



Comparative of the Rate of Self-Confidence and Self-Efficacy in Martial Arts Athletics and No Martial Arts of Bushehr City

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ABSTRACT

The purpose of this research was comparative of the rate of self-confidence and self-efficacy in martial arts athletics and no martial arts of Bushehr province of Iran. This research is a descriptive research of correlation kind, but because the purpose of implementation this plan is apply it to improve educational and cultural processes, we can call it a kind of applicable research. To gathering data and information, it has used of two questionnaires of self-concept and self-efficacy test. The statistic community of this research was all the martial arts athletics and no martial arts of Bushehr. A sample of 357 persons had chosen among them by random sampling method; include 167 martial arts athletics and 190 no martial arts athletics. The results showed that there is deference between the rate of self-confidence and self-efficacy of martial arts athletics and no martial arts. Also, martial arts athletics in comparison with no martial arts athletics have higher physical, moral, intellectual and educational confidence. Additionally, the score average of self-confidence of martial arts athletics and no martial arts athletics had significant difference. The t- test showed that martial arts athletics in comparison with no martial arts athletics were more self-efficient.

Keywords: Self-confidence, Self-efficacy, Martial arts athletics

INTRODUCTION

Many scientists believe that sport will increase self-confidence and control over the issues. According to Cooper Smith, self-confidence comes from successful relationships with others, and learning skills. The most important factors of confidence may be family, school, and recreational and sport activities. Physical activities have positive effects on self-confidence in adults. According to researchers of Canadian McMaster University, those who speak about themselves as an athlete feel more confident and self-assured than those who do not speak in this regard [1]. Evaluation of perceived facts about oneself is considered self-confidence. Self-confidence provides required motivation to start and continue working and always reminds you of being able to perform the tasks [2]. Physical perception is a combination of physical characteristics and abilities. Self-confidence, in this sense, lies in one's satisfaction with physical condition and appearance. Typically, females pay more attention to physical characteristics and males care more about physical abilities (physical strength). There is much evidence suggesting that women in general do feel less confident in their abilities to be successful in certain situations than men. Also sexual differences can be effective in self-confidence of females at some personality points [3].

Based on the studies, people with high self-confidence experience greater improvements in their quality of life. On the other hand, people with low self-confidence tend toward suicide, eating disorders, delinquency, and depression in the face of moral-behavioral and emotional disorders such as stress, lack of motivation [4]. Today, many scientific studies have shown that besides the physical health benefits of exercise, it has a good effect on mental health and prevention of mental disorders.

Martial arts includes Aikido, Karate, Judo, Jujitsu, Taekwondo, Tai Chi, or Tai Chi Chuan, Wushu, Kendo, Goshin, Kung Fu Toa, Jeet Kune Do, Kickboxing, Muay Thai, Sumo, Hapkido, Boxing and non-martial arts includes Football, Volleyball, Handball, Basketball, Cycling, Swimming, Weightlifting, Gymnastics, Chess, Horse Riding, Climbing, Skiing, Ping Pong, Golf and Polo. In the research done by Shafizadeh [5], titled Comparison of athletic self-confidence among athletes in the fields of boxing, wrestling and weightlifting, and its correlation with the elite and training experiences, it was found that technical and skill superiority, acquired positions and spending

many hours on training will increase self-confidence in the athletes. This feature is more prominent in the fields that functioning results can be objectively observed. Khajei [6] studied the effect of exercise and physical activity on self-confidence of male non-athlete students of Gilan University. He found that the mean of pre-test and post-test confidence in the control group had no significant difference but the mean of pre-test and post-test confidence in the experimental group showed a significant difference. The difference between the mean as to confidence of experimental and control group at pre-test was not significant, but the mean of confidence in the experimental and control group at post-test showed a significant difference. It was concluded that exercise and physical activity had a significant impact on the self-confidence of male non-athlete students. Investigating the role of sport in general and of martial arts in particular is crucial in strengthening the confidence and self-efficacy. According to material above, the study is intended to examine the degree of self-confidence and efficacy in martial and non-martial artists. It also provides guidelines for future planning to improve sports training programs.

MATERIALS AND METHODS

This research is a descriptive study where the correlation method was used. It can be considered a form of applied research, since the aim of this project is to apply the results in improvement of educational and training process. Because this study sought to explore measure and evaluate the relationships and associations between the studied variables, thus, correlation analysis was statistically the easiest and most complete way to describe these relationships. In this method, considering the individual differences is one of the main goals of the researcher [7].

