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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 \pm 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

any significant differences in state sports self-confidence ($F=.429$; $p>0.05$). On the other hand level of task orientation has no any significant differences ($F=.954$; $p>0.05$), there is a significant differences in ego orientation sub dimension ($F=.005$; $p<0.05$)

4. Discussion

Vealey and others (1998), express that self-confidence sources as environmental factors and uncontrolled situations may lead for sportsmen to show lower self-confidence or developing in their sporty self-confidence level and mastery life. As people's power increases to make self-confidence sources emerge in sports, their sporty confidence level increases or vice versa (Martin and Gill, 1991; Williams and Krane, 1992; Wilson et al., 2004). Hassmen and others express that if continuity factor is evaluated besides, as the relationship between self-confidence and performance is examined, this relationship can be understood better. As a result, successful sportsmen have higher level of self-confidence than less successful ones have and they show this in a more comfortable way. The other explanation is that these high confident sportsmen believe in their abilities to win and be successful or to perform better (Feltz, 1988; Treasure and et al., 1996). In a lot of studies, it is stated that self-confidence and confidence issues related to sports are important factors to determine sportsman performance. It is seen in these studies that self-confident sportsmen concentrate on what they do better, have better emotions, carry on their strategies better and control their performance better (Chi, 1996; Gould and et al., 1999; Hays and et al., 2007; Mahonev and et al., 1987; Sonstroem, 1997). Swane and Jones (1995), express that sportsman with high sense of competition show much more self-confidence than sportsmen with low sense of competition do before the competition. Sportsmen can want to emphasize themselves because of the situation they are in, ego-oriented individuals are always ready to do this and this is inherent (Locke and et al., 1990). One another fact is that sportsmen with high perceived strength adequacy of physical fitness and perceived strength have high goal oriented grades; but there is no difference between ego-orientation grades (Altıntaş and et al., 2012). Fox and et al. (1994), in a study that they examine the effects of goal and ego-orientation on motivation, say that goal oriented ones have more motivation. Situational factors, sports issues can make one orientation dominant. While in a situation, one orientation is dominant, in another situation the other orientation can be dominant (Toros, 2008). As a result, goal orientation is in a close cooperation and positive correlation with efforts (Duda, Duda and et al.), insistence (Duda), gratification and pleasure (Duda and et al.), inner motivation (Duda and et al.; Seifriz and et al.) to be successful in sports. Also, feeling to reach the goal and necessity for doing together because of the sports can make sportsmen be goal oriented at the same time. Researchers state that goal-oriented individuals have tendency to adopt the behaviors (Biddle and et al., 2003; Carvello and et al., 2007). Adoptive behaviors adopted by the powerful goal-oriented people are deep learning strategy use (Nolen, 1988), high effort in task (Elliot and Dweck, 1988), pride and satisfaction with effort (Jagacinski and Nicholls, 1987) and preference for dealing with challenging tasks.

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