

STUDY OF SPORT CONFIDENCE LEVEL IN JUDO ATHLETES

Turkcapar Unal^{1,2}, Abdyrakhmanova Dz.O.¹

¹Kyrgyz-Turkish Manas University, Bishkek, Kyrgyzstan

²Kahramanmaraş Sutcu Imam University, Kahramanmaraş, Turkey

Abstract

Purpose of the research is to determine the levels of overcoming stress in sports by judo athletes.

Methods and organization of research. In this study, scanning method was used. This study has a descriptive and logical nature. It was carried out in Bishkek city of Kyrgyzstan in 2022. 134 judo athletes voluntarily took part in the survey. A demographic information form prepared by the researcher and a Sports Confidence Scale were used to collect data. The obtained data were processed using the statistical program SPSS 25.0. Using parametric tests on the data, t-test was used for pairwise group comparisons, ANOVA test was applied for comparing more than two groups, and Post Hoc Tukey multiple comparison test was applied to determine the differences between groups.

The research results and their discussion. There were no significant differences in the perceived continuous level of sports confidence among the judo athletes who participated in the study, taking into account the gender variable. Nevertheless, significant differences emerged according to the level of sportsmanship among professional athletes. In addition, significant differences in the perceived level of sports confidence among the judo athletes who participated in the study were found depending on their nationality. It is also important to note the significant influence of the experience in a given sport on the level of sports confidence, while the experience in sports activity has a positive effect on this indicator.

Conclusion. There were no statistically significant differences between the athletes participating in the research in terms of gender variable, but there is a statistically significant difference based on skill level among professional athletes. Differences in performance among athletes were also found depending on nationality, age and length of sports career, especially among those with 5-6 years of experience.

Keywords: judo, confidence in sports, confidence.

ИССЛЕДОВАНИЕ УРОВНЯ УВЕРЕННОСТИ У СПОРТСМЕНОВ, ЗАНИМАЮЩИХСЯ ДЗЮДО

Туркчапар У. ^{1,2}, e-mail: unal.turkcapar@manas.edu.kg, ORSID: 0000-0002-4205-6446

Абдырахманова Д.О.¹, e-mail: jiparkul.abdyrahmanova@manas.edu.kg, ORSID: 0000-0002-7569-1286

¹Кыргызско-Турецкий университет «Манас», факультет спортивных наук, Бишкек, Республика Кыргызстан

²Кахраманмараш Университет Сутчу Имам, факультет спортивных наук, Кахраманмараш, Турция

Аннотация

Цель исследования: определить уровни преодоления стресса в спорте спортсменами-дзюдоистами.

Методы и организация исследования. В этом исследовании использовался метод сканирования. Исследование носит описательно-логический характер. Исследование проводилось в 2022 году в Кыргызстане, в г. Бишкек. В опросе добровольно приняли участие 134 спортсмена, занимающихся дзюдо. Для сбора данных использовались форма демографической информации, подготовленная исследователем, и шкала уверенности в себе в спорте. Полученные данные были обработаны статистической программой SPSS 25.0. Используя параметрические тесты в данных, t-критерий использовался для попарных сравнений групп, критерий ANOVA применялся для сравнения более чем двух групп, а Post Hoc Tukey критерий применялся для определения различий между группами.

Результаты исследования и их обсуждение. Не было выявлено существенных различий в воспринимаемом непрерывном уровне спортивной уверенности среди спортсменов-дзюдоистов, участвовавших в исследовании, с учетом гендерной переменной. Тем не менее значительные различия проявились в зависимости от уровня спортивного мастерства среди профессиональных спортсменов. Кроме того,

выявлены существенные различия в воспринимаемом уровне спортивной уверенности среди спортсменов-дзюдоистов, принимавших участие в исследовании, в зависимости от национальной принадлежности. Важно отметить также существенное влияние стажа занятий данным видом спорта на уровень спортивной уверенности, при этом опыт спортивной деятельности положительно сказывается на данном показателе.

Заключение. Не было выявлено статистически значимых различий между спортсменами, принимавшими участие в исследовании, с учетом гендерной переменной. Однако существует статистически значимая разница в зависимости от уровня спортивного мастерства среди профессиональных спортсменов. Также были обнаружены различия в показателях среди спортсменов в зависимости от национальности, возраста и стажа спортивной карьеры, особенно у тех, у кого стаж составляет 5-6 лет.

Ключевые слова: дзюдо, уверенность в спорте, уверенность.

