

Importance of Self Confidence in Sports

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Abstract – Self-confidence from winning results from the motivation necessary to train hard to win. The loser may become even more motivated because of defeat and thus highly focused to meet the challenges to win. After a defeat, the athlete and coaches or students and teachers, need to review the respective abilities, talent, training habits, attitudes, goals, etc. in order to evaluate the level of desire to compete again. The feeling of power and dominance over other athletes is a motivating factor in some athletes. With other athletes it is emotion of beating other athletes that empowers them with a sense of being better than their opponents, which provides their feeling of satisfaction. The intensity level of the motivational force often influences the quality of performance. As the importance of the competition increases, the coach often uses more extreme forms of motivation to the urge the individual to aspire to high performances. On the flip side, when the level of competition is weak and top performance is not necessary to win, the sources of motivation would be scaled back, but it is still necessary to not allow complacency. In programs such as gymnastics, diving, free skating, etc. the athlete is competing against their own personal best, not the other athletes.

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INTRODUCTION

Self-confidence from winning results from the motivation necessary to train hard to win. The loser may become even more motivated because of defeat and thus highly focused to meet the challenges to win. After a defeat, the athlete and coaches or students and teachers, need to review the respective abilities, talent, training habits, attitudes, goals, etc. in order to evaluate the level of desire to compete again. The feeling of power and dominance over other athletes is a motivating factor in some athletes. With other athletes it is emotion of beating other athletes that empowers them with a sense of being better than their opponents, which provides their feeling of satisfaction. When athletes feel confident, they are more readily able to turn sporting potential into superior performance. Conversely, when they feel unsure of themselves, the slightest setback or smallest hurdle can have an inordinate effect on their performance. Costas Karageorghis explores the nature of self-confidence and presents a theory underlying the causes of self-confidence in sport. He also reviews recent research and provides some powerful techniques that you can apply to enhance your own confidence or that of athletes in your charge.

Our confidence is perfectly intact when we are born, but diminishes during our childhood. We lose a little of it when we make mistakes, fail, misbehave, get in trouble, feel guilty, neglect ourselves, and/or do things we are ashamed of. As we all know, kids can be mean. Many of us can relate to be bullied and picked on as children, which can destroy our confidence too.

❖ What is self-confidence

➤ Self-confidence is commonly defined as the sureness of feeling that you are equal to the task at hand. This sureness is characterized by absolute belief in ability. You may well know someone whose self-belief has this unshakeable quality, whose ego resists even the biggest setbacks. In such people, confidence is as resilient as a squash ball: the harder the blow, the quicker they bounce back. Nonetheless, although confidence is a desirable characteristic, arrogance – or a sureness of feeling not well founded in one's ability – is undesirable. If self-confidence is perhaps the 'guardian angel of sports performers' then arrogance is their nemesis.

- Confidence is related to personality and those who exude self-confidence across a range of contexts, say at work, socially and in their sport, are said to be high in trait confidence. However, confidence can also be very specific – to a particular situation or with reference to a set of circumstances – in which case it is known as state confidence or self-efficacy.

❖ **Definition self confidence**

Photo Credit Jack Hollingsworth/Digital Vision/Getty Images Self-confidence is an attitude that you hold about yourself that allows you to move forward and achieve your goals. An article on self-confidence from the counseling center at the University of Illinois Urbana-Champaign defines self-confidence as having a positive attitude, but with realistic views. They note that a self-confident person has a general sense of control of her own life, and can do what she wishes, plans and expects. Self-confidence means that even if things don't go your way, you still believe that eventually, somehow, some way, they will.

❖ **IMPORTANCE OF SELF CONFIDENCE**

Self-confidence can change your whole life to the better while lack of confidence will definitely have a negative effect on your social relations, career, achievements and even your mood. The following list will give you a better idea of the importance of self-confidence.

- The more confidence you have the less will criticism affect you. Instead of feeling bad when being criticized you will just ignore it and laugh
- The more Self-confidence you have the less anxious you will be. One of the major reasons for experiencing anxiety is that we doubt our ability to handle a situation. If we were confident that we can handle it correctly we wouldn't have felt anxious.
- When being lonely you won't feel that bad compared to someone who is not confident. Confident people have a better power of solitude which is the ability to feel good even when you are alone.
- If you are a confident person, you will feel that you are worthy, regardless of your social or economic status. Even if you currently don't have
- The more confident you are the less disappointed you will feel upon being rejected. whether it was a rejection letter, relationship rejection or personal rejection. What makes many people feel down when they get rejected is their own lack of confidence in their abilities and not the rejection itself.

- The more self-confident you become the more risks you will be willing to take and so the more opportunities you will encounter
- People will love you: people love confident ones and look up to them. By being self-confident you will be a role model for many other people.
- One of the fundamental factors that can help in developing depression is a low self esteem. In my book, The ultimate guide to getting over depression i explained how lack of self confidence can be one of the main factors that triggers depression. This doesn't mean that depression affects people who lack self confidence but it means that building self confidence will make you less likely to get depressed.
- The less confident you are the easier you will experience jealousy.
- The more confident you are the less likely you will feel insecure about a relationship or about your job.
- The more confident you become the more convincing you will become and the more likely you will win debates. Most Popular
- The Ultimate Guide To Developing Super Powers
- Free Face reading
- Love body Language
- Psychology Of Love & Relationships
- Reading Body language (Male & Female)
- From 0 to 1 Million Dollars
- The Best of Farouk
- How to make someone fall in love with you
- How to know if someone likes me
- How To Get Over Someone
- How to know if someone is lying to you
- how to get over someone you can't have
- The secret to attracting love

CONCLUSION:

In the present the self confidence is very essential importance and the intensity level of the motivational

force often influences the quality of sports performance.

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