Self-Worth And Self-Confidence In Sports

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Introduction

Sport is known as one of the crucial paradigms in an individual's life. It comes up with many considerations, which become the reason for the alignment of the individual's personal features with different social settings. Undoubtedly, today, the feature of sports is one major organization that comes with the consideration of major international business, effectively aligning with the facets of social and cultural attention. The specific concept of sport can be identified as a broad prospect, which includes all kinds of competitive physical activities or games. The particular facet of sport can be characterised as the elements of an organised form of effort and the proper physical approach referring to the necessary abilities. The particular prospect of sport can be identified as a source of entertainment for the participants and for the viewers as well. It is crucial to mention that individual and team sports are the two forms of sport that extensively apply universally to many crucial forms of consideration. The particular approach of adaptability is different in the case of these two facets of individual and team sports. The feature of an individual sport is known as the format of sport in which participants compete with each other on an individual basis, whereas the prospect of team sport can be identified as the format of sport in which individuals are organised in the form of teams that compete with the particular aim of winning the game (van de Pol & Kavussanu, 2012). Self-confidence and self-worth are two major attributes that are connected to individual and team sports. Both these elements play a crucial role in the proper application of physical activity to compete with others. The paradigm of sport also assists players in enhancing the effective features of self-confidence and self-worth through different approaches to sport, such as individual and team sports. Here, the focus is to address the features of self-confidence and self-worth in individual and team sports with the particular consideration of recreational and competitive settings.

Theoretical Background

Sport is known as an effective form of activity that can play a positive role in enhancing the participants' necessary attributes. It is known as a healthy activity that positively transforms the lives of athletes. The effects of sports participation can be explored through the development of different personality attributes. The particular features of self-confidence and self-worth in the case of athletes are closely related to the paradigm of sport (UÇAN & ÇAĞLAYAN, 2012). It seems immensely interesting to explore the level of difference in the features of self-confidence and self-worth in the case of individual and team sports. This particular paradigm is also closely related to the

consideration of recreational and competitive settings.

Effective theoretical foundations exist that provide necessary assistance to make inferences about the effectiveness of individual and team sports in encouraging the features of self-confidence and self-worth in the case of participants in different sports activities. These particular theories also consider the specific form of the setting associated with the features of the recreational or competitive approach in sport.

The feature of self-confidence theory can be considered a crucial prospect in the field of sports to discuss the dimension of confidence associated with the approach of confidence in the case of participants. The particular theory of self-confidence was presented by Vealey in 1986. It can be considered a good contribution to making inferences about the feature of confidence in the case of participants by understanding sports psychology. The particular facet of the theory of self-confidence addresses the particular approach of confidence or individuals' belief in their ability to be successful in the paradigm of sport. This specific theory relies on the two crucial features of trait sports confidence and state sports confidence. The particular approach of self-confidence theory can also be helpful in making necessary inferences about the role of individual and team sports in the enhancement of self-confidence in the case of individuals. The individuals' ability and confidence ultimately help them to actively participate in the team with the aim of winning. Individual players have more confidence when they compete on teams, with the consideration and motivation of other team members. It also comes up with a healthy competitive setting that encourages athletes to perform better, make their position strong in the team, and play an active role in winning the game.

The prospect of self-worth in the case of sport can effectively be assessed with the consideration of the particular theory of self-worth achievement motivation, which was presented by Covington in 1976. This particular theory considers the crucial factor of self-acceptance, which plays a major role in the overall personality development of the individual. It effectively explains the features of the human approach, which are closely related to individuals' priority for the facets of self-worth and self-acceptance. The particular approach of this theory can be helpful in understanding the feature of self-worth in the specific field of sport. It can be helpful to provide the necessary indications of how the paradigm of team sport can be the source of enhancement of the features of self-worth and self-efficiency in the case of team members. The particular features of cooperation between team members and the overall paradigm of teamwork skills in sports ultimately encourage the individual member to positively consider their own worth and the need for the team as an active member.

Previous Research

Team and individual sports are two different paradigms of sport that are differentiated on the basis of different features. It comes up with many different considerations, which can be observed in the case of the final outcomes of sports activities as well (Kajbafnezhad, Ahadi, Heidarie, Askari, & Enayati, 2011). The particular prospects of team and individual sports are closely related to the different

psychological and developmental skills of individuals, which create the difference in the two features of the broader perspective of sport. Different forms of psychological skills of the athletes maintain the standard of success for them, referring to the aspects of team and individual sport. Sports psychology is one crucial feature that plays a crucial role in understanding the overall features of sport. It effectively identifies and assesses the necessary features related to the concept of sport (Ilyasi & Salehian, 2011). Proper identification of the different psychological attributes of the team members ultimately helps to make inferences about the paradigm of sports activities.

It is crucial to consider psychological and social features that directly concern the paradigm of sport. It comes with the consideration of the specific nature of sports activities. These particular sports activities ultimately determine the impact of the psychological benefits of sport on the individuals who are part of the sports activities. The particular setting of sports in the form of recreational and competitive facets develops the aspects of competition and enjoyment in the case of individuals who are the participants in sports activities (Eime, Young, Harvey, Charity, & Payne, 2013). The paradigm of sport in the form of individual and team activities is closely related to the psychological paradigm of the sport's participants. The features of confidence and self-worth play a crucial role in the difference in scores in the case of individual and team sports. The approach of team sport helps individuals to think about each other as a team, which helps individuals to connect with each other. The different forms of sports participation, in the case of team sports, motivate individual members of the team to play their roles positively with the intention of winning.

The Current Work

The existing research on the two main facets of the concept of sport in the case of individual and team sports helps to understand the necessary elements related to the personal attributes of the athletes or participants. It provides the necessary guidance to formulate the hypothesis related to the role of team and individual sports concerning the personal attributes of self-confidence and self-worth. It comes with the consideration of the particular set of recreational and competitive forms of sports activities. The following is the formation of the hypothesis of the study on the basis of background research related to the concept of sport.

The Hypothesis for the Study: The factors of self-worth and confidence will be highest in people who play team sports competitively.

Alternative Hypothesis: Self–worth and self-confidence will be lower in people who play individual sports in a recreational setting.

The inferences about the anticipated hypotheses can only be achieved with the consideration of the necessary research questions related to the facets of self-worth and self-confidence in both cases of individual and team sports with reference to recreational and competitive sports settings.

Conclusion

To conclude, it is crucial to mention that sports come with many psychological and social considerations. The features of self-worth and self-confidence play a major role in determining the impact of two facets of sport, which are characterised as individual and team sports.

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