



EFFECT OF FEAR ON SELF-CONFIDENCE OF SPORTS PLAYERS

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Abstract

This paper focused on comparison of self-confidence of sports players with fear as one of the important factor. Self-confidence was checked by developing self-confidence questionnaire. One-Way Analysis of Variance (ANOVA) was applied to determine the effect of fear on self-confidence in players. The sample comprised of 400 male and female players of different sport, whose age ranged between 19 to 30 years through SPSS Package 21.0. Suitable hypothesis was framed for the statistical analysis and the significant level was set at 0.05. The result indicated significant effect of fear on self-confidence.

Keywords: Self-Confidence, Fear, Performance and Injury.

Introduction

Self-confidence is one of the most frequently cited psychological factors thought to affect athletic achievement. Self-confidence is well known factor that may enhance or improves sporting skills consist of mental practice which has been found to help the basic development of players. If one do not believe in his ability to perform well or the probability that he probably will fall short of his goal, whereas if one thinks one can do well, he is more likely to come through. It is characterized by personal attributes such as assertiveness, optimism, enthusiasm, affection, pride, independence,

trust, the ability to handle criticism and emotional maturity. Self-confidence in sports relies primarily on the athlete's ability to believe he can win and that he can be successful in his efforts. The problem of fear is one of the most pressing issues in modern sports psychology. According to Morgan (2004) factor such as fear of failure and lack of confidence induce feeling of anxiety in athletes. Fear is a vital response to physical and emotional danger. Fear of failure and fear of injury are a constant cause of stress and anxiety that sabotages an athlete's mental game and performance. It is a chain reaction in the brain that starts with a stressful stimulus and ends with the release of chemicals that cause a racing heart, fast breathing and energized muscles, among other things, also known as the fight-or-flight response. An athlete with fear of failure and anxiety will most likely to have low self-confidence and unhealthy attributional tendencies (Birney, Burdick & Teevan, 1969).

Methodology

The present study examined the effect of fear on the self-confidence of players. The study included a total of 400 (N=400) male and female players who ranged in age from 19 to 30 years at State, University and National level. They represented sports like Athletics, Badminton, Cricket, Football, Hockey,



Volleyball and Swimming. The primary data was collected by using structured questionnaire. Five point Likert scale was used to get the responses keeping the scale as 'Strongly Agree', 'Agree', 'Undecided', 'Disagree', and 'Strongly Disagree'. Before conducting the statistical analysis the data were screened for mistakes in data entry, missing values, and to ensure that they conformed to relevant statistical assumptions. One-Way ANOVA was applied to test the hypothesis and draw comparison between fear and self-confidence.

Findings and Results

TABLE NO. 1
ANOVA ANALYSIS BETWEEN FEAR AND SELF-CONFIDENCE

Items	Groups	Sum of Squares	df	Mean Square	F
People's expectations make me worried.	Between Groups	562.732	4	140.683	6294.89
	Within Groups	8.828	395	.022	
	Total	571.560	399		
I get troubled with negative self talk.	Between Groups	554.673	4	138.668	5107.22
	Within Groups	10.725	395	.027	
	Total	565.398	399		
I get worried, when the opponent is unknown to me.	Between Groups	28.179	4	7.045	5.320
	Within Groups	523.061	395	1.324	
	Total	551.240	399		
I can't express my feelings very easily to my coach.	Between Groups	49.010	4	12.253	12.65
	Within Groups	382.487	395	.968	
	Total	431.498	399		
Other players and coaches are very focused on my performance and critical of- what I do and say	Between Groups	37.294	4	9.323	9.81
	Within Groups	375.096	395	.950	
	Total	412.390	399		
I never like sudden changes during the match practices.	Between Groups	34.519	4	8.630	6.95
	Within Groups	490.079	395	1.241	
	Total	524.598	399		
Due to past injury I have phobia of particular situations or skill.	Between Groups	442.601	4	110.650	1868.66
	Within Groups	23.389	395	.059	
	Total	465.990	399		
Because of fear of injury I am not able to perform my best during the competition or practice sessions.	Between Groups	36.670	4	9.168	11.20
	Within Groups	323.267	395	.818	
	Total	359.938	399		
I won't play comfortably in front of huge crowd	Between Groups	37.248	4	9.312	10.07
	Within Groups	365.190	395	.925	
	Total	402.438	399		
I fear being look like a weak player in team.	Between Groups	29.748	4	7.437	6.773
	Within Groups	433.692	395	1.098	
	Total	463.440	399		

Table no. 1 showed ANOVA analysis to investigate the effect of fear on players self-confidence. A P value of less than .05 was required for significance. When the F-ratio is higher than the table value of ANOVA, we reject the null hypothesis or vice versa. Since, the calculated F-ratio value to following factors are: people's expectations make me worried shows F value as 6294.893, I get troubled with negative self talk is 5107.223, I get worried when the opponent is unknown to me comes to 5.320, I can't express my feelings very easily to my coach is 12.653, other players and coaches are very focused on my performance and critical of what I do or say comes at 9.818, I never like sudden changes during the match practices is 6.955, due to past injury I have phobia of particular situation or skill 1868.669, Because of fear of injury I am not able to perform my best during the competition has F-ratio 11.202, I won't play comfortably in front of huge crowd comes to 10.072 and lastly, I fear being look like a weak player in team is 6.773, all these factors have higher F- ratio than the table value of 5.0503 at 5% level of significance this explains that fear negatively affects the self-confidence of player's. The results of the ANOVA allowed to rejecting the null hypothesis H0 and supporting the conclusion. Therefore, it is inferred that there is significant effect of fear on players self-confidence.

Conclusion

One of the main things a lot of athletes worry about is failing. Fear of reinjuring may lead to interrelated psychological and physiological responses that can undermine rehabilitation, interfere with performance after return to play and increase the likelihood of reinjuring. Physiological factors may interact with



psychological factors and mutually reinforce one another. Resulting performance problems may exacerbate the initial physiological and psychological effects, undermining self-confidence and adding to negative effects. Several cognitive responses have been linked to the injury. These include changes in global and domain specific self-esteem and self-confidence and the increase in negative thoughts and self-talk. Studies have shown that self-confidence decreases after injury. The tendency of injured athletes to worry about things outside of their control can have the effect of channelling their focus away from things that they can control. Any injury serious enough to prevent you from competing can be regarded as a threat to confidence. Choosing the most suitable strategy to recover your confidence after injury depends on how the injury occurred.

Expectations from media, fans, player themselves, interpersonal relationships, etc create pressure which can have a negative effect on the level of confidence and subsequently in quality of performance. In order to progress in any sport, athletes need to develop a certain level of mental toughness. So Never try to avoid what it is that you fear and never run from it the emotions of fear are ever present and will affect your body's response. If a player wants to succeed as an athlete then it is crucial that he should overcome these fears.

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