

Self-Efficacy, Self-Confidence, Achievement Motivation, and Its Relationship Towards Competitive Anxiety

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Article Info

History Articles
Received:
10 September 2022
Accepted:
12 October 2022
Published:
30 December 2022

Keywords:
Self-efficacy, self-confidence, achievement motivation, competitive anxiety, futsal.

Abstract

Psychological factors play an important role in improving athletes' competitiveness and personal development. One of the most common conditions athletes experiences during matches is competitive anxiety. In this study we examined the relationship between competitive anxiety and psychological factors such as self-efficacy, self-confidence, and achievement motivation in futsal players. In this cross-sectional study we enrolled 40 participants (30 male and 10 female) from the UFO Star Abadi Futsal Wonosobo team. We used the General Self-Efficacy Scale-Schwarzer (GSES), Sports Confidence Questionnaire, Sports Achievement Motivation Test (SAMT), and Competitive State Anxiety Inventory-2 (CSAI-2) to collect data. Path analysis showed that self-efficacy and self-confidence were significantly correlated with achievement motivation ($p < 0.05$). Achievement motivation was also significantly correlated with competitive anxiety ($p < 0.05$). Self-efficacy and self-confidence had direct ($p = 0.146$ and $p = 0.154$, respectively) and indirect ($p = 0.188$ and 0.231 , respectively) effects on competitive anxiety. This indicates that both self-efficacy and self-confidence had an indirect effect on the relationship between competitive anxiety and achievement motivation. Improving futsal athletes' levels of self-efficacy, self-confidence, and achievement motivation would thus help to reduce their competitive anxiety.

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p-ISSN 2252-648X

e-ISSN 2502-4477

INTRODUCTION

In a sports competition, psychological, physical, and skill factors all contribute to performance [1]. Some of the psychological resources that help athletes to achieve in their sport encourage them to be better prepared to carry out tasks according to their abilities. According to Adisasmito [2], an athlete's peak performance is 80% influenced by mental aspects and 20% influenced by other aspects, so it is important to improve our understanding of the mental aspect and manage it carefully. One of the most common conditions athletes experience during matches is anxiety. Feelings of anxiety arise in certain situations, such as when the athlete is facing a match against a strong opponent or thinking that their team will suffer defeat. In the world of sports, athletes and their trainers see competitive emotions and performance anxiety as one of the most important factors affecting the outcome of a competition. In sports, the term "competitive anxiety" refers to the increased stress or anxiety that arises when the pressures of preparation or competition outweigh an athlete's perceived potential [3].

A previous study [4] showed that competitive anxiety is a common feature of sports competitions, and it seems that elite athletes are able to handle and perceive anxiety well in terms of their interactions and social intervention. They view anxiety and behavioral variables as facilitative influences on their ability to compete.

One of the most-followed annual futsal championships in Indonesia is the Wonosobo Futsal League. The UFO Star Abadi Futsal Wonosobo team has consistently won first place in this event and has never yet been defeated. There is thus an interesting phenomenon in which this club has a high chance of becoming champions in various futsal competitions. The team participated in all 18 of the official championships that took place from 2015 to 2021, and it ranked first in 83% of these. It is a great achievement for a team to maintain a streak of winning all or most of its championship every year.

Based on the various exposures and the club's outstanding achievements, competitive anxiety in this team deserves special attention. When athletes experience high anxiety ahead of a match, it will affect their competitive behavior. Competitive anxiety also affects several other factors, so this prompted us to conduct this study on self-efficacy, self-confidence, achievement motivation, and their relationship with competitive anxiety.

METHODS

Design and Participants

In this cross-sectional study we used total sampling from the population, which consists of 40 participants (30 male and 10 female). The inclusion criteria were: (1) player in the UFO Star Abadi futsal team; (2) joined the team from 2016 onwards; (3) qualified to play in all Wonosobo Futsal Leagues for at least three seasons; (4) played in all competitions that were won; and (5) male or female. The exclusion criteria were: (1) did not complete more than 80% of the questions in the questionnaire; (2) did not complete the entire questionnaire in one day; and (3) had moved to another futsal team.

Instruments

This study was carried out using the following instruments: the General Self-Efficacy Scale-Schwarzer (GSES), the Sports Confidence Questionnaire, the Sports Achievement Motivation Test (SAMT), and the Competitive State Anxiety Inventory-2 (CSAI-2).

