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Comparison of anxiety and self-confidence variables among Ethiopian sports academy male soccer players of different playing positions

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Abstract

The purpose of this study was to find out the Anxiety and Self Confidence level of Ethiopian sports academy male soccer players. To achieve the objective of the study one hundred fifty (n=150) male soccer players were purposively selected from Ethiopian Youths Sports Academy, Tirunesh Dibaba National Sport Training Center, Ambo FIFA Goal Project and Aribaminch University Soccer Academy and their age ranged from 14 to 19 years. Cross sectional survey design was used for this study. The Sports competition anxiety test questionnaire prepared by Rainer Martens (1986) and sport self-confidence questionnaire prepared by Hardy and Nelson (1992) were used in the present study. The collected data from the four groups of the participants were statistically analyzed to test the significance of the mean differences and the groups on selected criterion variables one-way analysis of variance (ANOVA) was used. The level of significance is set at 0.05. The analysis of the data indicated that there were no significance mean differences in Anxiety and Self Confidence variables in the four selected group's namely goalkeepers, defenders, midfielders, and striker players of Ethiopian sports academy male soccer players.

Keywords: Soccer, Anxiety, Self Confidence, Playing position

1. Introduction

Sport psychology has survived in some form for almost as long as psychology itself. The first recorded study of sport psychology took place at the close of the nineteenth century. Nowadays, you will find that many sport psychologists have become highly specialized. For example, a psychologist may specialize in the area of motivation, anxiety, aggression, self-confidence and etc. (Jarvis, 1999).^[8]

Anxiety is one of the most studied and a frequently cited area within the field of applied sport psychology is that of competition stress and anxiety. In addition to this, sport self-confidence played great role in players achievement and performance because of these reasons many research studies have been made frequently to improve players' performance (Ahsan, Ruru & Kumar, 2014; Bawa, 2001; Dureha Singh, Yaduvanshiand & Mishra, 2010; Grobbelaar & Potgieter, 2007; Kerketta, 2015; Martens *et al*, 1990; Mouloud & Elkader, 2016; Praveenkumar & Arumugam, 2015; and Sewell & Edmondson, 1996). For example, Sewell and Edmondson (1996) noticed that there were no significant differences in cognitive anxiety, somatically anxious and self-confidence measures between midfield and forward players nor were there any main sports effects. Kerketta (2015) made a comparative study of sports competition Anxiety between district levels male Volleyball and Soccer players Inder Kerketta. The results of the study indicated that there is no significant difference was found between Volleyball male players and Soccer male players in their Sports Competition Anxiety. Psychological parameters are recognized as the most crucial components in the players playing performance and for the selection process of the youth players. But, still there is a lack of specific and exact published information for psychological characteristics of the players, especially for young players in the soccer academy of our country. In addition, there is a lack of comparative studies of psychological characteristics, between Ethiopian youth soccer players and those of other countries:^[1, 5, 10, 6, 7, 17, 20, 21]

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Because of these reasons, this study aimed to investigate the level of anxiety and self-confidence of Ethiopian sports academy male soccer players in different playing position

For the purpose of this study, the following hypotheses were drawn:

1. There is no significant difference in anxiety among soccer players according to playing positions.
2. There is no significant difference in self-confidence among soccer players according to playing positions.

2. Material and Methods

In order to get required information cross sectional survey design was used for this study.

2.1 Participants

For the purpose of the present study totally 150 Ethiopian sport academies male soccer players were selected from four academies in the year 2015-2016 purposively. These are Ethiopian Youths Sports Academy, Tirunesh Dibaba National Sport Training Center, Ambo FIFA Goal Project and Arbaminch University Soccer Academy. From Ethiopian Youths Sports Academy (N=64), Tirunesh Dibaba National Sport Training Center (N=28), Ambo FIFA Goal Project (N=24) and Arbaminch University Soccer Academy (N=34) male soccer players were included in this study as participants and their age range from 14-19 as their soccer academy records.

