

SUMMARY OF THE RESEARCH

* The problem of research and its importance :

“sport confidence” is considered one of the most important psychological phenomena and one of the main psychological qualities of sportsman, it is also an important factor. To evaluate his efficiency and performance results.

The trait of “under confident” of the sportsman leads him to attain low results in competition, also” over confident” leads him to the same results, but the trait of “optional self confidence” self confidence which is based on the abilities, skills and the real personal qualities of the sports man”, and which means that he knows his abilities and tries to invest them to a great extent to achieve the required purposes, this trait leads the sportsman to good performance.

“Vealey” pointed out that sportsman faces the situations of subjective competition two important frames “dimensions”, they are:

- Sport confidence trait.
- Competitive orientation.

Through them, it is possible to predict the level of “sport confidence state” which the sports man shows in sport apparent responses and makes the sportsman realize his performance results such as satisfaction or success feeling (despite attainment or failure), on the other hand this

self- realization of the sportsman affects and is influenced by competitive orientation and is influenced by competitive orientation and also his merit of self confidence”.

Some researchers in the field of sport psychology considered “vealey pattern” as a specific and specialized entrance in the sport field to recognize achievement and sport confidence. But this pattern still needs to be tested and evaluated in experimental studies to be applied in sport psychology with subjectivity.

*** Research objectives:**

This research aims to answer the following questions:

- What is the nature of the relation between sport confidence as a trait and sport confidence as a state of the groups of selected sport activities?
- What is the nature of the relation between “sport confidence pattern and competitive orientation”. Competition anxiety and age and experience of the groups of selected sport activities?
- To what extent we can predict the sport confidence state through self sport confidence as a trait and the commutative orientation of the selected to research sample?
- Are there differences in sport confidence as a state according to levels of sport confidence “high x low” to the groups of the selected sport activities?
- Are there difference between sport confidence and competitive orientation of the selected research groups??

*** Research sample :**

The research sample was selected randomly from national teams in the following sport activities:

- Digital : (Athletics – bicycles).

- Attacks:(taycondo– shooting– boxing– judo – wrestling).
- Groups: (football – handball - basketball – volleyball).
- The number of the main sample was (146) players.

*** Research tools :**

Five instruments were used to measure sport confidence and competitive orientation in the field of sport:

- Sport confidence trait test.
- Sport confidence state test.
- Competitive orientation test.
- Sport orientation test.
- Sport competition anxiety test.

*** Statistical method used :**

- Descriptive statistical method it includes the mean standard deviations, range, standard error skewness and Kurtosis.
- Pearson correlation coefficient form raw scores.
- Multiple correlation coefficients to examine multiple correlations among research variables.
- In addition, the multiple correlation was used to determine internal consistency.
- Pearson correlation coefficient was used to determine internal consistency
- Reliability was assessed by using "Alpha" coefficient as adjusted by "Kornbak" in "Kuder - Richard son" equation. Statistical treatments were conducted for study samples by specialized agency using the statistical view II program on computers of "Apple Mackintoushe".

*** Conclusions :**

- 1- There is a predictive relation between sport confidence as a state through this confidence as a trait and competitive orientation of the total research sample :
- 2- There is a positive consecutive static relation between sport confidence as a trait and as a state of research groups.
- 3- There is a negative reversed static relation between competition anxiety and objective orientation of attacking activities players.
- 4- There is a negative reversed static relation between competitive anxiety and sport confidence state of group activities players.
- 5- There is a negative reversed static relation between performance orientation and the age of group activities players.

*** Recommendations:**

- 1- The importance of applying sport confidence sample and competitive orientation which the results showed the possibility of predicting the state of sport confidence players when participating in sport competitions on the international and Olympic levels.
- 2- Preparing regular programs to improve the sport confidence trait of the players because of its effective role and high connection with sport confidence state which the research results showed.
- 3- Giving importance to improve and develop sport confidence through the programs of preparing psychological and mental skills of beginners to improve this vital dimension which the current study results showed.
- 4- Using measures and psychological tests which were improved to be true in this research, especially which

distinguishes the high and low sport confidence, in order to put programmes to support power aspects and to deal with defects.

- 5- Supporting performance orientation among players as the results showed the relation between performance orientation and sport confidence trait, this assures the importance of players achievement.
- 6- The importance of the psychologist to help side by side with the sport trainer to guide players to face the psychological problems during the training and competitions and to prepare them psychologically.
- 7- Doing more researches about the relation between sport confidence and competitive orientation of the activities of each group, as each group has special qualities which make her different from other groups, Also the study of the relation between sport confidence and competitive relation between sport confidence and competitive orientation of each activity alone.

STUDY RESUME (ABSTRACT)

Name of research : Mohamed Yousef Haggag
Title of research : "Sport confidence and its relation to competitive orientation for top level athletes of some selected sports activities"
Direction of research : Department of sport psychology faculty of physical education for Men- Cairo - Helwan - University.

The above study conducted by Mohamed yousef Haggag seeks to examine sport confidence and its relation to competitive orientation for top level Athetes of some selected sport activities, the research sample was selected randomly form national teams and the number of main sample was (146) players, the researcher used five instruments, the results of the study revealed that : there is a predictive relation between sport confidence as a state through this confidence as a trait and competitive orientation of the total research sample.

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**SPORT CONFIDENCE AND ITS RELATION TO
COMPETITIVE ORIENTATION FOR TOP LEVEL
ATHETES OF SOME SELECTED
SPORTS ACTIVITIES**

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