

## The relationship between self-confidence and high-level performance.

Field study of the male national wrestling team (15-18 years)  
African Games July 2018, Algeria.

علاقة الثقة في النفس بالأداء في المستوى العالي

دراسة ميدانية للفريق الوطني للمصارعة ذكور (15 - 18) سنة

الألعاب الإفريقية جويلية 2018 الجزائر

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### Abstract:

The main objective of this study is to identify the relationship between self-confidence of the emerging Algerian wrestler with their high-level performance, a field study of the male national wrestling team (15-18) years of the African July 2018 Games in Algeria. We have relied on the descriptive approach where all teammates (21 wrestlers) were subject to study. According to the self-confidence test results for emerging athletes, and after linking them to the results of their performance in the third African games for young people, the validity of the hypothesis is confirmed.

**Key words:** Self-Confidence - African Youth Games - Performance - Wrestling Sports.

### الملخص:

ان الهدف الأساسي من هذه الدراسة التعرف على علاقة الثقة في النفس للمصارع الجزائري الناشئ بالأداء في المستوى العالي ، دراسة ميدانية للفريق الوطني للمصارعة ذكور (15 - 18) سنة الألعاب الإفريقية جويلية 2018 الجزائر، وقد اعتمدنا على المنهج الوصفي في الدراسة وتم دراسة كل عناصر الفريق الوطني و عددهم 21 مصارع ، وفق نتائج تطبيق اختبار الثقة بالنفس للرياضي الناشئ وربطها بنتائج أدائهم في الألعاب الإفريقية الثالثة للشباب ، و تبين أن هناك ارتباط متوسط وموجب ودال إحصائيا بين الثقة بالنفس للمصارعين ونتيجة الأداء خلال الألعاب الإفريقية لدى عينة الدراسة وهذا ما يؤكد صحة الفرضية .

**الكلمات المفتاحية :** الثقة في النفس - الألعاب الإفريقية الثالثة للشباب - الأداء - رياضة المصارعة .

**1. Introduction and research problem:**

Athletic competition includes in its folds the expertise of both failure and success. The athlete who is self-confident always sets realistic goals for himself in order to match his abilities which often makes them feel successful when they reach their peak.

As for the unskilled athletes who lack self-confidence, they are often extremely afraid of failure. It usually reflects on their mental state and wellbeing, as their anxiety levels, lack of concentration, focusing on the negative points are the focus of their thinking which stirs their attention away from their positive aspects, leading the athlete to lose joy and satisfaction in general.

Self-confidence is one of the mental traits an athlete needs in order to perform and achieve. Many of us believe that self-confidence is only achieved by winning or succeeding something, which is absolutely wrong. We are able to feel confident when we really believe that we can succeed, for confidence is merely the belief and expecting success. More importantly, the belief in the ability to improve. Confidence does not necessarily require achieving a certain gain. Despite not being able to win or succeed, self confidence can still be preserved with the thought of improvement. (Rateb, 2004, p. 313)

Our interest has led us to study the psychological behavior of athletes and taken the opportunity to come with the national team of emerging wrestlers during the African Youth Games in July 2018 in Algeria. We have picked our research topic by studying the relationship between wrestlers self confidence in the national male wrestling team (aged 15 to 18) and high level performance. We selected male national wrestling team (both Romanian and Free wrestlers were selected) for their high level performances and the positive results achieved by this team in various international events. We observed it closely and followed it up before and after the competitions; thus, the following problematic is raised:

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Is there a statistically significant relationship between the self-confidence of emerging Algerian wrestlers, and their performances during the third African Youth Games?

**Hypothesis:**

There is a statistically significant relationship between the self-confidence of emerging Algerian wrestlers and their performances during the third African Youth Games.

**Research objectives:**

Each study has an objective that makes it of a scientific value. Usually, the objective of the study is defined as the reason the researcher prepared the study in itself. Scientific research tends to achieve global, non-personal and scientific objectives.

The current research aims to:

- Identify the relationship between wrestlers self-confidence and their performance during the third African Youth Games in July 2018 in Algeria.
- Identify the importance of self-confidence as a personal trait to wrestlers and to which extent it helps to achieve positive outcomes.

**The significance and rationale of the study:**

The importance of the study lies in the fact that it is an attempt to identify the relationship between the wrestlers self-confidence and the results of their performance during the third African Youth Games held in July 2018 in Algeria, in order to well set in evidence the contribution of self-confidence as a psychological feature and a skill required by athletes on one hand and on the other hand to clarify the nature of this relationship with the achieved results. In this way we are able to contribute in improving the planning and preparation of high-level wrestlers programs and their implementation in reaching scientific and practical results to bring the training process to its advanced levels.

**Key words**

**1. Definition of self confidence**

- Definition of confidence (Fernand Nathan)

It is a realistic feeling of being able to perform a certain behavior or judge a specific individual or oneself.

It is the basis for a happy life and an important factor for a balanced psychological functioning. Lack of self-confidence may be a cause of depression or a decline in performance.

**2. Definition of self confidence in the athletic field:**

It is the realistic expectation of the athlete to achieve success. It is when the athlete feels that his performance will be good regardless of the results, even if the competitor is superior to him. Coupling a good performance and self-confidence does not necessarily always lead to achieving gain, as it is possible not to win. However, the athlete must remain confident in their performance and abilities.