2.2 Tools

For a measure of anxiety and self confidence level of Ethiopian male soccer players at the different playing position, Sports competition anxiety test questionnaire prepared by and Sport self-confidence questionnaire prepared by was adopted and utilized in this study.

2.3 Statistical Analysis

The statistics were analyzed using the version 20 of the SPSS package. Descriptive statistics (mean, standard deviation, minimum and maximum) were utilized for the anxiety and self-confidence variables according to the field position of the male soccer players. Then analyses of variance (ANOVA) were used to examine the differences among players of different field position regarding the anxiety and self-confidence variables. The level of significance was set at 0.05.

3. Result

Table 1: Descriptive Statistics on Anxiety and Self Confidence of Ethiopian Sport Academy Male Soccer Players

Variables	Playing position	N	Mean	Std. D	Min	Max
Anxiety	Goalkeepers	16	14.50	1.93	10	18
	Defenders	40	14.62	2.46	11	21
	Midfielders	53	14.04	2.19	10	19
	Strikers	41	14.49	2.25	11	21
	Total	150	14.37	2.25	10	21
Self-confidence	Goalkeepers	16	21.31	2.77	16	24
	Defenders	40	20.50	2.29	16	24
	Midfielders	53	20.51	2.29	14	24
	Strikers	41	20.02	2.04	15	24
	Total	150	20.46	2.29	14	24

Source: Survey data 2016

The result of the study indicated that defenders reported

greater mean score on Anxiety variable (M=14. 62±2.46) and followed by goalkeepers (M=14. 50±1.93), striker players (14.49 ± 2.25). Midfielders scored the least mean value (14.04±2.19) than all groups. The finding of the present study tells us that the defenders of Ethiopian sports academy male soccer players were more anxious than the three other groups.

Table 2 also reveals that the mean self-confidence score of goalkeepers was the maximum mean score (21.31 ± 2.77), followed by midfielders (20.51±2.29), defenders (20.50± 2.29) and strikers (20.02± 2.04). The average value of sport self-confidence of all participants taken together was 20.46 ±2.29. The result of the study indicates that goalkeepers of Ethiopian sports academy male soccer players were more Self-confidence score than outfield players.

To confirm the significance of variance statistically, one way analysis of variance test (F test) was applied and the results obtained are presented in Table-2&3.

Table 2: Analysis of Variance (ANOVA) of Goalkeepers, Defenders, Midfielders and Striker Players on Anxiety

Variable		Sum of Squares	df	Mean Square	F	Sign. p-value
Anxiety	Between Groups	9.290	3	3.097	.608	.611
	Within Groups	743.543	146	5.093		
	Total	752.833	149			

*p < 0.05 Tab F 0.05 (3,146) = 2.667

In Table 2 the result of one-way analysis of variance (ANOVA) on Anxiety among the four groups, namely goalkeeper, defender, midfielder and striker players were presented. From the table 2 it can be seen that the calculated F value of Anxiety (0.608) was lesser than the table value of (2.667), this indicates that there was no significant mean difference among the groups in the degree of freedom (3, 146) at 0.05 level of confidence.

Anxiety Level

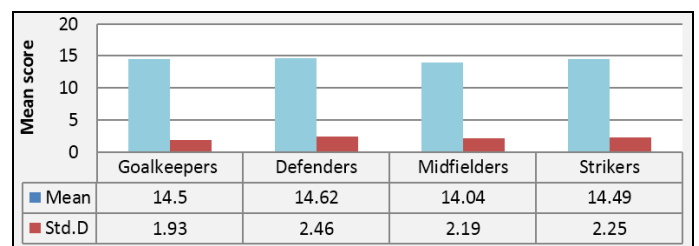


Fig 1: The comparison of anxiety level of Ethiopian sports academy male soccer players on their different playing position.

