

Studying the level of self-confidence and achievement motivation in elite senior Karatekas

دراسة مستوى الثقة في النفس ودافعية الانجاز الرياضي عند رياضيي النخبة اكابر في رياضة الكراتي

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Abstract:

The present research aimed to study the level of self-confidence and achievement motivation in elite senior athletes practicing Karate-Do. The Descriptive method was used, in which a purposive sample of twenty athletes (Seniors) were chosen from the two sections of Kumite and Kata. The Vealey scale (1986) to measure sport-confidence and Terry Orlick's model to identify the level of achievement motivation in an attempt to corroborate findings. After statistical analyses of the data, the study has concluded that there is a high level of self-confidence and achievement motivation in elite senior Karatekas

Keywords: self-confidence ; achievement motivation; elite athletes; Karate-Do.

ملخص:

هدفت الدراسة الحالية إلى دراسة مستوى الثقة في النفس ودافعية الانجاز الرياضي عند رياضيي النخبة اكابر في رياضة الكراتي دو، واستخدمنا المنهج الوصفي، واستهدفت الدراسة عينة قصدية وعددهم عشرون رياضي في التخصصين كاتا وكوميتي ينتمون إلى النخبة من (صنف الأكابر)، كما تم الاعتماد على مقياس فيلي (1986) لمحاولة قياس الثقة الرياضية ومقياس (تيري أورليك) لمعرفة مستوى دافعية الإنجاز لدعم تفسير النتائج. بعد التحليل الإحصائي للبيانات، توصلت الدراسة إلى أن هناك مستوى عالي من الثقة في النفس ودافعية الإنجاز عند رياضيي النخبة اكابر في رياضة الكراتي دو. الكلمات الدالة: الثقة في النفس؛ دافعية الانجاز؛ رياضيي النخبة؛ رياضة الكراتي دو.

1. Introduction and research problem :

Many athletes consider self-confidence as the belief of achieving success or a certain gain. That belief is not only wrong but could also induce lack of self-confidence or over-confidence and arrogance in some cases. The best understanding of self-confidence is the athlete's realistic expectations to achieve success. Meaning, it is not what the athlete "hopes" to achieve, rather what they "expect" to. There is a difference between working with confidence and anticipating the results. The latter means to which extent a player expects to win or lose in a competition, while self-confidence is the player's feeling that their performance will be good regardless of the results, even if their adversary is better. Therefore, a good performance that is combined with self-confidence does not necessarily always lead to victory. (Osama KamelRateb, 2007). Psychological abilities are amongst the main needs for elite athletes, in addition to acquiring physical, physiological, morphological, and technical abilities. Guaranteeing the success of training and efficiency of performance requires a set of psychological skills like the ability to encompass, understand, concentrate, feel and be mentally perceptive and mentally present. Many practitioners in this discipline failed to reach the advanced level because of the lack of motivation, self-control and most importantly, self-confidence; a vital and essential feature a karateka can have for excellent outcomes. Its importance lies mainly in the fact that it combines all emotional and mental skills, thus shaping behavior resulting from realistic expectations of athletic performance. (Crecpo Miley, 1999)

Given the continuous development of karate as a discipline, which was the result of incessant changes and evolution of tactics and athletes' physical impulsions, it has become necessary to tend to the psychological and mental preparation of the karate practitioner by setting a scientific program for psychological preparation in this discipline that focuses on emotional and mental organization. Most specialists in sports psychology agree that the self-confidence is an elementary in an athlete's performance. Self-esteem stimulates positive emotions and reactions that helps athletes concentrate, build goals, and increase exertion and perseverance in achieving these goals. (Osama KamelRateb, 2007).

Likewise, self-confidence plays a key role in controlling motivation, as most of humans' incentives are mentally and cognitively defined. Individuals set goals for themselves and assess the needed skills in order to implement said goals, and thus is measured the intrepidity or reluctance to achieve, according to the level of perceived abilities by the individual. (Conner Mark and Paul Norman 2005).

In this context, Shunbe, 1990, says that the individual's awareness of their abilities directly impacts an important cognitive motivation factor known as assimilation. The research conducted by Printrich and others, on a sample consisting of 3000 individuals between the ages of 13 and 23 in order to identify the extent of individuals' self-awareness concerning their abilities to persevere and perform. A positive correlation between recognizing one's abilities and motivation factors that are characterized by persevering on cognitive assimilation and performance. Lent's research (1991) confirmed the previous results and indicated that the level of one's awareness of their abilities determines the difficulty level of the goals set for themselves. The more an individual is positively aware of their abilities, goals rise to the level of challenge and difficulty.

