

## Self-Confidence among volleyball players during competition. (Clubs of Algiers Case Division 2 )

**Dr. Karim Labane <sup>(1)</sup>, Dr. Abdelhamid Bencharnine <sup>(2)</sup>  
Dr. Med Fahssi Ryad <sup>(3)</sup>**

(1), (2) et (3) University of Algiers 3  
Institute of Physical Education and sport- Algiers

### **Astract:**

The theme of self-confidence in the field of sports , especially among players of volleyball in some clubs in Algeria is an important issue in terms of giving the dimenssions an image and diagnosis that sport is characterized by the general characteristics of psychological bases that make athletes capable of giving mental and motor abilities.

We have chosen in this research a sample of (16) player of volleyball and was deliberately testing in the sports season ( 2015-2016 ) , and we have used in our research the self scale preparation confidence Robin Philly ( Vealy ) Arabization Mohammad Hassan Alaoui, to measure confidence in athletes as a tool to collect data codified after the Algerian environment , knowing that we have reached the results of special moral significance terms of maintaining confidence and highlight the capabilities to meet the tactical and technical indicators of the players , to show control of their acquisitions and take responsibility in athletic performance during competition.

**Keywords: Self-confidence , Competition , Volleyball player**

## **La Confiance en Soi chez les Volleyeurs durant la Compétition. (Cas des Clubs Algérois 2éme Division)**

### **Résumé**

Le thème de la confiance en soi dans le domaine du sport, en particulier chez les joueurs de volleyball dans certains clubs en Algérie est une question importante en terme de donner aux dimensions d'une image et d'un diagnostic

que le sport est caractérisé par les caractéristiques générales des bases psychologiques qui rendent les athlètes capable de répondre aux mentales et motrices de la compétition sportive

Nous avons choisi dans cette recherche délibérément un échantillon de (16) joueur de volley-ball testé au cours de la saison sportive (2015-2016), et nous avons utilisé dans notre recherche le questionnaire de la confiance en soi de Robin Philly (Vealy) traduit par Mohammad Hassan Alaoui, pour mesurer la confiance chez les athlètes Algériens. Les résultats montrent un effet significatif dans la capacité de maintien de la confiance et la mise en évidence, les capacités à montrer les indicateurs tactiques et techniques des joueurs, tels que le contrôle de leurs acquisitions et la prise de responsabilité pour atteindre la performance athlétique pendant la compétition.

**Mots Clés : La confiance en soi, La compétition, Les joueurs du Volleyball.**

### الثقة بالنفس أثناء المنافسة لدى لاعبي الكرة الطائرة . ( حالة النوادي العاصمية للقسم الثاني )

#### الملخص:

إن موضوع الثقة في النفس في المجال الرياضي وخاصة عند لاعبي الكرة الطائرة لدى بعض النوادي الجزائرية، من المواضيع الهامة من حيث ضرورة ابراز الصور في الرياضة الجزائرية وخصائصها منها النفسية التي تجعل الممارسين يبدون قدرات ذهنية وحركية على المستوى العالي.

لقد اخترنا في هذه الدراسة عينة من 16 لاعب لالكرة الطائرة المنتمون للقسم الوطني الثاني، وقد قمنا باختبارات الثقة بالنفس للموسم الرياضي 2016/2015، وهذا بالإعتماد على اختبار الثقة بالنفس لروبن فييلي و الذي ترجمه محمد حسن علاوي، ويهدف هذا الإختبار لقياس الثقة لدى الرياضيين، كما يمكن القول اننا تحصلنا على نتائج معنوية من حيث استعمال التحضير الذهني كسند للثقة بالنفس لوضع القدرات التقنية والخطية اثناء المنافسات، ومنها التحكم في الداء التقني واتخاذ المسؤولية من حيث النتائج الرياضية في المنافسات.