**3. Athletic performance:**

- a. Lexical meaning: to perform is to carry out, accomplish, or fulfil an action, a task, or a function.
- b. Contextual meaning: Athletic performance is a reflection of the capacities and motivations of each individual for the best possible behavior, that comes as a result of mutual influences of internal strength. It is often performed individually and has a certain outcome. It is also a way to convey the process of expression behaviorally.

**4. Wrestling:**

one of the oldest sports in history in which two or more individuals fight without using any form of striking, and it is. As time goes by wrestling progressed into various forms and according to the International Wrestling Federation (FILA) the four competitive forms of wrestling are: Greco-Roman, Free wrestling, Judo and Sumo.

- 5. African Youth Games:** is a multi-sport continental event, held every four years. Rabat Morocco hosted the first edition of the games in 2010. This continental sporting event was launched by Lasana Balvo, Director of the National Olympic Committees

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Association in Africa. The idea began in 2006, but the games actually started in 2010. The second edition was held in Gaborone Botswana in 2014, and the third one in Algeria, July 2018.

**The practical side:**

**Followed methodology in research:**

Considering the nature of the subject of research, and in order for the researcher to find a scientific solution to the problematic of the study, we have thus followed the descriptive approached as he considered it adequate and appropriate for the study subject.

**Study sample:**

The study sample of our research consists of twenty-one (21) wrestlers from the national male wrestling team (aged 15-18) who took part in the African Youth Games, July 2018, held in Algeria. The sample was chosen using random sampling.

**Tools used in the research:**

The tools used in the research are as follows:

Psychological test:

We have relied on the results of the self confidence psychological test for young athletes (Damas, Bachéra, 2008) these latter were linked to those achieved in the African Youth Games, July 2018, Algeria.

**Statistical analysis and sampling methods:**

All data obtained through the application of research tools have been uploaded, prepared to enter them into the computer to perform the appropriate statistical treatment by employing the SPSS statistical package, where the following calculations were made:

- Spearman's rank correlation coefficient
- Arithmetic means and standard deviations

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### Displaying, processing, and analyzing the results:

#### 1. Displaying and processing hypothesis results:

Table(01):The correlation coefficient between the levels of self-confidence perceived by the sample members and the result of the performance:

Results Answers	R	Significance level $\alpha$	Degrees of freedom (df)	SIG	Statistical decision
Self-confidence / performance result	0,562**	0.05	19	0,008	There is statistical significance
N =21					

The previous table shows that there is an average mean and positive correlation between self-confidence and the result of performance as perceived by the members of the sample of 21 wrestlers, where the value of the correlation coefficient between the two variables was 0.562 \*\* = r which is a statistically significant value and the significance reached 0,008 at the degree of freedom  $df=19$  and the level of significance  $0.05 = \alpha$ .

#### 2 Analyzing hypothesis result:

The hypothesis states that "there is a statistically significant relationship between the self-confidence of the emerging Algerian wrestler and their performance during the third African Youth Games held in July 2018 in Algeria"

Through the table (01) and the analysis of its results, it becomes clear that there is an average, positive, and statistically significant correlation between the self-confidence of the wrestlers and their performance results during the African games. This confirms the validity of the hypothesis, as the value of the correlation coefficient reached  $r=0.562^{**}$  in table No. (01) between the self-confidence of the

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wrestlers and the result of performance during the African Games at the significance level  $\alpha=0.01$  and  $\alpha=0.05$ . sig value reached 0,008, as by comparing the sig with the level of significance we find that the significance level is greater than sig value, which further confirms the validity of the hypothesis under study and rejects the validity of the null hypothesis, that denies the existence of a statistically significant correlation at the significance level 0.01 and 0.05.

The athletes who obtained positive results during the African Games, i.e. those who distinguished themselves by their high performance and won gold, silver and bronze medals, were distinguished by an increase in their level of self-confidence, and this result was similar to some results of foreign and Arab studies that singled out elite athletes or outstanding athletes. Indeed Dr. Buthaina Muhammad Fadel In the Arab environment noted that the psychological profile of a high-level athlete, whether in individual or team games, is characterized by an increase in the level of self-confidence (Ahmad Amin Fawzi, Buthaina Muhammad Fadel, 2005, p. 90).

The above statements prove that the research hypothesis has been confirmed and corroborated. Furthermore, it was possible to answer the question raised in the beginning of this study, where a statistically significant correlation existing between Algerian wrestlers' self-confidence and their performance in the third African Youth Games held in Algeria is proven.

**Conclusion:**

From the present study, we are able to conclude the relationship between self-confidence and its contribution to the results obtained by the wrestlers during the third African Games in Algeria 2018. The results of our research serve the specialists, in terms of selecting and guiding young wrestlers, following their psychological state, and the need to develop their psychological skills in general and their confidence in themselves and skills in particular. Ultimately this will

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save time and effort and will allow to sponsor promising athletic talents at an early time corresponding with a purposeful scientific basis.

### **Suggestions:**

Some recommendations can be suggested, the most important ones are the following:

- Preparing programs including developing self-confidence in order to prepare wrestlers for all ages.
- Increasing interest in psychological preparation in preparing emerging athletes as a type of training aimed at self-support and strengthening psychological abilities, such as self-confidence and raising spirit.
- Conducting similar studies that examine how to enhance the self-confidence of athletes in order to upgrade the educational and training process and reach achievement and athletic excellence.

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