INTRODUCTION

One of the basic pillars comprising sport concept is undoubtedly performance. Within the boundaries of contemporary sport science founded on performance, researchers have spent great effort to reveal determinants of performance and to develop factors believed to have positive contribution into performance these influent factors for long years [4].

Today, sport has a great importance in society. Sports are seen as one of the best ways to live a healthy life, to stand up to stagnant living conditions, and to carry the mental health balance to higher levels (Alıncak, 2015) [1].

Efficiency in sports can be expressed as the psychological, biomechanical, physiological and capacity of the athletes during the movement. Athletes' ability to achieve high-level success depends on the renewal processes of both their physiological and psychological capacities [16; 20].

When the individual realizes his/her talent, power and potential, he/she will have formed an opinion on which subjects he/she can be successful in, and this is called self-confidence. Bandura describes self-confidence as the belief that one can perform the activities necessary to reach a determined output [3].

Success refers to being able to cope with the combination of many factors such as movement, thought, psychology, and the effects of external factors. In sports activities, the person is directly affected by himself, as well as his skills in training, the people who support him, and the psychological and physical condition of the opponent. Reducing the effect of external factors on sports activities and achieving success by analyzing the situation will be possible with the high self-confidence of the person [23].

The psychological state of an athlete affects the performance of the athlete in general. When this thought is emphasized, the idea that athletes and coaches should give importance to psychological studies at least as much as physical studies emerges. Mental training within the scope of psychological studies is seen as one of the most valuable methods to maximize the performance of the athlete and to be ready for competitions [27].

Self-confidence, which is defined as self-confidence and belief in the actions that an individual desires to perform, is not the same for every individual, but differs. It is seen less in some individuals and more in some individuals. This, in turn, will lead people's lives in the way they want, and return in the form of success or failure. Some researchers have stated that they believe that self-confident athletes will reveal their physical and mental potentials in order to be successful and maximize success [14; 11].

Athletes with high self-confidence are generally positive, enthusiastic, focused on success and generally highly motivated. Athletes with these characteristics can maintain their comfort even if the conditions go bad. Confident athletes are positive and confident under pressure [24]. Sportive self-confidence can be directly related to the expectation of success. Athletes with high self-confidence have high belief in their potential, that they have the physical and mental strength necessary to be successful.

A high level of sporting confidence is of great importance for the athlete to motivate himself while achieving the goals on the way to success. In order to achieve success and achieve the set goals, athletes must keep their self-confidence at the highest level. Athletes should prepare themselves for the competition in a psychological sense as well as technical and tactical skills.

The feeling of confidence in sports may not be constant and may be lost from time to time. It is stated that sources of self-confidence are a reason for this situation in some periods. In other words, what athletes treat as sources of trust is a process that varies over time. Many of the studies conducted on this topic have been planned to reveal how some sources of trust affect an individual's behavior. Research on the sources of self-confidence has supported the explanation of the mutual effects of athletes' individual characteristics, organizational culture and social backgrounds [6].

In this direction, the aim of the study is; The aim of this study is to examine the continuous sportive confidence levels of individuals who do judo sports.

MATERIAL AND METHOD

Model of the Research

The research is descriptive in nature and the continuous sportive confidence levels of individuals who do judo sports were examined.

In this study, the model of the research was created by considering the "screening model". Screening models are research models that aim to describe a past or present situation as it is. The event, person or object that is the subject of the research is tried to be conveyed in its own conditions and as it is. There is no intention to change or affect these conditions in any way [13].

Working group

The study group of this research consists of 134 participants, 104 men and 30 women, who practiced judo in the city of Bishkek, Kyrgyzstan in 2022.

Data Collection and Tools Used

The data was collected via Google Forms. Two different data collection tools were used in the study.

*Diagnostic Information Form

The "Personal Information Form" developed by the researcher was used to determine the demographic characteristics of the university students participating in the research. This form; gender, age, sports age, sports level and national team member? consists of questions.

* Continuous Sportive Confidence Scale (SSQ):

In order to measure the self-confidence levels of the athletes, the Continuous Self-Confidence Inventory in Athletes was used, which was originally created by Vealey in 1986 and adapted to the Turkish sample in 2006 by Engür et al. This scale consists of 13 questions and evaluates the person's feelings about self-confidence in general. The Continuous Sportive Confidence Inventory-SSGE has a single factor structure. Items were numbered from 1 to 9 with a Likert scale type. Item analysis and reliability analysis were applied to the data set obtained from the sampling application of the Continuous Sports Confidence Inventory, and 0.94 Cronbach Alpha internal consistency reliability coefficients were obtained.