The GSES comprises 10 items and is used to assess perceived self-efficacy-related coping and adaptability in people aged 12 and up with respect to both daily activities and isolated stressful experiences. It has been widely used globally for over two decades. The scale's items are presented in the form of a four-option Likert-type scale (1 = not at all true, 2 = hardly true, 3 = moderately true, 4 = exactly true). Cronbach's alpha for the scale, indicating its reliability, has been found to be 0.76–0.90 [5].

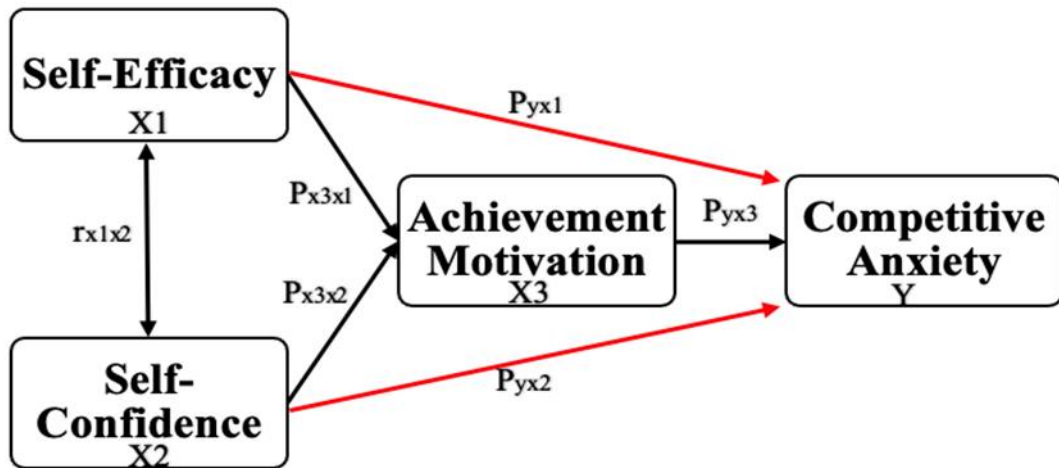


Figure 1. Study Framework

The Sports Confidence Questionnaire has been customized for Korean athletes [6] and consists of 16 items, including four each concerning persistence, calmness, hesitation, and physical prime. At an expert meeting the reliability was assessed as Cronbach's $\alpha = 0.832$, confirming the instrument's content validity. Each item is measured using a five-point Likert scale (1 = strongly disagree, 2 = disagree, 3 = neutral, 4 = agree, 5 = strongly agree).

The SAMT was developed by Dr. M.L. Kamlesh and carries a test-retest reliability of 0.70. The test comprises 20 statements and the total score ranges from 0 to 40. The validity of the SAMT, based on the actual performance of the athletes, was determined to be 0.55, which is marked. Based on percentile point norms suggested for this test, participants scoring below 24 were characterized as "low in sports achievement motivation" and those scoring above 30 as "highly motivated". Those scoring 24–30 were classified as "moderately motivated".

The original CSAI-2 questionnaire developed by Martens et al. [7] contains a total of 27 items, including nine items each on cognitive anxiety, somatic anxiety, and state confidence. However, in an expert meeting to verify the questionnaire's content validity (Cronbach's $\alpha = 0.890$ for cognitive anxiety and 0.871 for somatic anxiety), it was decided that the questions on confidence state would be removed because they were identical to questions on self-confidence in

the other instruments. As a result, this questionnaire contained only 18 items (nine each on cognitive anxiety and physical anxiety).

Procedures

The data-collection technique used in this study was a questionnaire. According to Sugiyono [8], questionnaires allow researchers to collect data by means of a list of questions or written statements to be answered by respondents. In this study, the four instruments and a basic demographic information form were combined into one questionnaire, which was made available to the participants online, via a Google form, because of the government's COVID-19 pandemic restrictions. The respondents were informed that they should complete the questionnaire within the specified period of 12:00 pm to 12:00 am Western Indonesia Time on a single day.

Statistics

Descriptive statistics were used to analyze the participants' demographic data, which are presented as mean \pm standard deviation (SD). The independent variables included in the model were: age, height, weight, body mass index (BMI), smoking status, gender, total cigarette consumption, alcohol consumption habits, education level, employment status, sleep duration, sleeping status, occupation, and medical history. The dependent variables were self-efficacy,

self-confidence, achievement motivation, and competitive anxiety. We used path analysis to analyze the relationships between the dependent and independent variables. All analyses were performed using IBM SPSS for Windows 26.0.

RESULTS AND DISCUSSION

Descriptive Statistics

The participants' demographic data are summarized in Table 1.1. The dependent variables were tested for normality using the single-sample Kolmogorov–Smirnov test, which showed that the data were normal ($p > 0.05$; Table 1.2).

