



Self-Confidence Among Football Players in the first Division League in the Kingdom of Saudi Arabia

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Abstract

This study aimed to identify the levels of self-confidence among football players in the first division league in the Kingdom of Saudi Arabia, in addition to the differences in the levels of self-confidence among the study sample according to the variable of training experience. The study sample amounted to (100) players who were selected randomly. The researcher used the descriptive approach for its suitability to the nature of the study. In this study, the self-confidence scale was applied, which was built and standardized by both Qawasmi and Al-Farah (1996). The most important results indicated that the highest average of the dimensions of the self-confidence scale among football players under study was in the dimension (psychological aspect), which came at a rate of (73.47%), while the lowest average of the dimensions of the scale was in favor of the physiological aspect at a rate of (47.01%). Regarding the differences in the levels of self-confidence according to the variable of training experience, the results indicated the existence of statistically significant differences at the level (0.05) in the dimensions (independence - psychological aspect - physiological aspect) in favor of players whose experience ranged between 10 years and more. Through the results of the study, the researcher recommends the need to pay attention to psychological preparation programs that help raise the level of self-confidence, and that this should start from the early age players.

Keywords: Self-confidence, Football players, Training experience.

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introduction

In recent years, sports psychology has become one of the sciences that has an impact and effectiveness on the behavior and performance of athletes in order to achieve various sporting achievements through the ability to understand sports behavior and how to manage it (Al-Damour, Ibrahim, 2018).

Self-confidence is considered one of the personal characteristics that help individuals achieve a good level of psychological health, and thus be compatible with themselves first and with societal institutions second. Therefore, Ghalyanee (2016) believes that self-confidence is a goal sought by members of society regardless of the differences between their personal and social levels, because whoever enjoys it feels happy and satisfied, because of the important role it represents in the lives of individuals and a factor in emotional growth and psychological stability .

Self-confidence is also one of the greatest behavioral values that athletes and sports teams can rely on, which will push them towards excellence and excellence and achieving major sporting achievements by competing with their peers in various international and Olympic competitions and championships, in which the struggle to achieve these titles is intense (Al-Qalali, 2022).

Both Al-Saqqa and Faqihi (2023) emphasize that self-confidence is one of the personal traits that makes the individual athlete feel competent and able to face sporting difficulties and obstacles, which enables him to use his maximum abilities and potentials in order to achieve his goals, in addition to the important role of self-confidence in the cohesion and strength of the personality.(Kadhim, 2024b)

Sorour and Mahdi (2003) believe that self-confidence in the sports field is considered one of the most important mental skills because it is linked to self-worth and the athlete's self-esteem, which may affect the level of the player's performance in a positive or negative way, such as the player pushing himself to exert more effort in order to emphasize his abilities and achieve success, or hindering performance due to the feeling of inability to achieve success .(Fadel & Kadem, 2021)

Many athletes believe that self-confidence is the main reason for achieving victory and sporting achievement. This is a false belief that may lead to more overconfidence (Rateb, 2007). The correct concept of self-confidence is the individual athlete's realistic expectation to achieve success. It is noted in the field of sports competition that there are some athletes who lack self-confidence, some of whom possess a high degree of self-confidence, and on the other hand, there are those who possess a sufficient amount of self-confidence, and this is the required level of confidence. Therefore, Vealey (1986) confirmed that the concept of sports confidence means“ the belief or degree of certainty that individuals possess about their abilities to be successful in sports ”.

Bin Najma (2019) indicated that the study of self-confidence has received interest from researchers, as many sports coaches in charge of the training process believe that the priority is to pay attention to training, skill and tactical programs and mastering skill performance in general, without neglecting the necessity of developing the psychological and mental characteristics of athletes by raising the level of self-confidence in light of comprehensive psychological programs with the aim of optimal qualification and guidance for athletes.(Kadhim, 2024a)

In order to reach a high level of performance and achieve achievements in the sport of football, focus must be placed on developing the psychological and mental attributes of players in all stages of sports training because these attributes have an essential role in achieving the desired goals. Studying the level of self-confidence is considered one of the important topics that needs more study by researchers and knowledge of what is new about it .

In the game of football, the trait of self-confidence is one of the most prominent and important psychological traits that make a difference in performance, and the team or athlete who has this trait increases his percentage or chance of winning and achieving the best sporting levels. Among the psychological skills, the trait of self-confidence is closely linked to various other skills, and the athlete who is characterized by the trait of self-confidence is very confident of himself, his abilities, and his skills and can act well in unexpected situations in competition .Just as football players need to have very high confidence during matches because the players are exposed to great psychological pressures that contribute to influencing both the task to be performed and the player's responsibility towards his coach, his fans, and his teammates, as well as the frustrations and losses that the player is exposed to, which would affect his behaviour, actions and actions, as well as being reflected in his performance in various sports competitions. Therefore, the researcher believes it is necessary to identify the psychological and mental characteristics of the players in order to deal and communicate optimally with them by developing their abilities in order to achieve sporting achievements.