Analysis of Data

Data analysis was performed with the IBM SPSS Statistic 25 program. Percentage and frequency values were taken for the demographic variables of the participants (gender, age, sports age, athlete level and nationality).

As seen in Table 1, it was concluded that the data showed a normal distribution as a result of the (skewness-kurtosis) test. George and Mallery (2003) stated that if the skewness and kurtosis values are between +2 and -2, the distribution can be interpreted as normal. By using parametric tests in the data, t-test was used for pairwise group comparisons, ANOVA test was applied for comparing more than two groups, and Post Hoc Tukey multiple comparison test was applied to determine the difference between groups.

Table 1 – Test of Normality

Таблица 1 – Результаты теста на уверенность

Scale/Шкала	Skewness/ Ассиметрия	Kurtosis/ Экцесс
Continuous sports confidence/ Постоянная спортивная уверенность	-487	-511

Table 2 – Frequency Distribution of Socio-Demographical Characteristics

Таблица 2 – Распределение социально-демографических характеристик

	Demographic Changes Демографические данные	Frequency Частота	Percent (%) Процент
Age / Возраст	17-19 Age	31	23.1
	20-21 Age	37	27.6
	22-23 Age	41	30.6
	24 Age and older	25	18.7
	Total	134	100
Gender/Пол	Man	104	77.6
	Women	30	22.4
	Total	134	100
Athlete Level / Квалификация	Amateur	90	67.2
	Professional	44	32.8
	Total	134	100
Nationality Status / Национальность	Yes	39	29.1
	No	95	70.9
	Total	134	100
Experience / Стаж	1-2 Year	48	35.8
	3-4 Year	31	23.1
	5-6 Year	27	20.1
	7 Year and older	28	20.9
	Total	134	100

RESULTS

When the demographic values are examined in Table 2, 77.6% of the research consists of 104 people with male, 22.4% with 30 people and a total of 134 athletes. According to the age variable; 23.1% were 17-19 years old, 27.6% were 20-21 years old, 30.6% were 22-23 years old and 18.7% were 24 years old and over; According to the level of athletes: 67.2% of them stated that they were amateur with 90 people and 32.8% of them were professional athletes with 44 people. It was determined that 35.8% of the participants had 1-2 years, 23.1% had 3-4 years, 20.1% had 5-6 years and 20.9% had 7 years or more. It has been determined that 70.9%

of the judokas are not national athletes, and 29.1% are national athletes.

When Table 3 is examined, no significant difference was found in the perceived continuous sportive confidence level score according to the gender variable of the participants ($p > 0.05$). When the arithmetic values in terms of gender are examined; It has been determined that with an average of ($\bar{X} = 95.69$), men have a higher mean value than women ($\bar{X} = 90.77$).

A significant difference was found in the perceived continuous sportive confidence level score of the judo athletes participating in the study according to the athlete level variable ($p < 0.05$).

Table 3 – T-test results of perceived continuous sport confidence scores by gender

Таблица 3 – Результаты Т-теста воспринимаемой непрерывной спортивной уверенности по полу

General and Sub-Dimensions of the Scale/ Общие и дополнительные параметры шкалы	Gender Пол	N	\bar{X}	ss	t	sd	p
Continuous sport confidence / Постоянная спортивная уверенность	Man / Мужчины	104	95.69	16.04	1.512	132	.132
	Women / Женщины	30	90.77	14.54			

When the arithmetic values are examined in terms of athlete level; It has been determined that with an average of ($\bar{X} = 100.89$), professional level athletes have a higher average value than amateur athletes ($\bar{X} = 91.51$).

The difference in the perceived continuous sportive confidence level score according to the nationality status variable of the judo athletes participating in the study was found to be significant ($p < 0.05$). When the arithmetic values are examined in terms

Table 4 – T-test results of perceived continuous sport confidence scores according to athlete levels

Таблица 4 – Результаты Т-теста воспринятых непрерывных показателей спортивной уверенности в зависимости от уровня спортсмена

General and Sub-Dimensions of the Scale/ Общие и дополнительные параметры шкалы	Athlete Level / Квалификация	N	\bar{X}	ss	t	sd	p
Continuous sport confidence / Постоянная спортивная уверенность	Professional / Профессионал	44	100.89	15.13	3.349	132	.001**
	Amateur / Любитель	90	91.51	15.26			

** $p < 0.01$

of nationality; With an average of ($\bar{X} = 99.44$), national level judo athletes were found to have a higher average value than non-national athletes ($\bar{X} = 92.60$).