The correlations between variables were tested using the Pearson product moment test, and each variable was significantly correlated with each other variable (Table 1.3).

Path Analysis

The regression model I coefficient results from the path analysis show a significance of $p < 0.001$ for both self-efficacy and self-confidence. This indicates that these variables contributed significantly to achievement motivation. The R^2 value was 0.373, indicating that these variables explained 37.3% of the variability in success motivation, while other factors explained 62.7%. The value of e_1 is calculated as $e_1 = \sqrt{1 - 0.373} = 0.791$.

According to the coefficient results of regression model II, the significance of self-efficacy is $p = 0.047$, that of self-confidence is $p = 0.043$, and that of achievement motivation is $p < 0.001$. The R^2 value was 0.611, indicating that self-efficacy, self-confidence, and achievement motivation explained 61.1% of the variability in competitive anxiety, while other factors explained 38.9%. The value of e_2 was $\sqrt{1 - 61.1} = 0.595$.

Analysis of Self-Efficacy towards Achievement Motivation

Self-efficacy was highly statistically significant in model I, indicating that it had a direct and substantial effect on achievement motivation. Self-efficacy therefore correlates positively with individual accomplishment. It influences the motivation to succeed by affecting

desire and persistence. Conversely, those with poor self-efficacy will also have low achievement motivation [9].

Self-efficacy was also a significant mediator of achievement motivation [10], [11], [12]. Self-efficacy is crucial for athletes to possess if they wish to achieve success in sports, since it enables them to persevere in the face of adversity and have the confidence to perform at their best. In addition, the motivation to succeed in sports, which is a strong desire to accumulate athletic achievements, is required [13]. Achievement motivation emerges when a perceived need is accompanied by a desire to obtain praise or avoid reprimand from oneself or others and is associated with performance in situations requiring perfection [14].

Analysis of Self-Confidence towards Achievement Motivation

Self-confidence was similarly highly significant in model I, indicating that it had a direct and substantial effect on achievement motivation. An athlete who has a high level of confidence during a game will also have good achievement motivation to win the game or achieve their goal. This is supported by the results of a previous study [15] that show that self-confidence has a significant effect on achievement motivation in athletes. An athlete who has strong self-confidence and believes in their ability will always perform at their best [16]. Self-confidence is an attitude or feeling of confidence in one's own talents that allows a person to act without excessive anxiety [17] [18].

This explanation is also supported by research on the relationship between anxiety, self-confidence, and motivation in athletes [19], which found a statistically significant relationship between self-confidence and achievement motivation. Indeed, athletes with high self-confidence were six times more likely to have high achievement motivation than athletes with low self-confidence.

Analysis of Self-Efficacy towards Competitive Anxiety

Table 1. Demographic characteristics

Variables	n	%	Mean ± SD
Age			22.45 ± 3.57
16-20 y	14	35	
21-25 y	19	47.5	
>25 y	7	17.5	
Weight (kg)			57.50 ± 10.96
Height (m)			1.63 ± 0.09
BMI (kg/m ²)			21.43 ± 2.80
Smoking lifestyle			1.70 ± 1.18
gender			
Male	16	40	
Female	24	60	
Total cigarette			
< 0.5 packs/d	8	20	
0.5 - 1 pack/d	4	10	
> 1 pack/d	1	2.5	
Nonsmoker	27	67.5	
Alcohol drink			
Non-drinker	37	92.5	
Previous drinker	2	5.0	
1-2 units/week	1	2.5	
Education level			
Elementary school	1	2.5	
Junior high school	1	2.5	
High school	26	65	
Bachelor's degree	12	30	
Status			
Married	35	87.5	
Single	5	12.5	
Sleeping time			
4 - 6 h	14	35	
6 - 8 h	23	57.5	
> 8 h	3	7.5	
Sleeping status			
Sleeping difficulties	7	17.5	
Difficulties maintaining sleep	2	5	
Poor sleep	3	7.5	
Taking sleep medication	28	70	
Occupation			
Student	15	37.5	
Self-employed	10	25.0	
Employed	9	22.5	
Other	6	15	
Historical Diseases			
None	34	85	
Gastritis	4	10	
Other	2	5	

In model II, self-efficacy was significant at $p = 0.047$, indicating that it had a direct and substantial effect on competitive anxiety. According to Cox [20], competition anxiety is a negative response felt by individuals when anticipating a match. It is defined by symptoms such as negative emotions caused by the individual's thinking patterns concerning the circumstances surrounding the match. Self-efficacy can help athletes to reduce or even avoid competition anxiety. The more self-efficacy a person has with respect to their abilities and objectives, the lower their competitive anxiety [21].

