Self-confidence and its relationship to completing the 100-meter freestyle race

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Abstract

This study explored the relationship between self-confidence and the achievement of running the 100-meter freestyle among fourth-year female students at the College of Physical Education and Sports Sciences at the University of Baghdad, using the descriptive approach. A purposive sample of 20 female students was selected, and data was collected using the self-confidence scale (Allawi, 1998) and the 100-meter freestyle running test. The results showed a strong significant correlation between self-confidence and the 100-meter freestyle running test ($r = 0.892$, Sig = 0.000). This result supports the hypothesis that self-confidence plays a crucial role in achieving athletic achievement. I concluded that the study supports the importance of self-confidence in improving athletic performance. Some recommendations were reached, the most important of which is conducting similar studies at other educational levels, using the self-confidence measure in other activities, and conducting Similar studies on males. This study contributes to enhancing scientific understanding of the relationship between self-confidence and athletic achievement.

Keywords: Sports performance, self-control, motor skills, sports achievement, sports psychology.

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Introduction

Mental abilities are among the most important basic components that contribute to the process of reaching the highest levels for male and female players alike, and they constitute an essential axis of preparation and psychological training to reach the desired goals, as recent studies have tended to evaluate and develop many sports games. Including the 100-meter running competition, by paying attention to developing and developing all the mental abilities that the athlete needs, because of their great importance in improving performance .

Mental abilities are also one of the important basic components that athletics coaches need, as they work and help develop motor abilities, develop tactical skills, and contribute to linking movement sequences by developing motor skills and self-confidence in female athletes .(Matrood & Alshamma, 2019)

Also, the digital development and the rise in the technical level in various sports in general and in track and field events in particular, there has been a great and actual development as a result of many research and studies conducted in individual and team sports, including the 100-meter freestyle running competition, which was distinguished by its reliance on abilities. Personal and psychological to the same extent as it depends on physical and skill abilities .(Mondher et al., 2023) Gaining self-confidence is an important motivator at the digital level, achieving achievement, and providing opportunities for success that the coach prepares for his players to gain self-confidence and the proficient performance that is generated in them based on the self-confidence motivation, which is a psychological concept that develops among female players due to experience and competition towards achieving the best results during the competition. Or the match .

From the above, the importance of the research lies in trying to identify the importance of studying self-confidence and trying to study its relationship with the 100-meter freestyle running competition, as it is an athletics event that needs development and modernization, in addition to the contribution of the current study, along with previous studies, in enriching the sports library. Everything that is useful in the field of developing the competition and serves both players and coaches alike (Nashwan, 2024)

Research problem

Given the importance of psychological factors among athletes and non-athletes and their impact on general behavior and motor behavior, especially among athletes of the 100-meter freestyle event, which is one of the reasons that may lead to fluctuation in the digital level of female athletes in this competition during competition or training, the effect of self-confidence on Level of achievement. From here, the research problem begins, as it consists of identifying one of the psychological factors - which is self-confidence - and trying to find out its relationship to the level of achievement of the 100-meter freestyle running competition among female students.

Therefore, the research problem focuses on trying to answer the question posed in the minds of the two researchers, which is related to the possibility of a relationship between self-confidence and the level of achievement in running the 100-meter freestyle among fourth-year female students at the College of Physical Education and Sports Sciences at the University of Baghdad.

Research objective

Identifying the relationship between self-confidence and the achievement of running (100 meters) freestyle among female students

The fourth stage, College of Physical Education and Sports Sciences / University of Baghdad.

Research areas

It included fourth-year female students at the College of Physical Education and Sports Sciences/University of Baghdad and practices in the 100-meter freestyle running competition for the academic year 2024-2025 AD .The period is from 2/11/2024 until 4/18/2024 AD, and the tests were conducted in the main outdoor stadium for athletics events at the College of Physical Education and Sports Sciences / University of Baghdad .

