STUDY OF SPORT CONFIDENCE LEVEL IN JUDO ATHLETES

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Abstract
Purpose of the research is to determine the levels of overcoming stress in sports by judo athletes.
Methods and organization of research. In this study, scanning method was used. This study has a descriptive and logical nature. It was carried out in Bishkek city of Kyrgyzstan in 2022. 134 judo athletes voluntarily took part in the survey. A demographic information form prepared by the researcher and a Sports Confidence Scale were used to collect data. The obtained data were processed using the statistical program SPSS 25.0. Using parametric tests on the data, t-test was used for pairwise group comparisons, ANOVA test was applied for comparing more than two groups, and Post Hoc Tukey multiple comparison test was applied to determine the differences between groups.
The research results and their discussion. There were no significant differences in the perceived continuous level of sports confidence among the judo athletes who participated in the study, taking into account the gender variable. Nevertheless, significant differences emerged according to the level of sportsmanship among professional athletes. In addition, significant differences in the perceived level of sports confidence among the judo athletes who participated in the study were found depending on their nationality. It is also important to note the significant influence of the experience in a given sport on the level of sports confidence, while the experience in sports activity has a positive effect on this indicator.
Conclusion. There were no statistically significant differences between the athletes participating in the research in terms of gender variable, but there is a statistically significant difference based on skill level among professional athletes. Differences in performance among athletes were also found depending on nationality, age and length of sports career, especially among those with 5-6 years of experience.

Keywords: judo, confidence in sports, confidence.
INTRODUCTION
One of the basic pillars comprising sport concept is undoubtedly performance. Within the boundaries of contemporary sport science founded on performance, researchers have spent great effort to reveal determinants of performance and to develop factors believed to have positive contribution into performance these influent factors for long years [4].

Today, sport has a great importance in society. Sports are seen as one of the best ways to live a healthy life, to stand up to stagnant living conditions, and to carry the mental health balance to higher levels (Alıncak, 2015) [1].

Efficiency in sports can be expressed as the psychological, biomechanical, physiological and capacity of the athletes during the movement. Athletes’ ability to achieve high-level success depends on the renewal processes of both their physiological and psychological capacities [16; 20].

When the individual realizes his/her talent, power and potential, he/she will have formed an opinion on which subjects he/she can be successful in, and this is called self-confidence. Bandura describes self-confidence as the belief that one can perform the activities necessary to reach a determined output [3].

Success refers to being able to cope with the combination of many factors such as movement, thought, psychology, and the effects of external factors. In sports activities, the person is directly affected by himself, as well as his skills in training, the people who support him, and the psychological and physical condition of the opponent. Reducing the effect of external factors on sports activities and achieving success by analyzing the situation will be possible with the high self-confidence of the person [23].

The psychological state of an athlete affects the performance of the athlete in general. When this thought is emphasized, the idea that athletes and coaches should give importance to psychological studies at least as much as physical studies emerges. Mental training within the scope of psychological studies is seen as one of the most valuable methods to maximize the performance of the athlete and to be ready for competitions [27].

Self-confidence, which is defined as self-confidence and belief in the actions that an individual desires to perform, is not the same for every individual, but differs. It is seen less in some individuals and more in some individuals. This, in turn, will lead people's lives in the way they want, and return in the form of success or failure. Some researchers have stated that they believe that self-confident athletes will reveal their physical and mental potentials in order to be successful and maximize success [14; 11].

Athletes with high self-confidence are generally positive, enthusiastic, focused on success and generally highly motivated. Athletes with these characteristics can maintain their comfort even if the conditions go bad. Confident athletes are positive and confident under pressure [24]. Sportive self-confidence can be directly related to the expectation of success. Athletes with high self-confidence have high belief in their potential, that they have the physical and mental strength necessary to be successful.

A high level of sporting confidence is of great importance for the athlete to motivate himself while achieving the goals on the way to success. In order to achieve success and achieve the set goals, athletes must keep their self-confidence at the highest level. Athletes should prepare themselves for the competition in a psychological sense as well as technical and tactical skills.
The feeling of confidence in sports may not be constant and may be lost from time to time. It is stated that sources of self-confidence are a reason for this situation in some periods. In other words, what athletes treat as sources of trust is a process that varies over time. Many of the studies conducted on this topic have been planned to reveal how some sources of trust affect an individual's behavior. Research on the sources of self-confidence has supported the explanation of the mutual effects of athletes' individual characteristics, organizational culture and social backgrounds [6].

