



## A COMPARISON OF SPORTS CONFIDENCE AND FRIENDSHIP QUALITY AMONG THE ATHLETES

**Sanjit Kumar Roy**

Research Scholar, Dr. C. V. Raman  
University, Kota, Bilaspur, CG

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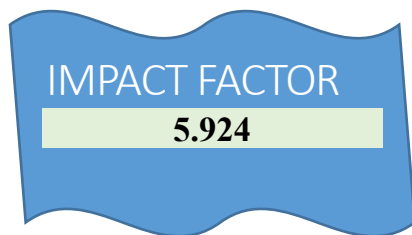
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**Abstract**

The purpose of the study was to compare the Sports Confidence and Friendship Quality among different sports persons. Sport confidence is regarded as a key success factor for athletes at all levels. According to studies, sports confidence is a multifaceted concept rather than a talent variable construct, and the sports confidence model established three distinct forms of sports confidence (i.e., physical skill and training, cognitive efficiency, and resilience) that are needed for sporting success. There are various human qualities we have, one of them being friendship quality. The quality of these friendships can significantly influence mental development during adolescence, either enhancing or hindering it. Thus, this systematic review aims to explore the association between sports confidence and friendship quality among the different sports persons.

This study utilized a non-experimental comparative design to analyze psychological variables—specifically sports confidence (SC) and friendship quality (FQ)—among 120 male national-level athletes from West Bengal universities and clubs, equally distributed across Track & Field, Football, and Volleyball, with a mean age of 23 and 4-5 years of competitive experience. In this study Vealey's Trait Sports-confidence Inventory (TSCI) questionnaire and McGill Friendship Questionnaire-FF (MFQ-FF) are used as data collection tool. In conclusion There is a significant difference Sports Confidence among different spots persons, Track & Field athletes higher sports confidence than Volleyball and Football athletes, respectively Track & Field athletes also show higher friendship quality than Volleyball Players and Football Players. Hypothesis1 accepted is statistically significant. Track & Field athletes have significantly higher confidence compared to Volleyball and Football athletes.



Hypothesis2 is accepted Track & Field athletes show significantly higher friendship quality than Football and Volleyball players. It is suggest Confidence and friendship are positively related, and psychological training is needed especially for Football players

**Keywords:** Sports Confidence, Friendship Quality, Athletes (Track and Field, Volleyball and Football)

## Introduction

The purpose of the study was to compare the Sports Confidence and Friendship Quality among different sports persons. Sport confidence is regarded as a key success factor for athletes at all levels. According to studies, sports confidence is a multifaceted concept rather than a talent variable construct, and the sports confidence model established three distinct forms of sports confidence (i.e., physical skill and training, cognitive efficiency, and resilience) that are needed for sporting success (**Machida, 2017**).

There are various human qualities we have, one of them being friendship quality. In group games it is very important to trust each other, respect each other, to know each other qualities and abilities. Social integration with friends plays a crucial role in shaping adolescents' behaviour and determining their well-being. Aspects of friendship, including companionship, trust, closeness, intimacy, and conflicts, collectively define friendship quality. The quality of these friendships can significantly influence mental development during adolescence, either enhancing or hindering it. Thus, this systematic review aims to explore the association between sports confidence and friendship quality among the different sports persons.

This study was employed with a non-experimental comparative design. Specifically, this study was applied for a comparative study approach since the study seeks to compare different individuals in respect of their psychological variables as well as the relationship of different variables will also be considered in the study.

The subjects of the study were male athletes who attended national-level sports in different universities and clubs in West Bengal. 120 subjects were selected from three different sports areas viz Track & Field, Football and Volleyball. Athletes' mean age was 23 and the mean of years of their participation in sport was at least 4 to 5 years.

The study was conducted on two psychological variables i.e., sports confidence (SC) and friendship quality (FQ). Sports confidence as one of the variables analyzed for athletes in this study led this academic work to the indicator of how an athlete or competitor was affected by confidence in their sports performance.