Method and tools

Where it was done The descriptive approach was used to suit the objectives of the study, and the research population was chosen intentionally, represented by female students of the fourth stage at the College of Physical Education and Sports Sciences / University of Baghdad for the academic year 2023 - 2024 AD, and (20) students were chosen to practice the event of running (100) meters freestyle and have the desire to run The tests were conducted on them, and (5) female students from the fourth stage and from outside the boundaries of the work sample were selected as a sample for the exploratory experiment. Excluding them from work, the researcher used the following :

1. Arabic and foreign references .

2. International Information Network (Internet) .

3. Tests and measurement .

4. Personal interviews .

5. An individual registration form for a self-confidence test .

6. An individual registration form to test the completion of a 100-meter freestyle run.

.7   Whistle to record time.(4)

For the purpose of measuring the self-confidence variable, the (Self-Confidence Scale) was used (Allawi, 1998, p. 56), which was designed by (Robin Feely - 1986) to try to measure the trait of sports confidence, entitled (Trait Sport Confidence Inventory), as it is an important dimension of Dimensions of self-confidence. It was Arabized by (Muhammad Hassan Allawi). The self-confidence scale consists of (13) statements, The athlete answers the statements on the list on a scale of (9) points that characterize the athlete in general. When the athlete competes or trains in the sports field, this is compared to another student, whether in her team or another team, who is characterized by a higher degree of self-confidence in general, as shown in the table .(1)

The purpose of the scale is to measure (the level of self-confidence) among the research sample, and that the tools of the scale are its items, and when the answer scores on all the items of the scale are collected, the total score is (117), while the lowest score is (13), and the closer the total answer scores are to For the research sample, grade (117), this indicates that the player is distinguished by a greater degree of athletic confidence.

Table (1): Items of the self-confidence trait scale

T	Phrases	1	2	3	4	5	6	7	8	9
1	When performing the motor skills essary to achieve excellence through sports competition									
2	he ability to make decisive decisions during sports pressures									

3	the ability to perform in competition under nervous stress										
4	the ability to implement successful plans in competition										
5	the ability to focus well in order to achieve success										
6	he ability to adapt to different playing ations in order to win the competition										
7	e ability to accomplish what is linked to competition										

8	In the ability to be successful in competition									
9	the ability to continue my success									
10	In the ability to think and respond successfully during competition									
11	he ability to face the challenge during competition									
12	he ability to try to succeed even if the competitor is stronger than me									
13	e ability to perform successfully after performing successfully									

The exploratory experiment is considered a practical training to identify the negatives that researchers may encounter while conducting the experiment in order to avoid them in the future. Therefore, the tests, represented by a self-confidence scale and a 100-meter freestyle run test, were applied to a sample of (5) female students from the fourth stage at the College of Physical Education. and Sports Sciences / University of Baghdad on 2/12/2024 AD, and after three days the tests were re-administered to the same female students on 2/15/2024 AD The aim of conducting the exploratory experiment was to extract the scientific foundations for the test and scale by extracting the following :

Firstly / <u>Honesty</u> :

The self-confidence scale was presented to a number of experts and specialists in the field, testing, measurement, and sports psychology, and all of them agreed 100% on the validity of the scale used in the research to measure the purpose for which it was developed .

secondly / <u>Constancy</u> :

The reliability coefficient of the test was found after applying the scale and running a (100) meter freestyle test on a sample outside the main research sample, the number of which was (5) female students from the fourth stage at the College of Physical Education and Sports Sciences / University of Baghdad for the academic year 2023 - 2024 AD, then the scale was re-applied. The same test and a 100-meter freestyle run test on the same sample three days later, using Pearson's simple correlation coefficient between the total scores of the scale in the first and second measurements. Likewise, between the scores of the 100-meter freestyle run test in the first and second measurements, it was concluded that the scale and the 100-meter freestyle run test enjoyed high reliability because the values of the significance level (Sig) for both of them were smaller than (0.05), which is the value approved in the statistical program, and as Shown in Table .(2)

Third /<u>Objectivity</u> :

The objectivity of both the self-confidence measure and the 100-meter freestyle test was extracted by calculating the value of Pearson's simple correlation coefficient between the scores of the first and second judgements. It was concluded that they are highly objective because the significance level (Sig) values for both of them were smaller than (0.05). This is the value approved in the statistical program and as shown in Table .(2)

Table (2): shows the validity, reliability, and objectivity of the self-confidence measure and the 100-meter freestyle running test.

T	Variables	Constancy	Say	nnotation	Objectivity	Say	nnotation
1	Self-confidence scale	0.864	0.000	Dal	0.912	0.001	Dal
2	Run test (100)freestyle meters	0.814	0.002	Dal	0.923	0.000	Dal

and   A 100-meter freestyle running competition test was conducted for female students, and the time for covering the total distance of the test was measured for each student and recorded in an individual registration form   .