**الكلمات الدالة: الثقة بالنفس، المنافسة الرياضية، لاعبي الكرة الطائرة.**

## 1-Introduction

Emotions are seen as a manifestation and a complement of human nature dan its normal state, and acts as the motivation of behavior after an adaptation either short or long, and is dominated by emotions on the mind often, leading thought and form the fate of human sexuality man condemns in the quality and strength of the impact of emotions in human affairs, and exercise to feel good, it should reach wise to dispose of. ( Fanget. F, 2006, p 21)

On another view, human interactivity between what is a person who has the skills and mental capabilities and information that is all the emotional ability to translate this knowledge and skills to the behaviors, then this is the aim of whether serenely draw any situation. (Hambly. K, 2008, p 11)

What this means mental cognitive side led to a change in the look of psychologists to pay attention to emotion and that is of interest and does not separate the mind and thought it interferes with and is completed , operations are cognitive positively contribute to changing the emotion and the name and emotion that will encourage creative thinking and solving problems between the individual under usual or new situations. (Fanget. F, 2006, p29)

## 2-Theoretical context

Volleyball players are subjected in many sports stations (training competitions) to the positions of emotions related to the performance of the players and the playing of the game and the success, failure, etc., are considered variable and disrupting disorganized and confused and difficult to control and adjust, and it is contrary to logical thinking it must appeal to reason and sense of isolation because they negatively affect the performance of the coach and the team. (Huguet, S, 2014, p. 67)

The concept of psychological self-confidence develops when an individual with experience and practice, perception and see the researcher as many athletes think that confidence is the athlete of waiting to reach the success and winning is based on the positions of the objective competition that appear on the player during a sports competition and what are the things that worked by athletes to succeed. (Gastaldi. J, 2005, p46).

On the other hand, we can say that failure is a very difficult phase in the individual, especially an experience that gives the idea very dark, and it becomes an obstacle for future situations is the same or that look like and for this Fanget. F, asks:

What mechanism for this " lock "? But he answered quickly , it is the fear of not succeeding : in fact, you expect failure , which paralyzes you into action . ( Fanget . F, 2006, p32 )

### 3-Images practices to gain confidence in competition

concentration capacity can be developed to gain self-confidence, in sports in general and especially in volleyball players, with a few exercises that are specific to the sport or not:

\* **Simulate for actions:** for example, if you are distracted by spectators during a volleyball match, you can set up an action in which two players play and the other run by stimulating the opponent to draw the intention of the crowd field or trying to entertain in one way or another. (Mayer. J, Geher. G, 1996, p39)

\* **Focus on his work with precision:** the possession the ball with the game, we can focus on the personal phase includes me only. For example, training in the application match, try to choose the right attack phase in play and see how long you maintain that goal. (Blain. P, 2006, p23)

\* **Learn to think positively:** the most important phase in competition in game situations is to know how to focus on your positive thoughts only and see how long you last before you have negative thoughts that arise. (Mayer. J, Geher. G, 1996, p49)

\* **A thought on something besides the game:** for example in volleyball where you just miss a block, tried to forget and see a picture in the room, often advertising plates give you a choice of creativity and thinking nice (color, light etc.). (Blain. P, 2006, p63)

\* **Be present in all game situations:** pursue the conduct of situations by a sequence of actions, and provide behavior and not to lose the future: the only time you can really still be present. (Gastaldi. J, 2005, p76).

### 4 - confidence is the success

The Self-confidence is a very important step in the individual, it is the best moment of joy , and above all it's success in real situations and in the past it was a failure. ( Fanget F, 2006, p63 . )  
exposes the three points of sucked :

#### 4-1- Le Reve to reach these expectations

The individual is still on an imagination that gives hope to reach those expectations , but be very optimistic to complete the effort provided, giving the joy of success .

#### 4-2- The Need motivation

By cons , we must be very sure to try to do the best possible with the encouragement of others and especially the different motivations with all forms.

#### 4-3- The success is a goal

For the purpose of the individual, which remains the essential point to be reached by at conviction must believe that he must win and snatch the meers .