In this direction, the aim of the study is; The aim of this study is to examine the continuous sportive confidence levels of individuals who do judo sports.

**MATERIAL AND METHOD**

**Model of the Research**
The research is descriptive in nature and the continuous sportive confidence levels of individuals who do judo sports were examined. In this study, the model of the research was created by considering the "screening model". Screening models are research models that aim to describe a past or present situation as it is. The event, person or object that is the subject of the research is tried to be conveyed in its own conditions and as it is. There is no intention to change or affect these conditions in any way [13].

**Working group**
The study group of this research consists of 134 participants, 104 men and 30 women, who practiced judo in the city of Bishkek, Kyrgyzstan in 2022.

**Data Collection and Tools Used**
The data was collected via Google Forms. Two different data collection tools were used in the study.

*Diagnostic Information Form*

The "Personal Information Form" developed by the researcher was used to determine the demographic characteristics of the university students participating in the research. This form; gender, age, sports age, sports level and national team member? consists of questions.

*Continuous Sportive Confidence Scale (SSQ):*

In order to measure the self-confidence levels of the athletes, the Continuous Self-Confidence Inventory in Athletes was used, which was originally created by Vealey in 1986 and adapted to the Turkish sample in 2006 by Engür et al. This scale consists of 13 questions and evaluates the person's feelings about self-confidence in general. The Continuous Sportive Confidence Inventory-SSGE has a single factor structure. Items were numbered from 1 to 9 with a Likert scale type. Item analysis and reliability analysis were applied to the data set obtained from the sampling application of the Continuous Sports Confidence Inventory, and 0.94 Cronbach Alpha internal consistency reliability coefficients were obtained.

**Analysis of Data**
Data analysis was performed with the IBM SPSS Statistic 25 program. Percentage and frequency values were taken for the demographic variables of the participants (gender, age, sports age, athlete level and nationality). As seen in Table 1, it was concluded that the data showed a normal distribution as a result of the (skewness-kurtosis) test. George and Mallery (2003) stated that if the skewness and kurtosis values are between +2 and -2, the distribution can be interpreted as normal. By using parametric tests in the data, t-test was used for pairwise group comparisons, ANOVA test was applied for comparing more than two groups, and Post Hoc Tukey multiple comparison test was applied to determine the difference between groups.
Table 1 – Test of Normality
Таблица 1 – Результаты теста на уверенность

<table>
<thead>
<tr>
<th>Scale/Шкала</th>
<th>Skewness/Ассиметрия</th>
<th>Kurtosis/Эксцесс</th>
</tr>
</thead>
<tbody>
<tr>
<td>Continuous sports confidence/Постоянная спортивная уверенность</td>
<td>-0.487</td>
<td>-0.511</td>
</tr>
</tbody>
</table>

Table 2 – Frequency Distribution of Socio-Demographical Characteristics
Таблица 2 – Распределение социально-демографических характеристик

<table>
<thead>
<tr>
<th>Demographic Changes Демографические данные</th>
<th>Frequency Частота</th>
<th>Percent (%) Процент</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age / Возраст</td>
<td></td>
<td></td>
</tr>
<tr>
<td>17-19 Age</td>
<td>31</td>
<td>23.1</td>
</tr>
<tr>
<td>20-21 Age</td>
<td>37</td>
<td>27.6</td>
</tr>
<tr>
<td>22-23 Age</td>
<td>41</td>
<td>30.6</td>
</tr>
<tr>
<td>24 Age and older</td>
<td>25</td>
<td>18.7</td>
</tr>
<tr>
<td>Total</td>
<td>134</td>
<td>100</td>
</tr>
<tr>
<td>Gender/Пол</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Man</td>
<td>104</td>
<td>77.6</td>
</tr>
<tr>
<td>Women</td>
<td>30</td>
<td>22.4</td>
</tr>
<tr>
<td>Total</td>
<td>134</td>
<td>100</td>
</tr>
<tr>
<td>Athlete Level / Квалификация</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Amateur</td>
<td>90</td>
<td>67.2</td>
</tr>
<tr>
<td>Professional</td>
<td>44</td>
<td>32.8</td>
</tr>
<tr>
<td>Total</td>
<td>134</td>
<td>100</td>
</tr>
<tr>
<td>Nationality Status / Национальность</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yes</td>
<td>39</td>
<td>29.1</td>
</tr>
<tr>
<td>No</td>
<td>95</td>
<td>70.9</td>
</tr>
<tr>
<td>Total</td>
<td>134</td>
<td>100</td>
</tr>
<tr>
<td>Experience / Стаж</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-2 Year</td>
<td>48</td>
<td>35.8</td>
</tr>
<tr>
<td>3-4 Year</td>
<td>31</td>
<td>23.1</td>
</tr>
<tr>
<td>5-6 Year</td>
<td>27</td>
<td>20.1</td>
</tr>
<tr>
<td>7 Year and older</td>
<td>28</td>
<td>20.9</td>
</tr>
<tr>
<td>Total</td>
<td>134</td>
<td>100</td>
</tr>
</tbody>
</table>