A significant difference was found in the perceived

continuous sportive confidence scores of the judo athletes participating in the study according to the age variable ($p < 0.05$).

As a result of the Post-Hoc Tukey Multiple Comparison Test conducted to determine which group

Table 5 – T-test results of perceived continuous sport confidence scores according to nationality status

Таблица 5 – Результаты Т-теста воспринимаемой непрерывной спортивной уверенности в зависимости от национального статуса

General and Sub-Dimensions of the Scale/ Общие и дополнительные параметры шкалы	Nationality Status / Национальность	N	\bar{X}	ss	t	sd	p
Continuous sport confidence / Постоянная спортивная уверенность	Yes / Да	39	99.44	15.20	2.313	132	.022*
	No / Нет	95	92.60	15.68			

* $p < 0.05$

Table 6 – ANOVA results of perceived continuous sport confidence scores by age variable

Таблица 6 – Результаты дисперсионного анализа воспринимаемых непрерывных показателей спортивной уверенности по возрастной переменной

Age / Возраст		N	\bar{X}	ss	F	p	Significance / Значение
Continuous sport confidence / Постоянная спортивная уверенность	17-19 Age (1)	31	82.03	16.71	10.501	.000***	1<2,3,4
	20-21 Age (2)	37	97.92	14.20			
	22-23 Age (3)	41	97.66	13.35			
	24 Age and above (4)	25	100.20	12.82			
	Total	134	94.59	15.79			

*** $p < 0.001$

the difference originated from; A significant difference was found between the 17-19 age group and the 20-21 age group, the 22-23 age group and the 24 and over age group ($p < 0.05$). When the mean values of continuous sportive confidence scores are examined; It was observed that the highest value ($\bar{X} = 100.20$) was in the age group of 24 years and above, and the lowest value ($\bar{X} = 82.03$) was in the group between 17-19 years of age.

A significant difference was found in the perceived continuous sportive confidence scores of the judo athletes participating in the study according to the sport year variable ($p < 0.05$).

As a result of the Post-Hoc Tukey Multiple Comparison Test conducted to determine which group the difference originated from; A significant difference was found between the judo group with 5-6 years of experience, the group with 1-2 years of experience and the group of athletes with 3-4 years of experience ($p < 0.05$). When the mean values of continuous sportive confidence scores are examined; It was observed that the highest value ($\bar{X} = 104.11$) was formed by judoists with an aver-

age of 5-6 years of sports experience, while the lowest value ($\bar{X} = 89.63$) was formed by judoists with an average of 1-2 years of sports experience.

DISCUSSION AND CONCLUSION

When the demographic variables of the athletes participating in the research are examined, it is seen that 77.6% of them are male with 104 people, and 22.4% of them are female with 30 people, a total of 134 athletes. According to the age variable; 23.1% were 17-19 years old, 27.6% were 20-21 years old, 30.6% were 22-23 years old and 18.7% were 24 years old and over; According to the level of athletes: 67.2% of them stated that they were amateur with 90 people and 32.8% of them were professional athletes with 44 people. It was determined that 35.8% of the participants had 1-2 years, 23.1% had 3-4 years, 20.1% had 5-6 years and 20.9% had 7 years or more. It has been determined that 70.9% of the judokas are not national athletes, and 29.1% are national athletes.

It was concluded that there was no significant difference in the perceived continuous sportive confi-

Table 7 – ANOVA results of perceived continuous sport confidence scores according to sport year variable

Таблица 7 – Результаты дисперсионного анализа воспринимаемой непрерывных показателей спортивной уверенности в зависимости от переменной стажа

Experience / Стаж		N	\bar{X}	ss	F	p	Significance / Значение
Continuous sport confidence / Постоянная спортивная уверенность	1-2 Year (1)	48	89.63	16.55	6.376	.000***	3>1,2
	3-4 Year (2)	31	91.19	13.29			
	5-6 Year (3)	41	97.66	13.35			
	7 Year and above (4)	28	97.68	17.05			
	Total	134	94.59	15.79			