Surely, the primary goal in every high-level sport is to reach athletic achievement in the sense of exerting the utmost effort in order to obtain the best possible performance. Just as the athletes are very close in terms of physical and technical side in high-level sports, the differences between them lay in the psychological and mental aspects,

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notably in karate, where accuracy and concentration can shape the entire competition. It is for that reason that we are pursuing the current study, in order to explore the impact of self-confidence among Karatekas (karate practitioners) on their motivation for athletic achievement, and asked the following questions:

1. Questions:

- What is the level of self-confidence among the senior elite athletes in the karate discipline?
- What is the level of motivation of the athletic achievement of senior elite athletes in the karate discipline?

2. Hypotheses :

- Elite senior Karatekas have a high level of self-confidence
- Elite senior Karatekas have a high level of achievement motivation.

3. Study objectives:

The current study aims to verify the suggested research hypotheses which aim to:

- Identify the level of senior elite Karatekas' athletic self-confidence
- Identify the level of senior elite Karatekas' achievement motivation.

4. Significance of study:

The significance of the study lies in its attempt to identify the effects of awareness of self-confidence on the level of athletic achievement motivation among elite athletes in karate, in addition to highlighting positive and desired trends and modifying or changing unwanted ones. Henceforth, we are able to contribute in further improving planning and tactics for educational programs and curricula in the practice of karate-do and its implementation, in order to reach scientific and practical scrutinized results and bring the training process to advanced levels.

5. Keywords:

5.1. Karate:

- **Kata:** is a series of defensive and attacking moves in a form mock battles between the karate practitioner and a number of imaginary opponents under a unified system that internationally agreed upon.

Karate expert Hrechter defines Kata as “Kata is the control of all physical and mental energy sources that are usually present in the human being” (Hrechter, 1987, page. 27)

- **Kumite:** The literal translation of the word Kumite is “grappling hands.”

Kumi: grappling, and *te:* hands, which is a translation of the Japanese term i.e. kumite and it means confrontation with hands where competitors confront and are evaluated in an area of 8m².

This space is for the grappling of hands and legs through punching and kicking. the dropping or sweeping movements are equally performed, in which all actions and reactions are interlinked, adapting to positions and tactics by attack and counterattack after defense and counter-response.

5.2. Self-confidence

Is the individual's belief of their ability to confront various life events and succeed in achieving their goals. It is also the determining factor for success that allows a person to overcome life's different obstacles (De-Saint Paul, 2007)

Bandura defines self-confidence as people's belief in their efficacy to perform certain activities with a certain level of control over the individual's feeling, pattern of thinking and impulse, and how it impacts the way these events are experienced

Furthermore, self-confidence is self-love and appreciation, enough to accept it as is. It is a strong foundation to empower character or simply feeling empathy and value for others. To be self-confident is to believe that we are worthy enough and capable of achieving what we want and reach our outlined goal. (Famose, 2001)

Operational definition:

In the current study, it is the extent to which an athlete expects to win the competition and the extent of their belief in their performance abilities.

Difference between self-confidence and self-esteem:

Self-confidence differs from self-esteem, self-esteem is the individual's appreciation of their self-worth, while self-confidence is the ability to reach a specific goal. . (Timoty A, Judge Amir Erez, 2002)

According to psychologist KareneLarocque, there is a difference between the two concepts, in which self-esteem is a feeling of worthiness, while self-confidence is a developing trait, and although the two concepts are different, many confuse them, and to clarify more, I relied on Jean Gareau's definition: Self-confidence expresses the extent of my abilities. (KareneLarocque 2007) and in defining self-esteem I relied on the definition of Michelle Larivey : Self-esteem is the size of self-satisfaction. . (KareneLarocque 2007).