## Methodology

### Subjects

The subjects of the study were male athletes who attended national-level sports in different universities and clubs in Murshidabad district, W.B., India. 120 subjects were selected from three different sports areas viz Track & Field, Volleyball and Football. Athletes' mean age was 23 and the mean of years of their participation in sport was at least 4 to 5 years.

### Objective

The main objective of this study is to compare the levels of sports confidence and friendship quality among athletes from three different sports disciplines—Track & Field, Football, and Volleyball.

### Hypotheses

**H<sub>1</sub>** There is a significant difference in sports confidence (TSCI scores) among Track & Field, Football, and Volleyball athletes.

**H<sub>2</sub>** There is a significant difference in friendship quality (MFQ-FF scores) among Track & Field, Football, and Volleyball athletes.

### Criterion Measure:

The study was conducted on two psychological variables i.e., Sports Confidence (SC) and Friendship Quality (FQ). Sports Confidence as one of the variables analyzed for athletes in this study led this academic work to the indicator of how an athlete or competitor was affected by confidence in their sports performance. In this study Sports Confidence was measured by the questionnaire Vealey's Trait Sports-confidence Inventory (TSCI) and Friendship Quality (FQ) was measured by the questionnaire McGill Friendship Questionnaire-FF (MFQ-FF).

## Result and Discussion

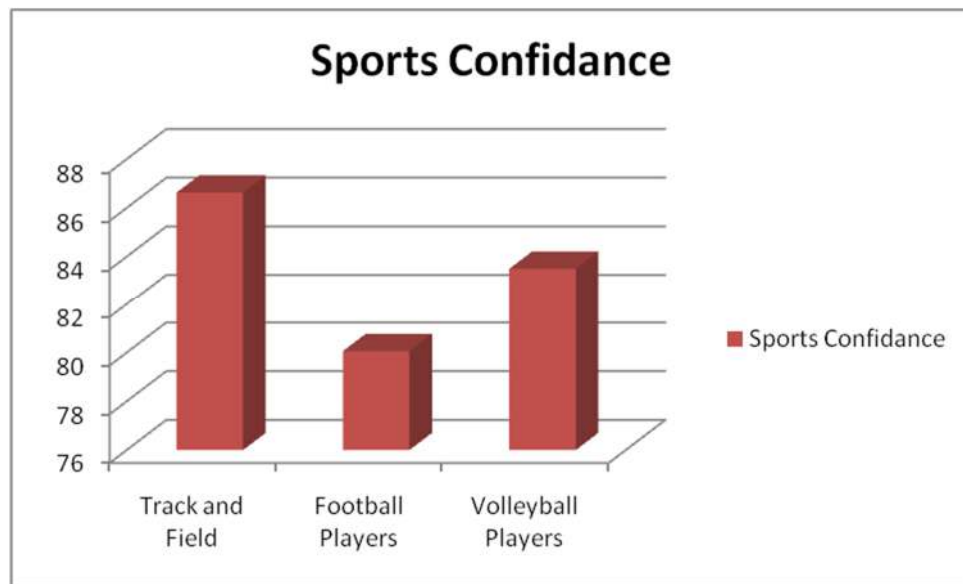
**Table No. 1**

**Descriptive Statistics of the Sports Confidence score (TSCI Score) and friendship quality (MFQ-FF) Score of three groups**

