



ISSN: 2456-0057

IJPNPE 2023; 8(2): 639-641

© 2023 IJPNPE

[www.journalofsports.com](http://www.journalofsports.com)

Received: 26-10-2023

Accepted: 30-11-2023

**Dr. Barinderpal Singh**

Assistant Professor,

Department of Physical

Education, S.L. Bawa D.A.V.

College, Batala, Punjab, India

## An observational study of concentration and confidence among open skill athletes and closed skill athletes

**Dr. Barinderpal Singh**

### Abstract

The aim of this study was to determine the differences of Concentration and Confidence among Group-A:  $N_1=130$ ; Open Skill Athletes; Volleyball [42]; Handball [45] & Basketball [43] and Group-B:  $N_2=79$ ; Closed Skill Athletes; Archery [39]; Gymnastic [12] & Shooting [28]. Unpaired t-test was applied to assess the variation between Open Skill Athletes and Closed Skill Athletes on the variable, Concentration and Confidence. The level of significance was set at 0.05. No significant differences were found between the means of Open skill athletes and Closed skill athletes with regard to the variable, Concentration ( $t$ -value=0.37). No significant differences were found between the means of Open skill athletes and Closed skill athletes with regard to the variable, Confidence ( $t$ -value=1.91).

**Keywords:** Open skill athletes, closed skill athletes, concentration, confidence

### Introduction

Self-confidence in their study on the anxiety-performance relationship. In a multidimensional anxiety theory, cognitive anxiety is hypothesized to have a negative linear relationship with performance; somatic anxiety is hypothesized to have a quadratic (inverted U-shaped) relationship with performance, and self-confidence is hypothesized to have a positive linear relationship with performance [1]. Sports confidence is defined as the belief or degree of certainty that individuals possess about their ability to be successful in sports [2]. Therefore, the player's performance can be seen as perceived performance formed through the actual performance and experience, and it improves players' confidence, which has a great influence on the actual performance of the ones [3, 4]. Confidence has consistently emerged as a key skill possessed by successful elite athletes, and international elite athletes have identified self-confidence as the most important mental skill defining mental toughness [5]. Strategies to enhance self-confidence are common sport psychology interventions for athletes but evidence of the relationship between self-confidence and athletic performance is equivocal. Several studies have reported significant benefits of self-confidence for athlete [6, 7]. Self-confidence has intuitive appeal as a contributor to successful sport performance and therefore sport psychology researchers have frequently investigated the confidence performance relationship. Several related but distinct terms have been used in this area of the literature, including self-confidence, self-efficacy, sport confidence, or simply, confidence. For the purposes of this review, self-confidence is defined as "the perceived ability to accomplish a certain level of performance" [8].

### Materials and Methods

#### Participants

Two hundred nine [ $N=209$ ] male Inter-College level players were chosen as subjects. They were divided into following two groups.

#### Group-A: $N_1=130$ ; Open Skill Athletes

1. Volleyball [42].
2. Handball [45].
3. Basketball [43].

**Corresponding Author:**

**Dr. Barinderpal Singh**

Assistant Professor,

Department of Physical

Education, S.L. Bawa D.A.V.

College, Batala, Punjab, India

**Group-B: N<sub>2</sub>=79; Closed Skill Athletes**

1. Archery [39].
2. Gymnastic [12].
3. Shooting [28].

**Variables**

- Concentration.
- Confidence.



**Fig 1:** Graphical illustration of data collection

**Statistical Analysis**

Unpaired t-test was applied to assess the variation between Open Skill Athletes and Closed Skill Athletes on the variable,

Concentration and Confidence. The level of significance was set at 0.05.

**Results**

**Table 1:** Independent samples t-test comparing open skill athletes and closed skill athletes on the variable, concentration

Variables	Open Skill Athletes (N <sub>1</sub> =130)			Closed Skill Athletes (N <sub>2</sub> =79)			t-value
	Mean	SD	SEM	Mean	SD	SEM	
Concentration	3.74	1.02	0.08	3.7	1.09	0.11	0.37

No significant differences were found between the means of Open skill athletes and Closed skill athletes with regard to the