Importance of the study:

The importance of this study lies in two theoretical and practical aspects as follows:

A-Theoretical importance:

- The results of this study may represent a scientific addition by providing a more comprehensive concept of the level of self-confidence among football players.
- The theoretical importance is represented by highlighting studies that dealt with the subject of self-confidence for athletes.

B- Practical importance:

- The study may provide results and recommendations that help sports coaches and all those involved in the training process pay attention to psychological aspects while planning training programs with the aim of identifying the level of self-confidence.
- Providing a tool to measure the level of self-confidence that has psychometric properties for the study sample members.

Study objectives:

The current study aimed to identify the following:

1. Levels of self-confidence among football players in the first division league in the Kingdom of Saudi Arabia.
2. Differences in the levels of self-confidence among football players in the first division league in the Kingdom of Saudi Arabia according to the variable of years of experience.

Study questions:

The current study attempts to answer the following questions:



1. What are the levels of self-confidence among football players in the first division league in the Kingdom of Saudi Arabia?
2. Are there statistically significant differences in the levels of self-confidence among football players in the first division league in the Kingdom of Saudi Arabia according to the years of experience variable?

Study terms:

1. Self-confidence:

Allawi (2018) defines it as “the belief or degree of certainty or certainty that a person has the ability to be successful”.

Sports Confidence “:The belief or degree of certainty that individuals have about their abilities to be successful in sports (Vealey, 1986)

Previous studies

Kazem (2014) conducted a study entitled “Self-confidence and its relationship to the level of social-motor cohesion among young football players The researcher used the descriptive approach, where the self-confidence scale was applied to a sample of 45 young football players. The most prominent results of the study indicated that the players from the study sample had a high degree of self-confidence .

Kazem (2015) conducted a study entitled “The relationship between achievement motivation and self-confidence with the accuracy of aiming by jumping high in handball ”.The study aimed to identify achievement motivation and self-confidence and their relationship to the accuracy of the skill of aiming by jumping high among the players of the Al-Qadisiyah University handball team. The study was applied to a sample of (12) players from the Al-Qadisiyah University team who were chosen intentionally, and two measures of athletic achievement motivation and self-confidence were applied, and the results of the study were reached. Although the handball players under study have a high level of self-confidence, there is no statistically significant relationship between self-confidence and shooting accuracy while jumping upward.

In a study that used the experimental method on a sample of 20 basketball players entitled “The Effect of a Psychological Training Program on Developing Self-Confidence among Basketball Players ”,with the aim of identifying the effect of a psychological training program on the self-confidence of basketball players and identifying the differences between players in developing self-confidence, the results of the study confirmed that the training program that was applied had a positive impact on developing the levels of self-confidence among the basketball players under study (Villafi, Bin Hamed, 2020).

Toktas & Bas (2019) conducted a study aimed at identifying the relationship between levels of self-confidence and motivation among high school students participating in sports competitions. The researchers used the descriptive approach, and the study sample consisted of 856 players who participated in sports competitions. The most prominent results indicated the existence of a direct, statistically significant relationship between motivation and levels of self-confidence.

Rachida, Mustapha & ,Bachera (2020) conducted a study aimed at identifying the relationship of self-confidence to the performance of junior wrestlers in Algeria. The descriptive approach was used on a sample of (21) players. The most prominent results of the study indicated that there is a moderate, positive, and statistically significant



relationship between the self-confidence of wrestlers and the performance result during the African Games in the study sample.

Rachida, Bachera & ,Walid (2021) also conducted a study that aimed to identify the level of self-confidence and athletic achievement motivation among elite athletes in the sport of karate. The descriptive approach was used on a deliberate sample of (20) players, and the self-confidence scale (Vealey, 1986) was used. The results of the study concluded that there is a high level of self-confidence and achievement motivation among elite athletes in the sport of karate.

Study methodology:

Study population:

The study population consists of football players in the first division league in the Kingdom of Saudi Arabia registered with the Saudi Federation for the year 1444 - 1445 AH, and their number is (450) players, representing 18 clubs.

Study sample:

1. Survey sample:

The exploratory sample was randomly selected from players registered in first-class football clubs. The exploratory study sample consisted of (20) players and the study tool was applied to them .

2. Basic search sample:

The study sample was selected using a random method and consisted of (100) players from the first-class club league in the Kingdom of Saudi Arabia during the sports season 1444-1445 AH.