*** $p < 0.001$

dence level score of the judo athletes participating in the study according to the gender variable. Indeed, Öztürk et al. (2016) [21] found no difference between the sportive confidence levels of male and female athletes in their study on judoka. Aygün and Öztaşyonar (2019) [2] reached similar results in his study. While this result is in parallel with our study, Karagün (2014) [12] and Yıldırım (2013) [28] concluded that female athletes' continuous sports confidence is higher than male athletes in their studies. Çetinkaya (2015) [7], MacKay and Fanning (2005) [18], Krane and Williams (1994) [17] revealed in their studies that men consistently have higher sportive confidence scores. Also, Jones, Swain and Cale, (1990) [9]. and Jones, Swain, and Cale (1991) [10] found that male athletes had higher levels of sportive self-confidence than female athletes. Researchers determined that this situation did not change in the pre-competition period. They also stated that a change in the self-confidence levels of female athletes can be experienced more easily than male athletes.

It has been concluded that there is a significant difference in the perceived continuous sportive confidence level score of the judo athletes participating in the research according to the athlete level variable, and this awareness is in favor of professional athletes. In the study conducted by Bozkurt et al. (2012) [5], no significant difference was found in the state and continuous sportive confidence levels in the super league and minor league football players according to the league levels.

It has been concluded that there is a significant difference in the perceived continuous sportive confidence level score of the judo athletes participating in the research according to the nationality variable, and this awareness is in favor of the national level athletes. There was no difference in the level of sportive confidence according to the national status of the athletes participating in the study conducted by [26]. When the literature is examined, in many studies, advanced, elite, master athletes; demonstrated that they have higher self-confidence than novice, elite, or non-master athletes [22; 15; 19]. Yıldırım and Kocaekşi (2020) [29] in their study, according to the variable of being a national, continuous sportive self-confidence and state sportive concluded that there was no statistically significant difference in self-confidence dimensions.

REFERENCES

1. Altıncak F., Abakay U. Comparison of the levels of resistance to stress of individuals engaged in individual and team sports // Academic Social Research Journal, Year. – 2015. – T. 3. – C. 333-345.

In their study, Erdogan and Erhan (2019) [8] found that the average score of national athletes was determined by the score of non-national athletes found to be higher than the average.

Vurgun's (2010) [26] study supports our findings. The author found that sports confidence increases with age. In addition, the researcher found that the sportive confidence level of men in the age group 20 and under and 21-24 is higher than that of women, and the level of confidence in sports of women in the age group 25 and above is higher than that of men. Karagün (2014) [12], on the other hand, did not find any relationship in terms of age variable in his study on sports confidence. Thomas et al. (2019) [25], coping with pressure, communication, courage, and positive mindset of youth playing football in academy. They state that they express psychological factors such as self-confidence as a type of self-confidence.

It was concluded that there was a significant difference in the perceived continuous sportive confidence scores of the judo athletes participating in the study according to the sport year variable, and this difference was in favor of the athletes for 5-6 years. As a matter of fact, the study of Perry and Williams (1998) [22] supports our findings. The authors conducted a study by classifying the self-confidence levels of tennis players as beginner, intermediate, and advanced, and found that advanced athletes had higher self-confidence. Therefore, increasing the duration of sportsmanship can contribute positively to sports confidence. The study by Karagün (2014) [12] also supports our finding. Starting from the first year of starting sports, the researcher reached the highest scores in the range of 10-12 years in the research group, which he categorized as 16 years and above.

A unique environment to be created between the family, school environment and peer groups will be extremely important during the basic education period of children and young people in order to ensure an effective and productive sports confidence. The close relationship between the self-confidence levels of the athletes and the sportive performance is an extremely important issue. In parallel with this, it will be extremely beneficial to create a unique sports environment for them and to be purified and developed from negative environmental factors.

2. Aygün M., Öztaşyonar Y. The Confidence Characteristics of Ice Hockey Athletes
3. Bandura A. Self-efficacy: The exercise of control. – 1997.
4. Bayköse N. et al. Is Self Talk of Athletes One of the Determinants of Their Continuous Sportive Confidence