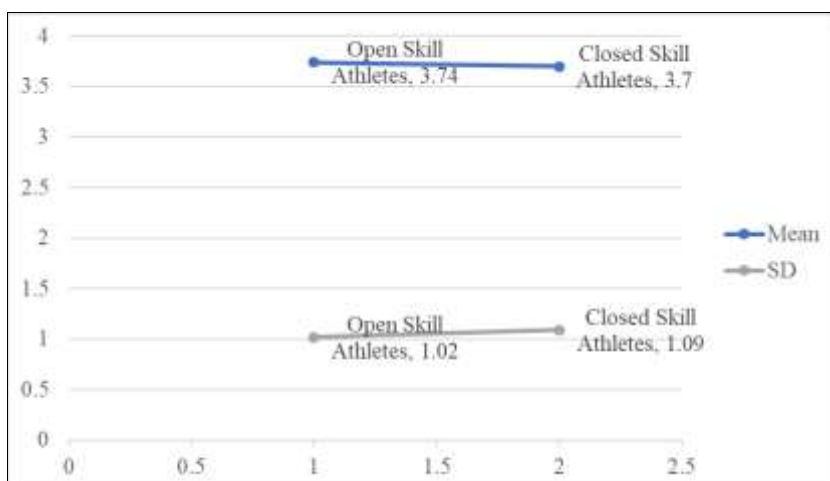
variable, Concentration (t-value=0.37).

**Table 2:** Independent samples t-test comparing open skill athletes and closed skill athletes on the variable, confidence

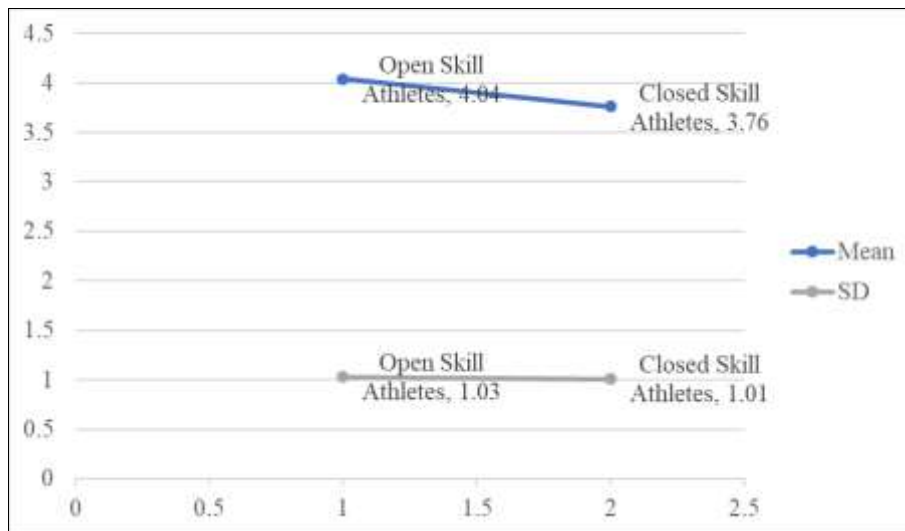
Variables	Open Skill Athletes (N <sub>1</sub> =130)			Closed Skill Athletes (N <sub>2</sub> =79)			t-value
	Mean	SD	SEM	Mean	SD	SEM	
Confidence	4.04	1.03	0.08	3.76	1.01	0.12	1.91

No significant differences were found between the means of Open skill athletes and Closed skill athletes with regard to the

variable, Confidence (t-value=1.91).



**Fig 2:** Graphical representation of Mean and Standard Deviation of Open Skill Athletes on the variable, Concentration



**Fig 3:** Graphical representation of mean and standard deviation of closed skill athletes on the variable, confidence

### Conclusion

The study investigated the link between self-confidence and athletic performance among open and closed skill athletes. Results showed no significant differences in concentration or confidence levels between the two groups. This suggests that self-confidence may be a universal trait among athletes, irrespective of skill type. However, further research is needed to validate these findings across a broader athlete population and additional performance metrics. Nonetheless, the study underscores the ongoing importance of cultivating self-confidence in sports psychology interventions.

### References

1. Martens R, Vealey RS, Burton D. Competitive Anxiety in Sport. Human Kinetics Publishers; c1990. p. 93-170.
2. Fransen K, Mertens N, Feltz D, Boen F. Yes, we can! review on team confidence in sports. *Curr. Opin. Psychol.* 2017;16:98-103.
3. Cohn PJ. An exploratory study on peak performance in golf. *Sport Psychol.* 1991;5:1.
4. Feltz DL, Landers DM. The effects of mental practice on motor skill learning and performance: A meta-analysis. *Sport Exerc. Psychol.* 2007;5:219-230.
5. Brewer. *Handbook of Sport Medicine and Health; Sport Psychology.* Wiley-Blackwell. 2009.
6. Vealey RS, Chase MA, Cooley R. Developing self-confidence in young athletes. *Sport Psychology for Young Athletes;* c2017. p. 93-104.
7. Karageorghis CI, Terry PC. *Inside Sport Psychology.* Human Kinetics. Self-confidence; c2011. p. 59-88.
8. Woodman T, Hardy L. The relative impact of cognitive anxiety and self-confidence upon sport performance: A meta-analysis. *J Sports Sci.* 2003;21:443-457.