RESULTS
В таблице 2, 77.6% of the research consists of 104 people with male, 22.4% with 30 people and a total of 134 athletes. According to the age variable; 23.1% were 17-19 years old, 27.6% were 20-21 years old, 30.6% were 22-23 years old and 18.7% were 24 years old and over; According to the level of athletes: 67.2% of them stated that they were amateur with 90 people and 32.8% of them were professional athletes with 44 people. It was determined that 35.8% of the participants had 1-2 years, 23.1% had 3-4 years, 20.1% had 5-6 years and 20.9% had 7 years or more. It has been determined that 70.9% of the judokas are not national athletes, and 29.1% are national athletes.
When Table 3 is examined, no significant difference was found in the perceived continuous sportive confidence level score according to the gender variable of the participants (p>0.05). When the arithmetic values in terms of gender are examined; It has been determined that with an average of ($\bar{X}$ =95.69), men have a higher mean value than women ($\bar{X}$ =90.77).
A significant difference was found in the perceived continuous sportive confidence level score of the judo athletes participating in the study according to the athlete level variable (p<0.05).
When the arithmetic values are examined in terms of athlete level; It has been determined that with an average of ($\bar{X}=100.89$), professional level athletes have a higher average value than amateur athletes ($\bar{X}=91.51$).

The difference in the perceived continuous sportive confidence level score according to the nationality status variable of the judo athletes participating in the study was found to be significant ($p<0.05$).

When the arithmetic values are examined in terms of nationality; With an average of ($\bar{X}=99.44$), national level judo athletes were found to have a higher average value than non-national athletes ($\bar{X}=92.60$).

A significant difference was found in the perceived continuous sportive confidence scores of the judo athletes participating in the study according to the age variable ($p<0.05$).

As a result of the Post-Hoc Tukey Multiple Comparison Test conducted to determine which group

### Table 3 – T-test results of perceived continuous sport confidence scores by gender

<table>
<thead>
<tr>
<th>General and Sub-Dimensions of the Scale/Общие и дополнительные параметры шкалы</th>
<th>Gender Пол</th>
<th>N</th>
<th>$\bar{X}$</th>
<th>ss</th>
<th>t</th>
<th>sd</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Continuous sport confidence / Постоянная спортивная уверенность</td>
<td>Man / Мужчины</td>
<td>104</td>
<td>95.69</td>
<td>16.04</td>
<td>1.512</td>
<td>132</td>
<td>.132</td>
</tr>
<tr>
<td></td>
<td>Women / Женщины</td>
<td>30</td>
<td>90.77</td>
<td>14.54</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Table 4 – T-test results of perceived continuous sport confidence scores according to athlete levels

<table>
<thead>
<tr>
<th>General and Sub-Dimensions of the Scale/Общие и дополнительные параметры шкалы</th>
<th>Athlete Level / Квалификация</th>
<th>N</th>
<th>$\bar{X}$</th>
<th>ss</th>
<th>t</th>
<th>sd</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Continuous sport confidence / Постоянная спортивная уверенность</td>
<td>Professional / Профессионал</td>
<td>44</td>
<td>100.89</td>
<td>15.13</td>
<td>3.349</td>
<td>132</td>
<td>.001**</td>
</tr>
<tr>
<td></td>
<td>Amateur / Любитель</td>
<td>90</td>
<td>91.51</td>
<td>15.26</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**$p<0.01$**

