is thought to be due to the fact that amateur football players want to prove themselves and that the success of the team is also adopted as the success of their football players.

5. Recommendations

The study has some limitations. One of them is that the study was conducted only in Isparta province and on amateur footballers. It may be suggested that future studies should be carried out on all football players or different branches on a regional or provincial basis.

With the prominence of women's football, it can be suggested to determine gender differences by performing on female football players.

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