But in the field of sport , we must know that the key is : (Blain. P, 2006, p83)

- \* Take into consideration the nature of the goal.
- \* Comprendre the nature of success for Gagner confidence .
- \* Consider the niveau the game and competition and intra extar group.
- \* Follow the steps successivement and degree of difficulty.
- \* Learn from others and failure especially in situations similar competitions.
- \* Gaining the trust of autruio in the sports group, for example : the coach , teammates ... ect .
- \* Move closer to the level requested by the exigences the nature of competition.
- \* Follow the steps and send the player's in the difficult's situations.
- \* Like the field of the competition champion ship.

## 5-Research Objective

The research aims to identify the confidence and especially in competition with an analytical vision with the player itself and between the players of volleyball in Algeria is questionable Search: Is there a difference between the self and the trend personal and between volleyball players of confidence in the Algerian clubs? And for that, the method used is descriptive analytical method of the field of competition, where he is the right approach to the nature of the research. The research sample is limited to (16) volleyball player, they were tested deliberately, in the current sports season (2015/2016).

## 6- Search Tools

This is the test for measuring the confidence of Robin Philly Vealy and is Arabized by Mohammed Alaoui to measure the confidence of athletes: Scale (13) is made to identify self to the practitioners of sports the level of confidence and the researcher to apply the scale on the exploration sample and the strength (16) community Player research and outside the base sample has a sincerity rate and high scientific operations of this scale has been stable for experts in the fields of training and specialty volleyball, especially with tests (validity is almost all experts gave the agreement the implementation of self-confidence measurement test, and the stability coefficient is very significant  $R = 0.89$ ).

## 7-statistical method

### 7-1-Method used

Is the parametric statistics (Champely 2004), which allows the characterization and cut the population and more specifically the series of

values of a variable that includes using as the arithmetic average parameters (which is determined by the sum of the values observed divided by the number of series elements); variance and coefficient of variation.

$$\bar{x} = \frac{1}{n} \sum_{i=1}^n x_i$$

As it is very important to know how is it that the group is arranged around the middle it is grouped or scattered around it? The standard deviation is a dispersion index because it provides information on the dispersion around the mean. We calculate the standard deviation of the sample by using the following formula: -For Analytical statistics was used Student test, to calculate the difference of means of two samples And for all our calculations (mean, standard deviation and the Student t) we used the Office Excel 2007 software.

$$\sigma = \sqrt{\frac{\sum(x - \bar{x})^2}{n - 1}}$$

-For Analytical statistics was used Student test , to calculate the difference of means of two samples.

-And for all our calculations ( mean, standard deviation and the Student t ) we used the Office Excel 2007 software.

**Table No. 01 : Sample Detail**

	players	Variations /competitions
<b>choice</b>	+03 times	+05 times
<b>Nbre</b>	16	16
<b>Participation</b>	65%	71%
<b>Tech shares ( +)</b>	51%	58.50%
<b>Age</b>	19.17±0.89	19.17±0.89
<b>Standard Deviation</b>	1.67±0.70	1.94±1.63
<b>the average</b>	19.41±1.31	21.06±1.97
<b>Participation/test</b>	13.36±1.19	14.29±1.26

## 7 - Analysis and discussion of the results

We put a presentation of two (02) axes , these verbal declarations on confidence before and after the competition.