The population consisted of all non-martial and martial artists of Bushehr, where 3,900 subjects were non-martial and 1,100 were martial artists. The sample size was estimated using standard tables (Krejcie & Morgan) with a population of 5,000 people. The sample size consisted of 357 subjects. The multi-stage random sampling technique was used in this study. On this basis, population was divided into two classes of martial and non-martial arts. Of the entire sample, 190 were non-martial artists and 167 were martial. Self-concept test was used to assess the confidence. The questionnaire contains five separate physical, social, intellectual, moral and educational self-concepts where overall confidence score was obtained from the total scores. Finally, description and statistical analysis was done on 357 questionnaires after completion of data collection and removal of incomplete and unanswered questionnaires. Accordingly, the questionnaires were re-numbered and each was coded. The given codes to the questions of questionnaires were entered into the computer and analyzed in Windows environment using (SPSS) computer software. In analyzing the data, the individual characteristics of subjects as well as the variables of self-efficacy and confidence and its dimensions (social, physical, educational, moral and intellectual self-confidence) were described among non-martial and martial artists using descriptive statistics methods such as Pearson correlation coefficient, one and two-dimensional frequency distribution tables, frequency percentage, mean and standard deviation. In the level of inferential statistics, each of the hypotheses was studied using inferential statistics methods such as t-test.

RESULTS

Before analyzing the data, the individual characteristics of subjects as well as the variables of self-efficacy and confidence and its dimensions (social, physical, educational, moral and intellectual self-confidence) were described and studied among non-martial and martial artists using descriptive statistics methods.

Table 1. Frequency distribution of respondents in terms of their age

Age	Frequency (Number)	Percent
Less than 20 years	178	49.9
21 to 25 years	91	25.5
26 to 30 years	60	16.8
31 years and over	28	7.8
Total	357	100
Mean of Age		21.77
Standard Deviation		5.75

Table 2. Frequency distribution of respondents in terms of their experiences

Years of Experience	Frequency (Number)	Percent
5 years or less	78	49.9
6 to 10 years	129	36.1
11 to 15 years	40	11.2
16 years and over	10	2.8
Total	357	100
Average		6.6
Standard Deviation		4.2

According to the data in Table 1, (49%) of respondents were less than 20 years old, (25%) were 21 to 25 years old, (16%) were 26 to 30 years old, And (7%) were 31 years and over. Mean age of all individuals was 21.77 years and standard deviation was 5.75 years.

Based on the data in Table 2, (49%) of all studied athletes had 5 or less years of experience, (36%) had 6 to 10 years, (11%) had 11 to 15 years and (2%) had 16 and over years of experience in physical activity.

The data in Table 3 shows that social self-confidence of (20%) athletes among all was low, (60.5%) was at moderate level, (13.8%) was high and (5.4%) was very high. But (20%) of all non-martial artists have had low social self-confidence, (57.9%) had an average one, (16.8%) had high and (4.7%) had very high social self-confidence. In general, (20%) of respondents had low social self-confidence, (59%) had an average, (15%) had high and (5%) had very high social self-confidence. Mean of social self-confidence in martial artists was 20.91, 21.04 in non-martial artist and 20.98 in all of the respondents, respectively.

According to data in Table 4, it can be seen that self-efficacy of (4%) of martial artists was at moderate level, (5.1%) had high self-efficacy and (43%) showed very high self-efficacy. But (9%) of all non-martial artists have had mean self-efficacy, (5.49%) had high and (41%) had very high self-efficacy. The average score of self-efficacy in martial artists was 68.42, of non-martial artists was 67.14, and of total respondents was 67.74, respectively.

Based on Table 5, the Pearson correlation shows a significant relationship between the degree of self-efficacy and confidence in martial artists. That is, the higher the self-confidence in marital artists, the higher self-efficacy. This relationship is significant in the level of ($P < 0.0001$). Thus, the hypothesis was confirmed. The Table 6 shows that only in the scale of moral and physical self-confidences, there is a significant difference between martial and non-martial artists at 99% of confidence level.