Self-confidence is relative, related to an assessment of the extent to which I am capable, so I may have self-confidence as a snowboarder and not have confidence as a golf player, as it is the result of an individual's experiences in a particular field . (Jean Gareau1999)

5.3. Athleticachievement motivation :

Athletic achievement motivation is the athlete's willingness to face competitions in an attempt to excel in light of certain set levels and standards, that is done by showing the greatest possible proficiency, aptitude and perseverance as means to express the desire to fight for excellence in athletic competitions. (Mohammad Hassan Allawi, 2002, p. 142) They are also the motors behind the behavior of the individual and the animal alike, there are one or several reasons behind each behavior, and these reasons are related to the internal state of the organism when the behavior occurs on one hand, and to the external stimuli on the other hand. (Salih Muhammad Abu Jadu, p. 22)

Operational definition: We mean by the motivation of sports achievement the extent of the internal and external readiness of the athlete in order to exert maximum effort in sports competition and the desire to excel and the serious and realistic pursuit of the highest sporting achievements.

Practicalstudy:

6. Methodologyprocedures:

- 6.1. Study methodology:** the nature of the study required the use of the descriptive method.
- 6.2. Study population:** the population of this study is a group of twenty elite karateka athletes
- 6.3. Study sample:** the study sample is a group of twenty Kata and Kumite (senior) karateka, who are participants of the 2019 African Games in the period from 11 to 14 July in Gaborone, Botswana. The two scales distributed to them are as follows: The scale of the state of sports confidence and the scale of Athleticachievement motivationduring the training at the National Teams Preparation Center in Souidania – Algeria.

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6.4. Studytools :

We have used the psychological tools as means to collect data. These tools are popular in scientific psychological research, notably in Sports psychology for physical education, and so we chose:

1. *Athleticachievement motivation scale*

This model scale was designed was Terry Orlick and was translated into Arabic by Mohammad Hassan Allawi. It contains twenty-eight (28) questions that the practitioner must answer by choosing one of the four or five alternatives. The answers will determine, as perceived by those examined, how they express their thoughts, feelings, or expected behavior.

2. *sport-confidence scale:*

Vealey (1986) designed a list (translated into Arabic by Mohammad Hassan Allawi, 1995) in an attempt to measure athletic self-confidence, as she considered it an important factor in motivationachievement. The list consists of thirteen phrases to which the athlete answers on a scale of 9 points, that will eventually determine to which extent the athlete is confident when competing. In each segment the athlete must draw a circle on one of the given scales from one(01) to nine (09).

7. Statisticaltools :

the following statistical tools were used in order to answer the study's questions and verify its hypotheses:

- Descriptive statistics:
 - Percentage
 - ArithmeticMean
 - Standard deviation

The above was done using SPSS software.

8. Processing and displayingresults:

8.1. Processing and displaying the first hypothesis

- *Elite senior Karatekas have a high level of self-confidence*

Vealey (1986) designed a list in an attempt to measure athletic self-confidence, as she considered it an important factor in motivationachievement. The list consists of thirteen phrases to which the athlete answers on a scale of 9 points, that will eventually determine to which extent the athlete is confident in general.

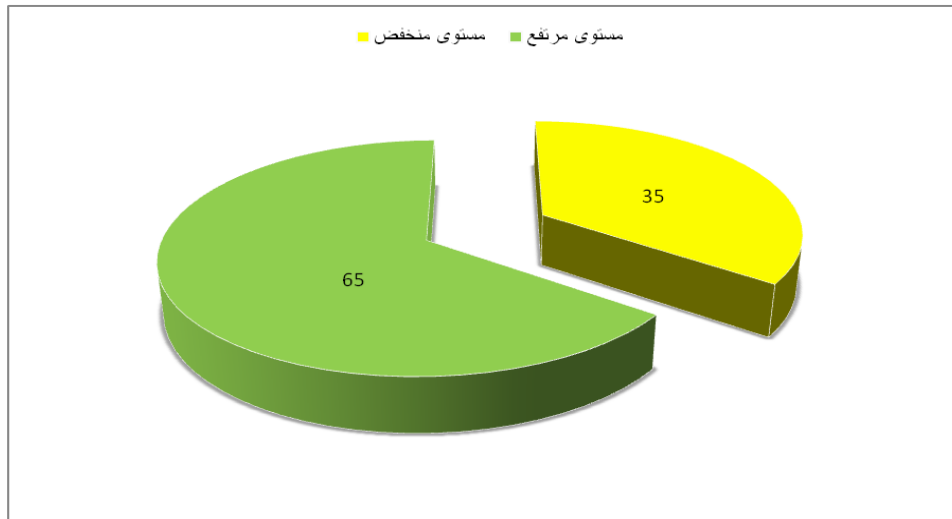
Suggested response grading allows sample members distribution on a psychological line within which the levels are weak and high. In addition, the extracted answers from the sum of items on the athletic self-confidence test list will allow the distribution of the sample members on a phycological line that extends from 1 to 117 and on equal degrees The results were distributed as follows in table (03):