**Table No. 02 : Questionnaire Results**

	Before the competition	After the competition
<b>Feelings</b>	yes or no	Yes or no
<b>Yes</b>	88.77 ± 2.52	91.89 ± 0.02
<b>rapid reactions</b>	6.05 ± 0.71	5.13 ± 0.88
<b>the average</b>	3.37 ± 0.21	2.52 ± 0.20
<b>Decisions</b>	79.73 ± 0.70	69.72 ± 0.36
<b>the average</b>	2.5 ± 5.73	2.22 ± 4.38
<b>T. test</b>	1.94 ± 0.32	1.74 ± 0.59

Table 02 shows , the arithmetic mean of the measure of self-declaration of trust ( 88.77 ) and standard deviation (3.37 ) , although the median in comparison with the average premise of the scale is greater than average premise using ( v ) sample and the value of T calculated (1.94 ) which is greater than the tabular value adult T ( 1.88 ) significance level (0.05) and the degree of freedom (30 ) and demonstrated the level of moral meaning and through feelings reported by most of the volleyball players , are characterized by self-confidence and ( Fanget . F, 2006, p73 ) researcher expertise theoretical data , following experience the quick reaction on the responses is a fundamental factor in the formation of personal appearances that indicate where trust is the belief in the realization of gain. (Ripoll. H and Co, 1994, p 270)

**Table No. 03:** Comparative analysis of responses volleyball players para port running of the competition ( during games ) .

TEST	T STUDENT
<b>Nbre</b>	75%(questined players) 1.23
<b>Affirmation answers before</b>	
<b>Difference</b>	<b>S* à 0.05</b>
Always	0.98 (after chicking)
	<b>S à p &lt; 0.05</b>
<b>By references to standards</b>	
<b>Never</b>	<b>0.45</b>
<b>With the model</b>	<b>NS à 0.05</b>
<b>Affirmation Decision</b>	<b>2.02</b>
<b>View tabbed T.</b>	<b>NS à 0.05</b>
<b>Other's</b>	<b>S ** à 0.01</b>

NS : no significant difference , \* difference significant at  $p < 0.05$  , \*\* significant difference  $p < 0.01$  , \*\*\* significant difference at  $p < 0.001$

Table 03 shows that the standard of the assertion advanced volleyball players of responses by measuring self-reported confidence (1.23) is a very low standard deviation relative to the given questionnaire (see Table 02), and this statement taking us to show that the players of Algerian volleyball clubs are characterized by self-confidence and (Blain. P, 2006, p81) researcher expertise of reflections by the experience of practice and cognition is a fundamental factor in the formation of personal appearances that indicate where trust is still stable and yet the individual goes through moments and dissimilar situations, for successful completion of the gain. (Le Bihan. S, 2014, p 85)

### 8-Conclusion

Confidence has assets factors that reflect its impact on the group as a whole and this attribute is full refers to the requirements of the competition, for example, the score and the importance of the match and above all personal or external motivations.

On the other hand, we can say that the psychological skill of volleyball players of the need to train and exercise such as sports skills and can develop through, among others, the development of the spirit of cooperation between

the exercise group around some simple and group exercises between the team during practice periods. (Le Bihan. S, 2014, p 89)

This will confirm us that coaches encourage players to excel on the need for self-confidence, and that some players are unhappy with the back lack of confidence in their abilities, they can resort to show confidence as a kind of compensation to hide weaknesses and doubt in their abilities. (Parlebas. P et Dugas. E, 2005, p 48)

Confidence in the field of sport, remains a huge topic and very difficult, because in a certain position or performance behavior responses to the phenomenon, behavioral responses raise the perception of self-result or result, and includes self-results, satisfaction, perceived success in the future for a win or loss and the results of the self-turn affect and are affected by the competitive sports orientation and allow the kind of personal sport confidence.

### 9-Recommendation

Self-confidence has been over-studied in the sporting Not part of the primary concerns of the various players preparing for volleyball clubs.

It is necessary to take advantage of the experience of the scientific work carried out in high-level clubs. It has become imperative, that our clubs are embarking on training. All actors in the discipline to combine their efforts to get out of this doldrums.

The coaches and preparers of the volleyball clubs must:

- Give importance to the mental preparation and especially the control of the players individually.
- Test the psychological abilities each preparation for the competition.
- Talk to the players during the training and especially at the preparatory phase and in addition on the eve of the competition.
- Accustom players with a sense of responsibility to provide acceptable performance.

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