Table 3. Frequency distribution of martial and non-martial arts athletes in terms of their level of social confidence

Social Self-Confidence Levels of Subjects		Very Low	Low	Moderate	High	Very High	Total	Average	SD
Martial Athletes	Frequency	0	34	101	2	9	167	20.91	5.42
	Percent	0	20.4	60.5	13.8	5.4	100		
Non-martial Athletes	Frequency	0	39	110	32	9	190	21.04	5.46
	Percent	0	20.5	57.9	16.8	4.7	100		
Total	Frequency	0	73	211	55	18	357	20.98	5.44
	Percent	0	20.4	59.1	15.4	5	100		

Table 4. Frequency distribution of martial and non-martial arts athletes in terms of their self-efficacy levels

Levels of self-efficacy of subjects		Very Low	Low	Mean	High	Very High	Total	Average	SD
Martial Athletes	Frequency	0	0	8	86	73	167	68.42	7.9
	Percent	0	0	4.8	5.1	43.7	100		
Non-martial Athletes	Frequency	0	0	18	94	78	190	67.14	8.19
	Percent	0	0	9.5	5.49	41.1	100		
Total	Frequency	0	0	26	180	151	357	67.74	8.07
	Percent	0	0	7.3	4.50	42.3	100		

Table 5. Correlations between self-efficacy and self-confidence of athletes in martial and non-martial arts

Variables	Correlation Coefficient	Sig.
Self-confidence and efficacy of athletes in martial arts	0.317	0.0001
Self-confidence and efficacy of athletes in non-martial arts	0.17	0.03

Table 6. Comparison of confidence subscales in martial and non-martial arts athletes

Sub-Scale	Subjects	Number	Average	SD	DF	T value	Sig.
Social self- confidence	Martial Athletes	167	20.91	5.43	255	0.24	0.81
	Non-martial Athletes	190	21.04	5.46			
Physical self- confidence	Martial Athletes	167	20.95	5.18	255	3.72	0.001
	Non-martial Athletes	190	19.07	4.32			
Moral self- confidence	Martial Athletes	167	20	5.47	255	3.01	0.003
	Non-martial Athletes	190	18.43	4.3			
Intellectual self- confidence	Martial Athletes	167	167	20.53	4.97	255	0.74
	Non-martial Athletes	190	190	19.27			
Educational self- confidence	Martial Athletes	167	167	24.32	4.46	255	0.141
	Non-martial Athletes	190	190	23.33			

As seen in the Table 7, the observed difference between the mean score of self-efficacy in athletes, martial and non-martial arts, is significant based on the results of t-test (P=0.04).

Table 7. Comparison of self-confidence in martial and non-martial artists

Variable	Subjects	Number	Average	SD	DF	T value	Sig.
Self-confidence	Martial Athletes	167	106.73	19.03	255	3.04	0.003
	Non-martial Athletes	190	101.17	15.44			
Self-efficacy	Martial Athletes	167	68.93	7.86	255	2.1	0.04
	Non-martial Athletes	190	67.14	8.19			

DISCUSSION

Pearson correlation coefficient showed a significant relationship between self-efficacy and confidence in martial artists. That is, the higher the self-confidence in marital artists, the higher self-efficacy. Our research results are consistent with result of research done by Harter. Harter (cited by Hasanzadeh) finds that that people with high self-confidence will experience increasingly improved quality of life; on the other hand, many people with low self-confidence will be exposed to moral-behavioral and emotional disorders such as stress, lack of motivation, tendency to suicide, eating disorders, antisocial behavior, and depression [4].

Pearson correlation coefficient showed a significant relationship between self-efficacy and self-confidence in non-martial artists. That is, non-martial artists with higher self-confidence were more efficient. Fahiminejad [8] conducted a study, titled comparison of athletic self-confidence (trait sport and state sport confidence) in male athletes of Sabzevar City and its Tarbiat Moalem University in fields of handball, and track & field. They concluded that athletes of city are at a higher level in all three scales. The results showed that there is only a significant difference between self-confidence of martial and non-martial artists in physical and moral dimensions. These findings are in line with the research results of Hassanzadeh [4], Shafizadeh [5] and Khajei [6]. Based on the results of the study, physical perception is a combination of physical characteristics and abilities. One's self-confidence is based on satisfaction with his/her physical condition and appearance. And typically females care more about their physical characteristics and males care more about their physical abilities (physical strength) [3].

The observed difference between the mean score of self-efficacy in martial and non-martial artists is significant. Thus, we can say that athletes in martial arts are more efficient than non-martial athletes by the average score of self-efficacy in non-martial and martial artists. In line with practical suggestion, it is recommended to incorporate martial arts training in sports programs of educational and training organizations in order to strengthen physical and mental strength and to increase the self-confidence of individuals. As a healthy mind is in a healthy body, hence considering sport in school and learning different sports, especially martial arts, should be on the agenda.

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