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## The Relationship Between Confidence and Personality Dimensions of Guilan Futsal League Players

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### ABSTRACT

Athletes Confidence and personality dimensions are two factors affecting their performance so This study intends to determine the relationship between self-esteem and character dimensions in futsal league of Gilan Province. To this end, 96 participants were selected purposefully and accessible completed confidence Questionnaire And NEO-FFI-60 Check Lists. The mean and standard deviation were used in descriptive and in inferential statistics After determining the normality of the data using the Kolmogorov-Asmirvov (character size  $z = 0.89$ ;  $\text{sig} = 0.42$ ); (confidence  $z = 0.72$ ;  $\text{sig} = 0.62$ ) and equality of variances during the tests ( $P = 0.21$ ,  $F = 2.16$ ) to determine the relationship between variables were analyzed using Pearson coefficient. To determine the relationship between personality and confidence Multiple Regression coefficient was used. Results of this study showed positive significant relationship between two components of personality dimensions and confidence ( $r = 0.449$ ;  $\text{sig} = 0.001$ ;  $R^2 = 0.20$ ). According to the obtained determination coefficient about 20% of confidence variance predict by trait personality.

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## INTRODUCTION

Participate in the competition and succeed in it, In addition to athlete's physical condition, favorable psychological conditions is an urgent need, Given this fact that the physical and psychological aspects are not isolated from each other and both are effective [1], Athletes who have high potential to improve mental ability and keep own morale for high level competition, have focus power on the task and are aware how to cope with environmental stress and set realistic goals and achievable, And can detect and compensate their weaknesses, thus Will be able to consecutive win [2].

While spectators, see competencies and skills of elite athletes, Sport psychology researchers, study causes and factors that affect the quality of their performance and their Coaches. They explore issues related to personality traits, self-esteem, and psychological tendencies..... [3].

Several studies have shown that self-confidence, is the most powerful factor to diagnosis elite athletes of non-elite, [4] and unsuccessful of successful [5]. Confident athletes believe to their abilities to learn competencies physical and mental skills. Having confidence is associated with higher expectations of increasing efforts to create positive emotions, facilitating focus, target selection and the psychological advantage in the competition. In general, confidence affects on excitement, and individual cognition and behavior [3].

Such ways that confidence affect on exercise performance including: raise positive emotions, helps to focus, Affects on goal setting, increases effort, affects on game strategy and Finally is effective, in taking initiative.

Wiley Model [6], is only model that has been created and developed in the field of sports psychology. Wiley defines Sport confidence "people Belief or level of confidence in their ability to succeed in sport". Personality aspect of Sports confidence and particular competitive orientation that athlete enter to sports field, Subsequently will be determining factor that show level of confidence associated with in sport contest [2].

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On the other hand, the study of personality is important to human understanding, And always had a special position in psychology [6]. Five-factor model of personality, which is also called the Big Five titled personality dimensions. Robert McCrae and Paul Costa [7], adopted a program Which identified five-factor personality known as the "five powerful factors " or "big five". These factors include: [1] neurosis (neuroticism), extraversion, flexibility (openness), the viability (harmony), being conscientious (deontology).

Tailored exercise performance a Functional training, experience and psychological factors associated with this variable. As shirvani and Mahdipour (2009) investigated the relationship between personality characteristics and level of aggression in football players. The results showed that the characteristics of extroversion, agreeableness, openness to experience and conscientiousness were significantly negatively correlated with aggression and neuroticism feature had significant positive correlation with aggression. Neurotic component have Aggression predictability in three different levels of the league[8].

In this regard Gharabaghi (2008), Dada and Hart (2000) Swickert et al (1992) in their study have concluded to determine the relationship between personality dimensions of emotional intelligence That overall have shown great correlation between extraversion and dimensions of emotional intelligence And obtained correlations with openness, agreeableness and conscientiousness were smaller [9,10,11].

Due to the popularity of futsal and need to decide on this sports field, And also need to have confidence and competitiveness character for optimal performance and get ready to make up for lost opportunities Breakdown of previous research on the relationship between self-esteem and personality dimensions can be seen in the futsal. Therefore researchers in this study sought to determine the relationship between self-esteem and character dimensions in futsal league of Gilan Province. Furthermore, the research can be found in the initial recognition of talent for the sport of futsal coaches in this field to be very efficient.

#### Methodology:

Participants in the study included 96 patients who were selected by purposive sampling and availability required Questionnaires completed by this group. Data collection tools

Personality short form Check Lists NEO-FFI-60, this Check list of contains 60 questions that measure 5 personality factors in the Likert scale. The internal consistency of this Questionnaires was suitable by previous studies. Mvradyan and Nzlk study (1995) showed that Cronbach Alpha Neuroticism, extraversion, openness, and conscientiousness and agree to respectively was 84/0, 75/0, 74/0, 75 0/83/0. Sports esteem questionnaire that includes both condition and adjective Questionnaires About 48 hours before the competition adjective self-esteem Questionnaires to measure the variables of the sample is completed. The second questionnaire that measures the confidence of the case sports should be completed about 1.5 hours before the match. This questionnaire consisted of 13 questions and is benefited of 9 point Likert scale (1 ..... 9-high-low).