### Table 5 – T-test results of perceived continuous sport confidence scores according to nationality status

<table>
<thead>
<tr>
<th>General and Sub-Dimensions of the Scale/Общие и дополнительные параметры шкалы</th>
<th>Nationality Status / Национальность</th>
<th>N</th>
<th>$\bar{X}$</th>
<th>ss</th>
<th>t</th>
<th>sd</th>
<th>p</th>
</tr>
</thead>
<tbody>
<tr>
<td>Continuous sport confidence / Постоянная спортивная уверенность</td>
<td>Yes / Да</td>
<td>39</td>
<td>99.44</td>
<td>15.20</td>
<td>2.313</td>
<td>132</td>
<td>.022*</td>
</tr>
<tr>
<td></td>
<td>No / Нет</td>
<td>95</td>
<td>92.60</td>
<td>15.68</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* $p<0.05$
Table 6 – ANOVA results of perceived continuous sport confidence scores by age variable
Таблица 6 – Результаты дисперсионного анализа воспринимаемых непрерывных показателей спортивной уверенности по возрастной переменной

<table>
<thead>
<tr>
<th>Age / Возраст</th>
<th>N</th>
<th>X</th>
<th>ss</th>
<th>F</th>
<th>p</th>
<th>Significance / Значение</th>
</tr>
</thead>
<tbody>
<tr>
<td>17-19 Age (1)</td>
<td>31</td>
<td>82.03</td>
<td>16.71</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20-21 Age (2)</td>
<td>37</td>
<td>97.92</td>
<td>14.20</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22-23 Age (3)</td>
<td>41</td>
<td>97.66</td>
<td>13.35</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24 Age and above (4)</td>
<td>25</td>
<td>100.20</td>
<td>12.82</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>134</td>
<td>94.59</td>
<td>15.79</td>
<td>10.501</td>
<td>.000***</td>
<td>1&lt;2,3,4</td>
</tr>
</tbody>
</table>

**p<0.001

The difference originated from; A significant difference was found between the 17-19 age group and the 20-21 age group, the 22-23 age group and the 24 and over age group (p<0.05). When the mean values of continuous sportive confidence scores are examined; It was observed that the highest value (X̅ =100.20) was in the age group of 24 years and above, and the lowest value (X̅ =82.03) was in the group between 17-19 years of age.

A significant difference was found in the perceived continuous sportive confidence scores of the judo athletes participating in the study according to the sport year variable (p<0.05).
As a result of the Post-Hoc Tukey Multiple Comparison Test conducted to determine which group the difference originated from; A significant difference was found between the judo group with 5-6 years of experience, the group with 1-2 years of experience and the group of athletes with 3-4 years of experience (p<0.05). When the mean values of continuous sportive confidence scores are examined; It was observed that the highest value (X̅ =104.11) was formed by judoists with an average of 5-6 years of sports experience, while the lowest value (X̅ =89.63) was formed by judoists with an average of 1-2 years of sports experience.

DISCUSSION AND CONCLUSION
When the demographic variables of the athletes participating in the research are examined, it is seen that 77.6% of them are male with 104 people, and 22.4% of them are female with 30 people, a total of 134 athletes. According to the age variable; 23.1% were 17-19 years old, 27.6% were 20-21 years old, 30.6% were 22-23 years old and 18.7% were 24 years old and over; According to the level of athletes: 67.2% of them stated that they were amateur with 90 people and 32.8% of them were professional athletes with 44 people. It was determined that 35.8% of the participants had 1-2 years, 23.1% had 3-4 years, 20.1% had 5-6 years and 20.9% had 7 years or more. It has been determined that 70.9% of the judokas are not national athletes, and 29.1% are national athletes.
It was concluded that there was no significant difference in the perceived continuous sportive confi-

Table 7 – ANOVA results of perceived continuous sport confidence scores according to sport year variable
Таблица 7 – Результаты дисперсионного анализа воспринимаемой непрерывных показателей спортивной уверенности в зависимости от переменной стажа