- Level? // Journal of Education and Training Studies. – 2019. – T. 7. – №. 2. – C. 192-197.
5. Bozkurt O. et al. Comparison of Sports Self-Confidence and Self-Efficacy Beliefs of Footballers in Turkey According to League Levels // Niğde University Journal of Physical Education and Sports Sciences. – 2012. – T. 6. – №. 3.
 6. Chi-der D. et al. Male and female basketball players' goals orientation, perceived motivational climate, perceived ability and sources of sport confidence // Sport Journal. – 2003. – T. 3. – №. 6.
 7. Çetinkaya T. The relationship between athlete identity and continuous sportive self-confidence in team sports // Unpublished PhD Thesis, Gazi University, Ankara. – 2015.
 8. Erdoğan N. G., Erhan S. E. Examining the relationship between sport imagery and sportive confidence of athletes interested in winter sports // International Journal of Exercise Psychology. – 2019. – T. 1. – №. 1. – C. 15-23.
 9. Jones J. G., Swain A., Cale A. Antecedents of multidimensional competitive state anxiety and self-confidence in elite intercollegiate middle-distance runners // The Sport Psychologist. – 1990. – T. 4. – №. 2. – C. 107-118.
 10. Jones G., Swain A., Cale A. Genier differences in precompetition temporal fattening ami antecedents of anxiety and self-confidence // Journal of Sport and Exercise psychology. – 1991. – T. 13. – №. 1. – C. 1-15.
 11. Kara T. et al. Investigation of Continuous Self-Confidence Levels of High School Students Interested in Team Sports or Individual Sports // Sportive Perspective: Journal of Sport and Educational Sciences. – 2017. – T. 4. – №. Q1. – C. 56-62.
 12. Karagün E. Self-confidence level in professional athletes; an examination of exposure to violence, branch and socio-demographic aspects // Journal of Human Sciences. – 2014. – T. 11. – №. 2. – C. 744-753.
 13. Karasar N. Reporting in research // Ankara: Nobel Publishing House. – 2009.
 14. Kelsey R. Would you have a little more self-confidence // FC Erdemli Trans.) Ankara: Kahve Yayınları. – 2014.
 15. Kitsantas A., Zimmerman B.J. Comparing self-regulatory processes among novice, non-expert, and expert volleyball players: A microanalytic study // Journal of applied sport psychology. – 2002. – T. 14. – №. 2. – C. 91-105.
 16. Konter E. Misconceptions and truths in sports psychology practices. – Dokuz Eylül Publications // Ankara: Dokuz Eylül Publications 2003. p. 7-37.
 17. Krane V., Williams J. M. Cognitive anxiety, somatic anxiety, and confidence in track and field athletes: The impact of gender, competitive level and task characteristics // International Journal of Sport Psychology. – 1994. – №. 25. – C. 203-217.
 18. McKay, M. Fanning, P. Self-confidence. Proven Techniques to Demonstrate, Develop and Maintain Your Confidence. trans. Fatos Gaye Atay. Friends Publishing House, Ankara. – 2005. – C. 1-2.
 19. McPherson S. L. Expert-novice differences in planning strategies during collegiate singles tennis competition // Journal of sport and exercise psychology // Journal of Sport & Eacercise Psychology. – 2000. – T. 22. – №. 1. – C. 39-62.
 20. Miçooğulları B. O., Kirazcı S. Adaptation of the scale of self-confidence in sports to the Turkish population // Journal of Sport Sciences. – 2010. – T. 21. – №. 4. – C. 154-163.
 21. Öztürk A., Bayazit B., Gencer E. Investigation of problem solving skills and sportive confidence levels of judo players (Example of Trabzon Olympic Preparation Center) // Spormetre Journal of Physical Education and Sport Sciences. – 2016. – T. 14. – №. 2. – C. 145-151.
 22. Perry J. D., Williams J. M. Relationship of intensity and direction of competitive trait anxiety to skill level and gender in tennis // The Sport Psychologist. – 1998. – T. 12. – №. 2. – C. 169-179.
 23. Skinner B. R. The relationship between confidence and performance throughout a competitive season. – 2013.
 24. Taylor J., Wilson G. S. Applying sport psychology: Four perspectives. – Human Kinetics, 2005. – C. 119-132.
 25. Thomas O. et al. Types, sources, and debilitating factors of sport confidence in elite early adolescent academy soccer players // Journal of Applied Sport Psychology. – 2021. – T. 33. – №. 2. – C. 192-217.
 26. Vurgun N. Adaptation of the imagery in sports questionnaire into Turkish and the effect of imagery in sports on competition anxiety and sports confidence. – 2010.
 27. Weinberg, R.S. and Gould, D. Spor ve Egzersiz Psikolojisinin Temelleri. Ankara: Nobel Akademik Yayıncılık. 2015.
 28. Yıldırım F. Adaptation of Sportive Continuous Self Confidence Sub-Scale and examination of sportive continuous self-confidence in secondary education students in terms of various variables: дис. – Institute of Education Sciences. 2013.
 29. Kocaekşi S., Yıldırım I.O. Investigation of Mental Endurance, Self-Efficacy Belief and Sportive Self-Confidence Levels in Wrestlers // International Journal of Contemporary Educational Research. – 2020. – T. 6. – №. 2. – C. 392-406.
 5. Bozkurt O. et al. Türkiye'de ki Futbolcuların Lig Düzeylerine Göre Sportif Kendine Güven ve Öz Yeterlik İnançlarının Karşılaştırılması // Niğde Üniversitesi Beden Eğitimi Ve Spor Bilimleri Dergisi. – 2012. – T. 6. – №. 3.
 6. Chi-der D. et al. Male and female basketball players' goals orientation, perceived motivational climate, perceived ability and sources of sport confidence // Sport Journal. – 2003. – T. 3. – №. 6.
 7. Çetinkaya T. Takım sporlarında sporcu kimliği ve sürekli sportif kendine güven ilişkisi // Yayımlanmamış Doktora Tezi, Gazi Üniversitesi, Ankara. – 2015.
 8. Erdoğan N. G., Erhan S. E. Kış sporları ile ilgilenen