Table (01) shows the results of athletic self-confidence test list

Level	high		low	
	percentage	frequency	percentage	frequency
	65	13	35	7
ArithmeticMean	84.5			
Standard deviation	24.75			

highlevel  lowlevel 

Illustration No. (1) showing the level of self-confidence among the elite Karate athletes



Analysis and discussion:

Through a test measuring self-confidence in the athletic psyche, we notice that the level of self-confidence among the elite karate athletes is high, at 65%, through the number of respondents whose answers were narrowed between (65 - 117) and a decreased at 35% for those whose answers are between (13-65).

Looking at the arithmetic mean of the sample, we find that it also belongs to the field of high level of confidence in the sports breath, where this indicator is equivalent to 84.5 degrees, and this value is present in the field of athletes who enjoy high confidence (65 - 117).

8.2. Processing and displaying the second hypothesis

Elite senior Karatekas have a high level of achievement motivation.

The impulse to accomplish means reaching success, with desire, hope, perseverance, endurance, and the spirit of commitment. High or sophisticated performance rates can only be present when an individual has the desire to be successful. It is a relatively constant willingness in personality that determines the extent of the individual's pursuit of achieving or attaining success.

As for the achievement motivation in sport – from an athletic standpoint, it is the player's willingness to approach positive competition positions, which can be represented in the desire to excel and the serious and realistic planned effort to achieve success in training and in sporting events.

From this standpoint, we wanted to identify the level of athletic achievement motivation among the sample members using the athletic achievement motivation scale. Data shows a variation in level between the sample individuals, as shown in Table (04)

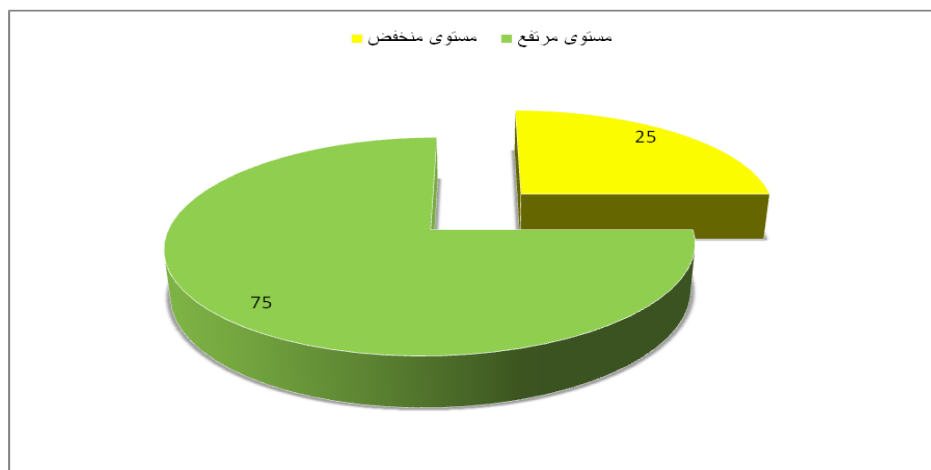
Table No. (2) shows the distribution of levels of the athletic achievement motivation and the statistical results for individuals in the sample

Level	High		low	
	percentage	frequency	percentage	frequency
	75	15	25	5
Arithmetic Mean	83.55			
Standard deviation	20.55			

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high level  low level 

Illustration No. (2) showing the level of motivation for achievement among the elite Karate athletes



Analysis and discussion: Through Table (2), we note that the distribution of frequencies is characterized by the presence of a clear variation, where we find that 75% of the respondents have a high level of motivation for athletic achievement. Whilst 25% of the sample members are characterized with a low level of motivation for athletic achievement.

As for the arithmetic mean of the sample, we find that it is at a high level of athletic achievement motivation, where this indicator is equivalent to 83.55 degrees, and this value characterizes athletes who have a high achievement motivation (70-130).

As for the result of the standard deviation that reflects homogeneity in the sample, has a value equal to 20.55 which indicates the presence of homogeneity.