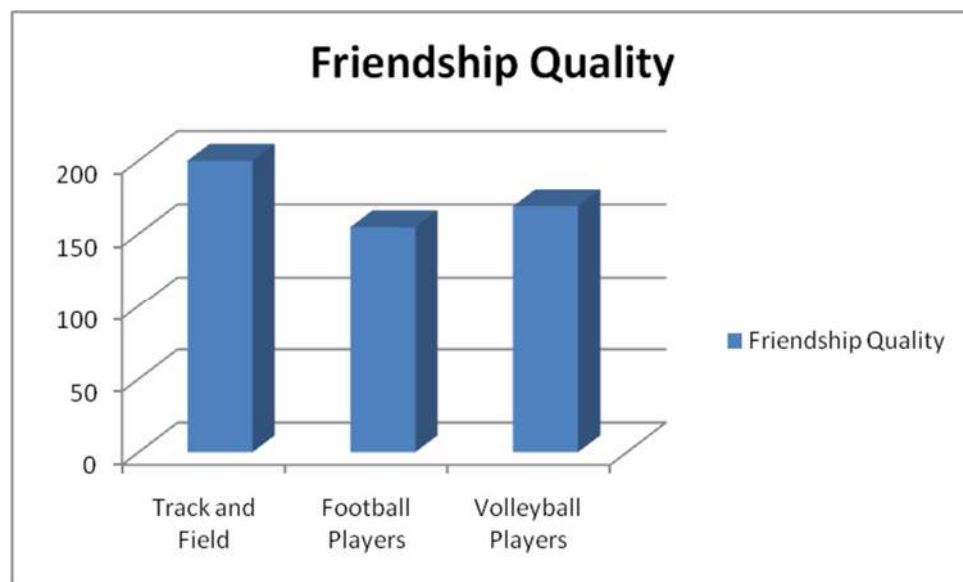
Variables/Sports	Track & Field		Football		Volleyball	
	Mean	SD	Mean	SD	Mean	SD
TSCI Score	86.63333	7.89328	80.06667	11.06815	83.5	8.89772
FF (MFQ-FF). Score	199.93333	22.13278	154.58333	36.31981	168.85	36.77454

The mean and SD of SCAT scores for Track and Field athletes, Footballers and Volleyball players were found as  $86.63 \pm 7.89$ ,  $80.07 \pm 11.068$  and  $83.5 \pm 8.89772$  show Track & Field

athletes higher sports confidence than Volleyball and Football athletes. Respectively the mean and SD of MFQ-FF scores for Track And Field Athletes, Football players and Volleyball players were found  $199.93333 \pm 22.13278$ ,  $154.58333 \pm 36.31981$  and  $168.85 \pm 36.77454$ . Track & Field athletes also show higher friendship quality than Volleyball Players and Football Players.



**Figure No. 1** Sports Confidence mean different among sports persons.



**Figure No. 2** Friendship Quality mean different among sports persons.**Table No. 2**

One Way ANOVA test, using F distribution df (2,177)(right tailed) on SC

Source	DF	Sum of Square	Mean Square	F Statistic	P-value
Between Groups	2	645.90	322.95	3.67	0.03
Within Groups	87	7656.00	88.00		
Total	89	8301.90	410.95		

**Analysis Table No. 2 Hypothesis (H<sub>1</sub>)**

TSCI data show there is a significant difference in sports confidence among Track & Field, Football, and Volleyball players. Since  $p < 0.05$ , the result is statistically significant. Track & Field athletes have significantly higher confidence compared to others.

**Table No. 3**

Way ANOVA test, using F distribution df (2,177)(right tailed) on FQ

Source	DF	Sum of Square	Mean Square	F Statistic	P-value
Between Groups	2	32265.00	16132.50	15.30	0.001
Within Groups	87	91678.00	1054.92		
Total	89	123943.00	17187.42		

**Analysis of table No. 3 Hypothesis (H<sub>2</sub>)**

Track and Field Athletes significantly higher friendship quality than Football and Volleyball players. Data analysis show highly significant difference ( $p < 0.001$ ) Friendship levels differ strongly across sports

**Conclusion**

There is a significant difference Sports Confidence among different spots persons, Track & Field athletes higher sports confidence than Volleyball and Football athletes, respectively Track & Field athletes also show higher friendship quality than Volleyball Players and Football Players. Hypothesis<sub>1</sub> accepted is statistically significant. Track & Field athletes



have significantly higher confidence compared to Volleyball and Football athletes. Hypothesis<sub>2</sub> is accepted Track & Field athletes show significantly higher friendship quality than Football and Volleyball players. It is suggest Confidence and friendship are positively related, and psychological training is needed especially for Football players.

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