After confirming the validity of the self-confidence scale and the 100-meter freestyle run test, which were candidates for application, the main experiment was conducted on February 18, 2024 AD, and the self-confidence scale and the 100-meter freestyle run test were applied to the main work sample of (24) male and female students. The fourth stage at the College of Physical Education and Sports Sciences / University of Baghdad for the academic year 2023-2024 AD, by distributing the scale to the sample It was explained how to answer it, and the questions that were asked by the research sample were answered, and some phrases were clarified, and then the standards were collected and the data was transcribed for the purpose of implementing the required statistical methods .

The statistical methods that were used through the SPSS program are as follows

.1   Arithmetic mean .

.2   Standard deviation.

.3   The mediator .

.4   Torsion coefficient .

.5   Pearson's simple correlation coefficient.

Results

The arithmetic means, standard deviations, and median value were extracted, in addition to the value of the skewness coefficient for the total score of the self-confidence scale and for the 100-meter freestyle running test.

Shown in Table (3), it was found that all values of the skewness coefficients were smaller than +(1), which indicates good sample distribution and homogeneity .

Table (3): shows the arithmetic means, standard deviations, and value of the skewness coefficient for the total score for the self-confidence scale and for the 100-meter freestyle running test.

T	Variables	thmetic mean	dard deviation	mediator	Factories Contortion
1	Self-confidence scale	114	0.258	110	0.138
2	ning test (100) at a leisurely pace	16.5	1.412	14.5	0.874

Table (4): shows the matrix of correlation coefficients between the self-confidence measure and running (100) meters freestyle.

Testing	Run (100) meters freestyle	ificance level (Sig)	Connotation
Self-confidence scale	0.892	0.000	spiritual

Discuss the results

The simple Pearson correlation coefficient was used between the total score of the answer to the self-confidence scale and the achievement of running (100) meters freestyle in order to identify the type of relationship between them, as in the matrix of correlation coefficients shown in Table (4), as it is noted that the calculated and reported value of the correlation coefficient (0.892) is at the significance level (Sig) of (0.000), which is smaller than the value of (0.05), which is the value approved in the statistical program, which indicates There is a significant correlation between the measure of self-confidence and the achievement of running (100) meters freestyle .(Easa et al., 2022)

It was noted that there is a significant correlation between the measure of self-confidence and the completion of a 100-meter freestyle run. This is a logical result and is consistent with scientific sources, as it is not possible for the athlete to be able to cover the distance as quickly and accurately as possible without possessing a high degree of self-confidence, despite the presence and multiplicity of The external stimuli that the athlete faces while running to cover the race distance .(Husein, 2012)

The result reached is consistent with what was indicated by (Ismat Darwish and Nihad Mounir 1996) that" the importance of self-confidence lies in its impact on the individual's ability to achieve high achievement ".

(Al-Kurdi and Al-Batikhi, 1996, p. 61), and it also agrees with what was indicated by (Tariq Hamoudi and Walid Waad Allah 1995) that" focus is one of the important means of raising the level of athletes and their ability to notice things accurately and clearly "(Amin and Ali, 1995, p. 259), and a significant correlation was observed It indicates the student's ability to perform the race distance with consistent steps and a constant and excellent frequency of steps in order to obtain high achievement as a result of her possession of high self-confidence(Kadhim et al., 2021) .

This result is consistent with what Wasan Jassim 2002 stated" :The player feels, perceives, thinks, and harmonizes his nervous and muscular systems in a more comprehensive way, and mental abilities play a distinct role in the individual's comprehension and acquisition of information, and among these abilities is sensory-motor perception, which is responsible for actions ".Movement, its interpretation and implementation through identifying the surroundings and the environment within which the movement is to be performed) "Al-Qaisi, 2002, p. 2)

Conclusions

There is a significant correlation between the self-confidence scale and the achievement of running (100) freestyle for fourth-year female students at the College of Physical Education and Sports Sciences / University of Baghdad .

Recommendations

1-   Conduct similar studies at other educational levels that were not covered in the current study in the field of athletics .

2-   Using a self-confidence scale and trying to know the type of relationship with other activities that were not covered in the current study .

3- Conduct similar studies on males and in the field of athletics .

4- Conducting similar studies on the physiological, psychological and physical aspects related to the achievement of running 100 meters freestyle, which were not addressed in the study .

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