The self-confidence required of players is ideal. Athletes possessing ideal confidence is necessary and important personal characteristic, but the possession of this characteristic does not alone guarantee their superiority in performance, but rather athletes must possess the physical skills to achieve good performance. Whoever possesses self-confidence without sufficient skill or physical ability means that they have false confidence (Osama KamelRateb 2000, p. 338).

Self-confidence must be compatible with realistic goals determined by experience and sporting expertise, and refined according scientific conditions training, which guarantees the achievement of achievements. Realistic goals protect the athlete from being exaggerated in their perception of success, failure and loss and may lead to withdrawal and retirement. At a high level, excessive or false self-confidence leads to failure and discipline, as the athlete's abilities are not compatible with the realistic goals that must be achieved.

What we have said can be clarified Osama KamelRateb's diagram and is marked by the circular relationship between success and self-confidence and its effect on the performance of the athlete.

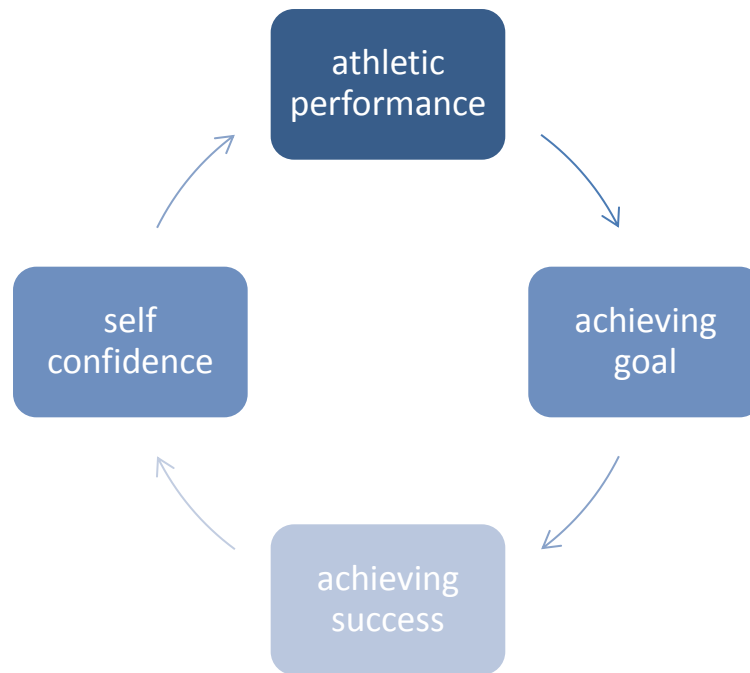


Figure No (3) represents the circular relationship between success and self-confidence and its effect on athletic performance.

(Osama KamelRateb, 2000, p 338)

Through this diagram, Osama KamelRateb emphasizes the importance of realistic goals in achieving success, as a positive expectation of success is not effective if it is not linked to reality.

Thus, it can be said that confidence in the ideal self is one of the most important qualities that every athlete must invest in, in order to be aware of the extent of their ability to achieve athletic success, according to the realism of goals. This study is only the beginning of more comprehensive and deeper studies according to variables such as age, gender, social environment and other variables that will enable us to determine the psychological and social profile of athletes, which will serve as the identity card of every athlete.

9. Conclusions:

Through the descriptive analytical study covered by the research, it is possible to verify the validity or invalidity of the hypotheses previously mentioned in the chapter of research methodology, as follows:

- A. As for the first sub-hypothesis: which states that Elite senior Karatekas have a high level of self-confidence, has been proven through analyzing and discussing the results, and thus the validity of the first sub-hypothesis is confirmed.
- B. Regarding the second sub-hypothesis: We assumed at the beginning of this study that the general level of motivation for athletic achievement is high, and the results obtained showed that it is consistent with the proposed hypothesis, where we found that elite Karatekas are distinguished by a high level in athletic achievement motivation, and thus is confirmed the validity of the second sub-hypothesis.

Despite the theoretical validity and stability of the hypotheses, the athletic achievement did not live up to the level of gold, as the elite karate athletes team obtained six silver

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medals and six bronze medals. This may be due to the increased self-confidence of some athletes, which requires the help of psychologists periodically to maintain confidence in the optimal self of athletes so that they do not become frustrated in the absence of athletic achievements.

It is also worth emphasizing the need to benefit from the psychological preparation of both types (long and short term), as well as instilling the “hero” idea within our athletes since childhood, and pushing them to nurture their ambition to become future champions.

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