<table>
<thead>
<tr>
<th>Experience / Стаж</th>
<th>N</th>
<th>X</th>
<th>ss</th>
<th>F</th>
<th>p</th>
<th>Significance / Значение</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-2 Year (1)</td>
<td>48</td>
<td>89.63</td>
<td>16.55</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3-4 Year (2)</td>
<td>31</td>
<td>91.19</td>
<td>13.29</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5-6 Year (3)</td>
<td>41</td>
<td>97.66</td>
<td>13.35</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 Year and above (4)</td>
<td>28</td>
<td>97.68</td>
<td>17.05</td>
<td>6.376</td>
<td>.000***</td>
<td>3&gt;1,2</td>
</tr>
<tr>
<td>Total</td>
<td>134</td>
<td>94.59</td>
<td>15.79</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**p<0.001
dence level score of the judo athletes participating in the study according to the gender variable. Indeed, Öztürk et al. (2016) [21] found no difference between the sportive confidence levels of male and female athletes in their study on judoka. Aygün and Öztasyonar (2019) [2] reached similar results in his study. While this result is in parallel with our study, Karagün (2014) [12] and Yıldırım (2013) [28] concluded that female athletes' continuous sport confidence is higher than male athletes in their studies. Çetinkaya (2015) [7], MacKay and Fanning (2005) [18], Krane and Williams (1994) [17] revealed in their studies that men consistently have higher sportive confidence scores. Also, Jones, Swain and Cale, (1990) [9] and Jones, Swain, and Cale (1991) [10] found that male athletes had higher levels of sportive self-confidence than female athletes. Researchers determined that this situation did not change in the pre-competition period. They also stated that a change in the self-confidence levels of female athletes can be experienced more easily than male athletes.

It has been concluded that there is a significant difference in the perceived continuous sportive confidence level score of the judo athletes participating in the research according to the athlete level variable, and this awareness is in favor of professional athletes. In the study conducted by Bozkurt et al. (2012) [5], no significant difference was found in the state and continuous sportive confidence levels in the super league and minor league football players according to the league levels.

It has been concluded that there is a significant difference in the perceived continuous sportive confidence level score of the judo athletes participating in the research according to the nationality variable, and this awareness is in favor of the national level athletes. There was no difference in the level of sportive confidence according to the status of the athletes participating in the study conducted by [26]. When the literature is examined, in many studies, advanced, elite, master athletes; demonstrated that they have higher self-confidence than novice, elite, or non-master athletes [22; 15; 19]. Yıldırım and Kocaekşi (2020) [29] in their study, according to the variable of being a national, continuous sportive self-confidence and state sportive concluded that there was no statistically significant difference in self-confidence dimensions.

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In their study, Erdogan and Erhan (2019) [8] found that the average score of national athletes was determined by the score of non-national athletes found to be higher than the average. Vurgun’s (2010) [26] study supports our findings. The author found that sport confidence increases with age. In addition, the researcher found that the sportive confidence level of men in the age group 20 and under and 21-24 is higher than that of women, and the level of confidence in sports of women in the age group 25 and above is higher than that of men. Karagün (2014) [12], on the other hand, did not find any relationship in terms of age variable in his study on sports confidence. Thomas et al. (2019) [25], coping with pressure, communication, courage, and positive mindset of youth playing football in academy. They state that they express psychological factors such as self-confidence as a type of self-confidence.

It was concluded that there was a significant difference in the perceived continuous sportive confidence scores of the judo athletes participating in the study according to the sport year variable, and this difference was in favor of the athletes for 5-6 years. As a matter of fact, the study of Perry and Williams (1998) [22] supports our findings. The authors conducted a study by classifying the self-confidence levels of tennis players as beginner, intermediate, and advanced, and found that advanced athletes had higher self-confidence. Therefore, increasing the duration of sportsmanship can contribute positively to sports confidence. The study by Karagün (2014) [12] also supports our finding. Starting from the first year of starting sports, the researcher reached the highest scores in the range of 10-12 years in the research group, which he categorized as 16 years and above.

A unique environment to be created between the family, school environment and peer groups will be extremely important during the basic education period of children and young people in order to ensure an effective and productive sports confidence. The close relationship between the self-confidence levels of the athletes and the sportive performance is an extremely important issue. In parallel with this, it will be extremely beneficial to create a unique sports environment for them and to be purified and developed from negative environmental factors.

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