ЛИТЕРАТУРА

1. Alıncak F., Abakay U. Ferdi ve takım sporlarıyla uğraşan bireylerin strese karşı koyabilme düzeylerinin karşılaştırılması // Akademik Sosyal Araştırmalar Dergisi, Yıl. – 2015. – T. 3. – C. 333-345.
2. Aygün M., Öztaşonar Y. Buz Hokeyi Sporcularının Sportif Sürekli Kendine Güven Özelliklerinin
3. Bandura A. Self-efficacy: The exercise of control. – 1997.
4. Bayköse N. et al. Is Self Talk of Athletes One of the Determinants of Their Continuous Sportive Confidence Level? // Journal of Education and Training Studies. – 2019. – T. 7. – №. 2. – C. 192-197.

- sporcuların sporda imgeleme ile sportif güven arasındaki ilişkinin incelenmesi // Uluslararası Egzersiz Psikolojisi Dergisi. – 2019. – T. 1. – №. 1. – C. 15-23.
9. Jones J. G., Swain A., Cale A. Antecedents of multidimensional competitive state anxiety and self-confidence in elite intercollegiate middle-distance runners // *The Sport Psychologist*. – 1990. – T. 4. – №. 2. – C. 107-118.
 10. Jones G., Swain A., Cale A. Genier differences in precompetition temporal fattening ami antecedents of anxiety and self-confidence // *Journal of Sport and Exercise psychology*. – 1991. – T. 13. – №. 1. – C. 1-15.
 11. Kara T. et al. Takım Sporü Veya Bireysel Sporlarla İlgilenen Lise Öğrencilerinin Sportif Sürekli Kendine Güven Düzeylerinin İncelenmesi // *Sportif Bakış: Spor ve Eğitim Bilimleri Dergisi*. – 2017. – T. 4. – №. S1. – C. 56-62.
 12. Karagün E. Self-confidence level in professional athletes; an examination of exposure to violence, branch and socio-demographic aspects // *Journal of Human Sciences*. – 2014. – T. 11. – №. 2. – C. 744-753.
 13. Karasar N. Araştırmalarda rapor hazırlama // Ankara: Nobel Yayınevi. – 2009.
 14. Kelsey R. Biraz daha özgüven alır mıydınız // FC Erdemli Çev.) Ankara: Kahve Yayınları. – 2014.
 15. Kitsantas A., Zimmerman B.J. Comparing self-regulatory processes among novice, non-expert, and expert volleyball players: A microanalytic study // *Journal of applied sport psychology*. – 2002. – T. 14. – №. 2. – C. 91-105.
 16. Konter E. Spor psikolojisi uygulamalarında yanılığlar ve gerçekler. – Dokuz Eylül Yayınları // Ankara: Dokuz Eylül Yayınları 2003. s. 7-37.
 17. Krane V., Williams J. M. Cognitive anxiety, somatic anxiety, and confidence in track and field athletes: The impact of gender, competitive level and task characteristics // *International Journal of Sport Psychology*. – 1994. – №. 25. – C. 203-217.
 18. McKay, M. Fanning, P. Özgüven. Özgüveninizi Ortaya Koymak, Geliştirmek ve Korumak İçin Kanıtlanmış Teknikler. Çev. Fatoş Gaye Atay. Arkadaş Yayınevi, Ankara. – 2005. – C. 1-2.
 19. McPherson S. L. Expert-novice differences in planning strategies during collegiate singles tennis competition // *Journal of sport and exercise psychology* // *Journal of Sport & Exercise Psychology*. – 2000. – T. 22. – №. 1. – C. 39-62.