#### Data collection Method:

Given the research variables in order to data analyze and hypotheses test of both descriptive and inferential statistics were used. The mean and standard deviation were used in descriptive and in inferential statistics After determining the normality of the data using the Kolmogorov-Asmirvow (character size  $z = 0.89$ ;  $\text{sig} = 0.42$ ); (confidence  $z = 0.72$ ;  $\text{sig} = 0.62$ ) and equality of variances during the tests ( $P = 0.21$ ,  $F = 2.16$ ) to determine the relationship between variables were analyzed using Pearson coefficient. To determine the relationship between personality and confidence Multiple Regression coefficient was used. It should be noted that this correlation using SPSS version 18 significant level  $p < 0.05$  was calculated.

#### Results:

The descriptive statistics were obtained results showed that most football players, teams have the moral character of  $(3.21 \pm 0.52)$  and less a personality dimension of openness  $(1.93 \pm 0.36)$ . The mean size of neuroticism  $(2.01 \pm 0.51)$ , extraversion  $(2.86 \pm 0.38)$  and agreeableness  $(2.06 \pm 0.41)$ , respectively. The adjective confidence  $(7.03 \pm 0.98)$  and confident state  $(6.79 \pm 1.42)$  was reported.

The relationship between the variables of state and trait personality and confidence using Pearson correlation coefficient test was calculated the results of these tests can be seen in Table 1.

**Table 1:** Test results of the Pearson correlation coefficient between dimensions of personality and self-confidence

Dimensions of personality	Confidence state		Confidence adjective	
	r	sig	r	sig
neurosis	0.28	0.005*	0.28	0.004*
extraversion	0.17	0.009*	0.22	0.002*
openness	0.003	0.98	0.07	0.46
Agreeableness	0.09	0.37	0.15	0.12
conscientiousness	0.25	0.01*	0.23	0.002*

As can be seen in Table 1, between variables of personality, neurosis ( $p=0.004$ ), extraversion ( $p=0.002$ ) and conscientiousness ( $p=0.002$ ) with confidence adjective There are a significant relationship. Also, between personality variable, the neurosis ( $p=0.005$ ), extraversion ( $p=0.009$ ) and conscientiousness ( $p=0.01$ ) are significantly associated with confidence.

In order to investigate the relationship between the multiple dimensions of personality and confidence multiple regression analysis were used. The results of this test can be seen in Table 2.

**Table 2:** Results of multiple regression analysis between of personality and trait and state confidence

Model		Sum of square	df	Mean square	F	sig	R	$R^2$
Objective	regression	19.090	5	3.818	4.704	0.001*	0.449	0.20
	residual	75.482	93	0.812				
	total	94.572	98					
state	regression	29.809	5	1.178	3.319	0.008*	0.38	0.15
	residual	167.048	93	0.091				
	total	196.857	98					

Results of regression analysis show a positive significant relationship between two components of personality dimensions and confidence ( $r= 0.449$ ;  $sig= 0.001$ ;  $R^2= 0.20$ ). According to the obtained determination coefficient about 20% of confidence variance predict by trait personality. Well as weight standardized regression, the maximum amount of Agreeableness ( $\beta= 0.28$ ) and then the neurosis ( $\beta=0.25$ ) and conscience is ranked ( $\beta= 0.18$ ). Therefore this component with criterion variable have a linear relationship and qualified to predict personality dimensions. Well as regression analysis reports a significant positive relationship between two components of personality and state confidence ( $r= 0.38$ ;  $sig= 0.008$ ;  $R^2= 0.12$ ). According to obtained determination coefficient, about 15 percent of confidence state variance is explained by personality variable. Well as standardized regression weight, the highest values were related to neurosis ( $\beta= 0.25$ ), Agreeableness ( $\beta= 0.21$ ), conscience ( $\beta= 0.19$ ). Therefore this component with criterion variable have a linear relationship and qualified to predict personality dimensions.

#### Conclusion:

Confidence is most important factors affecting the performance of the athletes. Sports performance and success is greatly affected by personality factors [13] and Sport confidence [12]. Factors such as confidence and of personality are linked together in sport. As previously mentioned, the purpose of this study was to determine the relationship between personality dimensions and confidence of Guilan futsal league. Therefore, personality and confidence questionnaires distributed among 98 participants and were completed. Obtained Data were analyzed by Pearson correlation and regression analysis. In descriptive statistics, we concluded that athlete's trait confidences are more than their mood confidence. The Pearson correlation coefficient results also showed that between trait and state confidence with neurosis, extroversion and conscientiousness there is a significant relationship. regression analysis Results showed that components of personality, agreeableness, and conscientiousness neurosis competence have confidence prediction to predict trait and state confidence components.

The importance of confidence in the sport more than ever been noticed. One of environment where confidence is of great importance is sport environment. Good use of the skills of confidence approach for the person and the athlete learns to have the desired effect on their environment [12]. However, less attention has been paid of character in the sports area, But its recognition have huge impact on the athlete's performance. In fact, a person with knowledge and education aspects of your personality can have a correct diagnosis [13]. Devis (1994), a study to evaluate the confidence of swimmers in the world came to the conclusion that: An optimum performance is achieved with high confidence that the outcome of the findings in this study is also consistent in Mehdi Pour the Shirvani study (2009) that has done to dimensions of personality and aggression among athletes, It found that extroversion, agreeableness, and conscientiousness is associated with significant experience that is consistent with the present study. In general, to explain discrepancy results of the present study with the results of others could include: The population, tools and different cultural aspects noted [8&14].

confidence One of the most important factors in the development of the mental and psychological pressure. Confidence in the exercise reflect the athlete's feelings on the fact that may be wrong and thus lead to failure of performance [12].

Based on the above results, to researchers recommended Gender differences in this field according to their level of success cases. also recommended to Sports coaches for optimum performance and the future of more than ever, Psychological issues, especially the character and confidence to athletes take note.

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