Table 2: Analysis of Variance (ANOVA) of Goalkeepers, Defenders, Midfielders and Striker Players on Self Confidence

Variable		Sum of Squares	df	Mean Square	F	Sign. P-value
Self Confidence	Between Groups	19.602	3	6.534	1.256	.292
	Within Groups	759.658	146	5.203		
	Total	779.260	149			

*p < 0.05

Tab F 0.05 (3,146) = 2.667

In Table 2 the result of one-way analysis of variance (ANOVA) on Self Confidence among the four groups, namely goalkeepers, defenders, midfielders and striker players were presented. From the table 3 it can be seen that

the calculated F value of self-confidence (1.256) was lesser than the table value of (2.667), this indicates that there was no significant mean difference among the groups in the degree of freedom (3, 146) at 0.05 level of confidence.

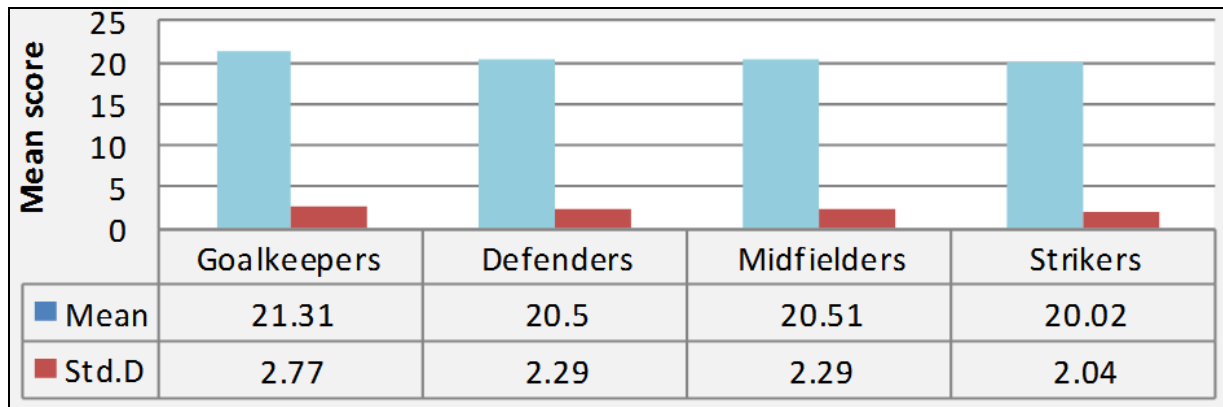


Fig 2: The comparison of Self confidence level of Ethiopian sports academy male soccer players on their different playing position.

4. Discussion

The results of the present study revealed that the psychological variables, namely anxiety and self-confidence have no significant mean differences in Ethiopian sports academies male soccer players on their tactical playing position. The result of the present study is in line with the study conducted by Jooste, Steyn and Van Den Berg (2014), Kurt et al. (2012), Mouloud and Elkader (2016), Praveenkumar and Arumugam (2015), and Sewell and Edmondson (1996). For example, the study of Jooste, Steyn and Van Den Berg (2014) on psychological skills, playing positions and performance of African youth soccer teams found that there were insignificant differences between the subscale scores of the players in different playing positions. Mouloud and Elkader (2016) also reported that there were no statistically significant difference in football players' self-efficacies and achievement motivations according to their playing position. Similarly, Sewell and Edmondson (1996) noticed that there were no significant differences in cognitive anxiety, somatically anxious and self-confidence measures between midfield and forward players nor were there any main sports effects. However, the present study in contradicted with Andrew Grobbelaar and Potgieter (2007), Dureha et al. (2010), Eloff et al. (2011) and Kirkcaldy (1982).

[9, 13, 17, 20, 21, 7, 6, 7, 11]

6. Conclusion

The present study was inconsistent with some earlier studies; however, it is in line with few others studies. The findings indicated that different playing positions were compared in terms of anxiety and self-confidence variables, but there were no significant differences found between compared variables. It can be said that this situation may happen due to the groups having different background, status, slight age difference and soccer playing experience. Sports psychologists, managers, coach or sport officers may use these research findings to develop a suitable playing environment for Ethiopian sports academy soccer players to sustain their interest in the game.

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