 20. Miçoogulları B. O., Kirazcı S. Sporda kendine güven kaynakları ölçeğinin Türk popülasyonuna uyarlanması // *Spor Bilimleri Dergisi*. – 2010. – T. 21. – №. 4. – C. 154-163.
 21. Öztürk A., Bayazıt B., Gencer E. Judocuların problem çözme becerilerinin ve sportif güven düzeylerinin incelenmesi (Trabzon Olimpiyat Hazırlık Merkezi örneği) // *Sportmetre Beden Eğitimi ve Spor Bilimleri Dergisi*. – 2016. – T. 14. – №. 2. – C. 145-151.
 22. Perry J. D., Williams J. M. Relationship of intensity and direction of competitive trait anxiety to skill level and gender in tennis // *The Sport Psychologist*. – 1998. – T. 12. – №. 2. – C. 169-179.
 23. Skinner B. R. The relationship between confidence and performance throughout a competitive season. – 2013.
 24. Taylor J., Wilson G. S. Applying sport psychology: Four perspectives. – *Human Kinetics*, 2005. – C. 119-132.
 25. Thomas O. et al. Types, sources, and debilitating factors of sport confidence in elite early adolescent academy soccer players // *Journal of Applied Sport Psychology*. – 2021. – T. 33. – №. 2. – C. 192-217.
 26. Vurgun N. Sporda imgeleme anketinin Türkçeye uyarlanması ve sporda imgelemenin yarışma kaygısı ile sportif güven üzerindeki etkisi. – 2010.
 27. Weinberg, R.S. and Gould, D. Spor ve Egzersiz Psikolojisinin Temelleri. Ankara: Nobel Akademik Yayıncılık. 2015.
 28. Yıldırım F. Sportif Sürekli Kendine Güven Alt Ölçeğinin uyarlanması ve ortaöğretim kurumlarındaki öğrencilerde sportif sürekli kendine güvenin çeşitli değişkenler açısından incelenmesi : дис. – Eğitim Bilimleri Enstitüsü. 2013.
 29. Kocaekşi S., Yıldırım İ.Ö. Güreşçilerde Zihinsel Dayanıklılık, Öz Yeterlik İnancı ve Sportif Kendine Güven Düzeylerinin İncelenmesi // *Uluslararası Güncel Eğitim Araştırmaları Dergisi*. – 2020. – T. 6. – №. 2. – C. 392-406.

СВЕДЕНИЯ ОБ АВТОРАХ:

Unal Turkçapar, доктор PhD, профессор – Факультет спортивных наук, Кыргызско-Турецкий университет «Манас», Факультет спортивных наук пр. Мира, 56, г. Бишкек, Кыргызстан, 720001. Университет Кахраманмараш Сутчу Имам; e-mail: unal.turkcapar@manas.edu.kg, ORCID: 0000-0002-4205-6446.

Abdyrahmanova Джипаркуль Омүшевна – кандидат биологических наук, профессор; Факультет спортивных наук, Кыргызско-Турецкий университет «Манас», пр. Мира, 56, г. Бишкек, Кыргызстан, 720001. Email: jiparkul.abdyrahmanova@manas.edu.kg, ORCID: 0000-0002-7569-1286.

Поступила в редакцию 20 августа 2023 г.

Принята к публикации 28 октября 2023 г.

ОБРАЗЕЦ ЦИТИРОВАНИЯ

Türkçapar, U. Study of sport confidence level in judo athletes/ Türkçapar Ü., Abdyrahmanova Dz.O. // *Наука и спорт: современные тенденции*. – 2023. – T. 11, № 4 – C. 104-112. DOI: 10.36028/2308-8826-2023-11-4-104-112

FOR CITATION

Türkçapar, U., Abdyrahmanova, Dz.O. Study of sport confidence level in judo athletes. *Science and sport: current trends*, 2023, vol. 11, no. 4- pp. 104-112 DOI: 10.36028/2308-8826-2023-11-4-104-112