Table (1) Distribution of study individuals according to the training experience variable

Ratio	Repetition	Training experience (training experience)
%22	22	Less than 5 years old
%35	35	From 5-9 years
%43	43	10years and more
%100	100	the total

Table No. (1) shows the characteristics of the study sample of first-class club players in the Kingdom of Saudi Arabia according to the training experience variable. It was found that (22%) of the total study sample had coaching experience (less than 5 years), while the percentage of the study sample of players whose experience ranged from (5-9 years) constituted (35%) of the total study sample, and those with 10 years or more of training experience constituted 43% of the total study sample.

Study limitations:

The limitations of the current study are as follows:

Human limits :The current study was limited to football players in the first division club league in the Kingdom of Saudi Arabia during the sports season 1444-1445 AH.

Temporal limits :The study was applied to football players in the first-class club league in the Kingdom of Saudi Arabia during the sports season 1444-1445 AH.

Sixth: Study tools:

To achieve the objectives of the study, the researcher applied the self-confidence scale to the study sample .Self-confidence scale:

In this study, the researcher used the self-confidence scale that was built and codified by Qawasmeh and Al-Farah (1996). The scale consists of five dimensions:

A-Independence.

- 2The physiological aspect.
- 3The psychological aspect.
- 4The social aspect.
- 5Linguistic fluency.

The researcher codified the scale and subjected it to validity and reliability tests before using it for the purposes of the current study. The scale consists of 23 statements.

Scale correction method:

The scale was corrected by giving degrees of agreement as follows:

In order to unify the criterion for judging the levels of self-confidence among the research sample of football players in the first division club league in the Kingdom of Saudi Arabia registered with the Saudi Federation, follow the following:

Since the lowest score on the self-confidence scale is (23), and the highest score is (115), subtract $(115 - 23) = 92$, then divide it by 5, which is five categories, $92/5 =$ approximately 18.4.

So the range of the categories is approximately 18.4. The average score was converted to a percentage scale (dividing the actual arithmetic average by the total score and then multiplying the result by one hundred). To facilitate making judgments, the following criteria were adopted to judge the levels of self-confidence among the study sample of football players in the first division league in the Kingdom of Saudi Arabia.

Table No. (2) Criteria for describing the levels of self-confidence among the study sample of football players in the first division league in the Kingdom of Saudi Arabia

Percentage range of scores	Degree categories	level
From 11 to 28%	From 18 to 36	Very low
From 29 to 46%	From 37 to 55	Low
From 47 to 64%	From 56 to 74	Medium
From 65 to 82%	From 75 to 93	High
From 83 to 100%	From 94 to 115	Very high

Psychometric properties of the scale:

To verify the psychometric properties (validity and reliability) of the self-confidence scale in the current study, the following was done:

-1 Validity of the self-confidence scale:

The researcher estimated the validity of the self-confidence scale in his current study using the internal consistency validity or internal construct validity of the scale on the exploratory study sample :

1. Calculating the values of the correlation coefficients between the score of each statement of the self-confidence scale and the total score of the dimension to which it belongs. The results were as shown in the following table:

Table No. (3) Values of correlation coefficients between the score of each statement of the self-confidence scale and the total score of the self-confidence scale

Correlation coefficient	Ferry number	Correlation coefficient	Ferry number
**0.945	2	**0.905	1
**0.906	4	**0.904	3
**0.954	6	**0.906	5
**0.945	8	**0.911	7
**0.932	10	**0.954	9

**0.910	12	**0.908	11
0.921**	14	**0.961	13
0.914**	16	0.906**	15
0.920**	18	0.910**	17
0.915**	20	0.917**	19
0.921**	22	0.907**	21
		0.916**	23

**Significant at the significance level of 0.01 or less.

It is clear from the previous table No. (3) that all correlation coefficients between the score of each statement of the self-confidence scale and the total score of the scale were statistically significant at the significance level (0.01), where the correlation coefficients ranged between (0.904) and (0.961); Which reflects a high degree of construct validity for the self-confidence scale.

Stability of the self-confidence scale:

Reliability coefficients were calculated using the Alpha Coefficient as shown in Table (4).

Table No(4) .

Values of Cronbach's alpha coefficient for the stability of the scale's statements, n = 20

Alpha coefficient	number phrase	Alpha coefficient	Ferry number
0.795	2	0.708	1
0.710	4	0.760	3
0.720	6	0.704	5
0.740	8	0.815	7
0.713	10	0.845	9
0.720	12	0.700	11
0.802	14	0.790	13
0.790	16	0.717	15
0.792	18	0.745	17
0.785	20	0.776	19
0.714	22	0.756	21
		0.712	23

The table above (4) shows that the alpha coefficient for the questionnaire statements ranged between (0.700 - 0.815), which is a high degree of reliability, which reflects that the questionnaire statements were characterized by a significant reliability coefficient at the level of (0.05), which indicates the possibility of relying on it as a standardized questionnaire to measure self-confidence among football players in the first division league in the Kingdom of Saudi Arabia.