Similarly to a previous study on the relationship between anxiety and self-efficacy [22], the present study indicated that there was a negative association between competitive anxiety

and self-efficacy in athletes. With stronger self-efficacy, athletes will be more confident in their abilities during matches and their anxiety levels will decrease, allowing them to act without hesitation.

Table 2. One-Sample Kolmogorov-Smirnov Test Result

Variables	p-value
Self-efficacy	0.104*
Self-confidence	0.184*
Achievement motivation	0.347*
Competitive anxiety	0.081*

* p -value > 0.05

Athletes' self-efficacy has a significant bearing on the level of anxiety they experience before the competition, and with lower anxiety they can perform better during the match. Athletes with high self-efficacy are more likely to focus on their work and believe in their capacity to finish a match successfully.

Table 3. The Correlation Results of The Variables

Variables	1	2	3	4
Self-efficacy	-			
Self-confidence	.465**	-		
Achievement motivation	.499**	.544**	-	
Competitive anxiety	-.516**	-.547**	-.755**	-

** Correlation is significant at the 0.01 level (2-tailed).

Analysis of Self-Confidence towards Competitive Anxiety

In model II, self-confidence was significant at $p = 0.043$, indicating that it had a direct and significant effect on competitive anxiety. Self-confidence influences a person's interpretation of anxiety by offering them protection against the debilitating effects of its manifestations [23]. This construct is considered an important part of successful sports performance since it has been shown to influence sports behavior, attitudes, and achievement [24].

The role of self-confidence can be framed within the research that has been conducted on the ability of individuals to regulate their own cognitive functioning (Baumeister et al., 2018) and on the factors that prevent choking under pressure [25].

Athletes who had more years of experience in their sport scored higher for self-confidence and lower for competitive anxiety levels. These differences are supported by studies conducted on expert athletes [26]. These results suggest that

highly skilled athletes with long-standing expertise have higher self-confidence and greater capacity for anxiety management, which enables them to focus on relevant sports stimuli [27,28].

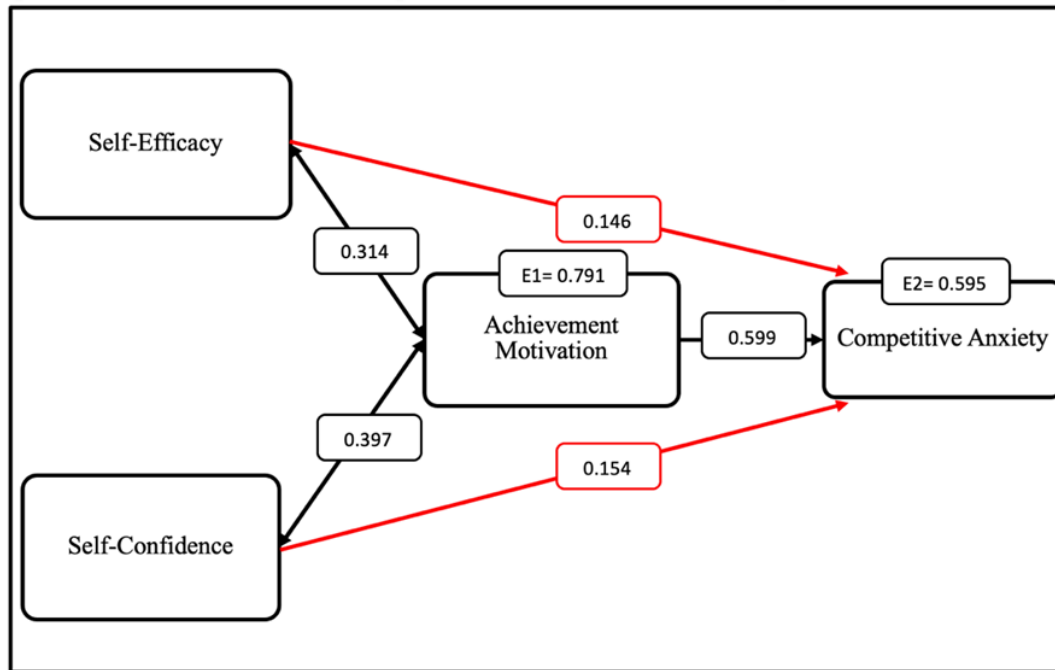


Figure 2. Path Analysis Results

Self-Efficacy through Achievement Motivation towards Competitive Anxiety

We found that self-efficacy, via its effect on achievement motivation, has a considerable effect on competitive anxiety. Self-efficacy has been proposed to be the foundation of successful behavior in the sense that it determines the strength of decisions, the amount of energy invested in the endeavor, the level of persistence in the face of difficulties and failures, and resilience in the face of adversity. In this respect, this psychological component is an individual resource for adapting to arduous conditions and the settings of an activity, and as such it is an important element in health psychology and occupational psychology [29].

In the realm of sports, self-efficacy is regarded as one of the most important psychological elements affecting performance, and it can be used to predict the conduct of players in a variety of competitive settings [21]. The decisions

that players make throughout a game are influenced by their self-efficacy, which impacts their performance progression and the meaning that they derive from their experiences. Players with high self-efficacy may be more competitive because they believe they have a chance of success [30].

Self-efficacy is regarded as a predictor of anxiety, as well as one of the most important traits of successful athletes, since it enables athletes to cope with stress and limit the negative effects of anxiety. Previous research has demonstrated a negative association between self-efficacy and competitive anxiety in athletes, such that those with stronger self-efficacy will strive harder, persist longer, select greater challenges, feel more positive, and worry less than those with weaker self-efficacy [31].

Adding achievement motivation as a mediator between these two variables helps to reduce competitive anxiety. Achievement

motivation is broader and focuses on how unique conditions influence the desires, emotions, and behaviors of athletes. This factor explains why some people are more ambitious than others. The intrinsic motivation of the athlete is viewed as their motivation to succeed. To avoid failure, however, it is necessary to act against this innate motivation. When confronted with an activity like sports, we experience approach–avoidance conflict. The drive for success motivates us to approach and participate, whereas the desire to avoid failure motivates us to shun participation [5].

Self-Confidence through Achievement Motivation towards Competitive Anxiety

We found that self-confidence, via its effect on achievement motivation, has a considerable effect on competitive anxiety. This association has been empirically established in a study that showed that self-confidence before and during competition is correlated with low levels of anxiety [32]. With respect to the effect of sport type on anxiety, Gurrola et al. [33] suggest that athletes in subjectively rated individual sports display stronger feelings of competitive anxiety and weaker self-confidence.

A high level of self-confidence may reduce competition anxiety; athletes with a high level of self-confidence will concentrate on giving and displaying their finest performance without any uneasiness or concern related to their belief in themselves [34]. In addition, achievement motivation has a favorable effect on self-confidence. Winning the game and playing well will boost self-assurance and reduce competitive anxiety [35].

CONCLUSION

Through competition, the UFO Star Abadi Futsal Wonosobo team accomplished several remarkable feats. In addition to displaying tactical individual and team talent, psychological factors played a significant role in the team's achievements. These achievements prompted us to investigate the relationships among several

psychological aspects of participating in competitive sports.

Improving self-efficacy and self-confidence can enable athletes to achieve their best performance without fear of losing or failing. In addition, reducing competition anxiety can help athletes to overcome feelings of nervousness, failure anxiety, and defeat. Additionally, achievement motivation can boost athletes' sense of self-efficacy and self-confidence to combat any competition anxiety. Achievement motivation will encourage them to reach their objectives and increase their belief in their own success.

This study was limited to a single futsal team because its purpose was to identify the top team in the Wonosobo Regency, hence restricting the number of participants. In future research a larger sample size may be advisable, as it would provide stronger conclusions. In addition, developing a new psychology-oriented futsal training paradigm may be advantageous for both athletes and coaches.

ACKNOWLEDGEMENT

Author Contributions: Conceptualization, A.F.W., H.S. and C.W.C.; methodology, T.R. and D.W.Y.K.; software, A.F.W.; resources, R., C.W.C. and I.R.; writing—original draft preparation, A.F.W.; writing—review and editing, C.W.C., H.S. and T.R.

Funding: This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors.

Institutional Review Board Statement: The study was conducted in accordance with The Standards and Operational Guidance for Ethics Review for Health-Related Research with human participants from WHO 2011 and International Ethical Guidelines for Health-Related Research Involving Humans from CIOMS and WHO 2016 of Faculty of Sports Science, Universitas Negeri Semarang (No: 359/KEPK/EC/2022 and 30.08.2022) for studies involving humans.

Informed Consent Statement: Informed consent was obtained from all subjects involved in the study.

Conflicts of Interest: The authors declare no conflicts of interest.

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