Present and discuss the results

Presentation and discussion of results related to the first question :

What are the levels of self-confidence among football players in the first division league in the Kingdom of Saudi Arabia?

To answer this question, the arithmetic means, standard deviations, relative weights, and “ t ” value for the total score of the self-confidence scale were calculated, as shown in the following table :

Table No(5) .

Arithmetic means, standard deviations, and relative importance of the dimensions of the self-confidence scale

Relative importance%	Standard deviation	Arithmetic average	Distance	M
%59.39	0.71	2.97	Independence	1
%47.01	0.76	2.33	Physiological aspect	2
%73.47	0.64	2.75	The psychological aspect	3
%61.67	0.75	3.03	The social aspect	4
%44.82	0.79	2.20	Linguistic fluency	5

It is clear from Table No. (5) that the highest arithmetic average of the dimensions of the self-confidence scale among the football players under study was in the (psychological aspect) dimension, which came in at a percentage of (73.47%), followed by the social aspect dimension (61.67%). This gives an indication of the importance of these dimensions in gaining a high level of self-confidence, and the results of the current study are consistent with the results of Al-Qalali’s study (2022), which indicated that football players possess a high level of self-confidence .It also agrees with the results of Kazem’s (2015) study, which indicated that the study sample members (handball players) have a high level of self-confidence .

Presentation and discussion of results related to the second question :

Are there statistically significant differences in the measure of self-confidence among football players in the first division league in the Kingdom of Saudi Arabia according to the training experience variable ?

Table No. (6) Arithmetic means and standard deviations for the study sample according to the training experience variable

Training experience							Scale dimensions	M
10years and more n = 43		9-5years n = 35		Less than 5 years N = 22				
A	M	A	M	A	M			
0.52	2.77	0.86	2.79	0.64	3.36	Independence	1	
0.61	3.35	0.81	1.30	0.55	2.90	Physiological aspect	2	
0.59	3.25	0.77	3.55	0.56	2.94	The psychological aspect	3	
0.83	2.05	0.88	3.06	0.53	1.85	The social aspect	4	
0.84	2.03	0.81	2.63	0.82	1.88	Linguistic fluency	5	

Table No. (6) shows the arithmetic means and standard deviations for the study sample according to the training experience variable in all dimensions of the self-confidence scale for the players under study, where the range of the arithmetic means ranged from (1.30) to (3.55). The independence dimension was more influential on players whose number of years of experience was less than 5 years, while the results showed the influence of the psychological aspect axis on the study sample was greater for those whose training experience ranged from 5-9 years, and the physiological aspect dimension came as the most significant dimension of the scale. Impact on the study sample who had 10 years or more of experience.

Table(7)

One-way analysis of variance)) One –Way-ANOVA To find out the differences in the level of self-confidence scale among football players in the first division league in the Kingdom of Saudi Arabia according to the training experience variable

F value	Mean squares	Degree of freedom	Sum of squares	Source of variance	Distance	M
*14.13	228.80	2	475.61	Between groups	Independence	1
	16.19	97	1570.52	Within groups		
	----	99	2028.13	Grand total		
*21.52	243.7	2	487.40	Between groups	Physiological aspect	2
	11.32	97	1098.49	Within groups		
	----	99	1585.89	Grand total		
*11.38	167.75	2	335.51	Between groups	The psychological aspect	3
	14.73	97	1414.37	Within groups		
	----	99	1749.88	Grand total		
2.68	62.4	2	124.80	Between groups	The social aspect	4
	23.20	97	2250.76	Within groups		
	----	99	2375.56	Grand total		
1.33	27.73	2	55.46	Between groups	Linguistic fluency	5
	20.70	97	2008.8	Within groups		
	----	99	2064.26	Grand total		



To find out the statistically significant differences in the level of the self-confidence scale among football players in the first division league in the Kingdom of Saudi Arabia according to the variable of training experience, the researcher used one-way analysis of variance (One Way ANOVA). The results showed that there were statistically significant differences in the dimensions (independence, physiological aspect, psychological aspect) in favor of players with 10 years of experience or more, which is consistent with the results of the study (Toktas & Bas, 2019). The researcher attributes this to the fact that players' participation in sports competitions on an ongoing basis contributes to Great access to good sports experience, which reflects positively on the development and high level of self-confidence in them, and then the high level of their sports performance. While the results of the current study showed that there were no statistically significant differences in the dimensions (social aspect, linguistic fluency) according to the training experience variable.(Farhan et al., 2016)

In light of the results of the current study, the researcher recommends the need for sports coaches to pay attention to building a strong level of self-confidence, as it is one of the pillars of the players' psychological preparation and its important role in maintaining the level of sports confidence in the stressful conditions of sports competitions.(Khamees et al., n.d.)



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