

A STUDY ON NATIONAL-LEVEL ATHLETES PERCEPTIONS OF CORE SUPPORT LIFESTYLE AND CONFIDENCE LEVEL IN PERFORMANCE THROUGH COMPETITION AND MEDAL TYPES

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ABSTRACT:

In this research the investigator has explored the National Level Athletes Perceptions of Core Support Lifestyle and confidence level in performance by collecting data from 230 National level athletes serving in Indian Railways and participated in national and international competitions and winning medals in that competitions. The study examined the impact of these factors on their lifestyle and confidence levels in performance. The quantitative analysis showed a strong reliability through Cronbach's Alpha coefficient for confidence (0.935), lifestyle (0.959) and performance (0.721). The overall reliability of the questionnaire was found (0.964). These results highlight the critical role of addressing both physical and psychological aspects in athletic training programs. Incorporating exercises that focus on core strength and stability, alongside interventions to boost athletes' confidence, can substantially enhance performance outcomes.

Keywords: Confidence, Lifestyle, Performance, National-Level Athletes, Athletic Training, physical and Psychological Interventions.

INTRODUCTION:

Athletic performance is influenced by a complex interplay of physical, psychological, and lifestyle factors. For national-level athletes, particularly those who compete in high-stakes national and international competitions, understanding how these elements interact is critical to optimizing performance outcomes. Core support, lifestyle habits, and confidence are among the most significant factors that can impact an athlete's ability to perform consistently at the highest levels.

In this context, the current research investigates the perceptions of national-level athletes regarding their core support, lifestyle, and confidence levels in performance. The study focuses on 230 athletes employed by Indian Railways who have participated in both national and international competitions, earning medals in these events. This unique population provides insight into how core support and lifestyle choices shape confidence and, ultimately, performance outcomes.

By using quantitative analysis, the research aims to assess the reliability of these factors through Cronbach's Alpha coefficients, offering a statistical foundation for examining how each component contributes to an athlete's success. The findings suggest that addressing both physical and psychological aspects in athletic training programs is essential for fostering optimal performance. Incorporating exercises that build core strength and stability, coupled

with psychological interventions aimed at boosting athletes' confidence, can have a significant impact on performance results.

This study thus highlights the need for a holistic approach to training that integrates physical fitness with mental resilience, providing key insights for coaches, athletes, and sports organizations seeking to enhance performance at the national level.

RESEARCH METHODOLOGY:

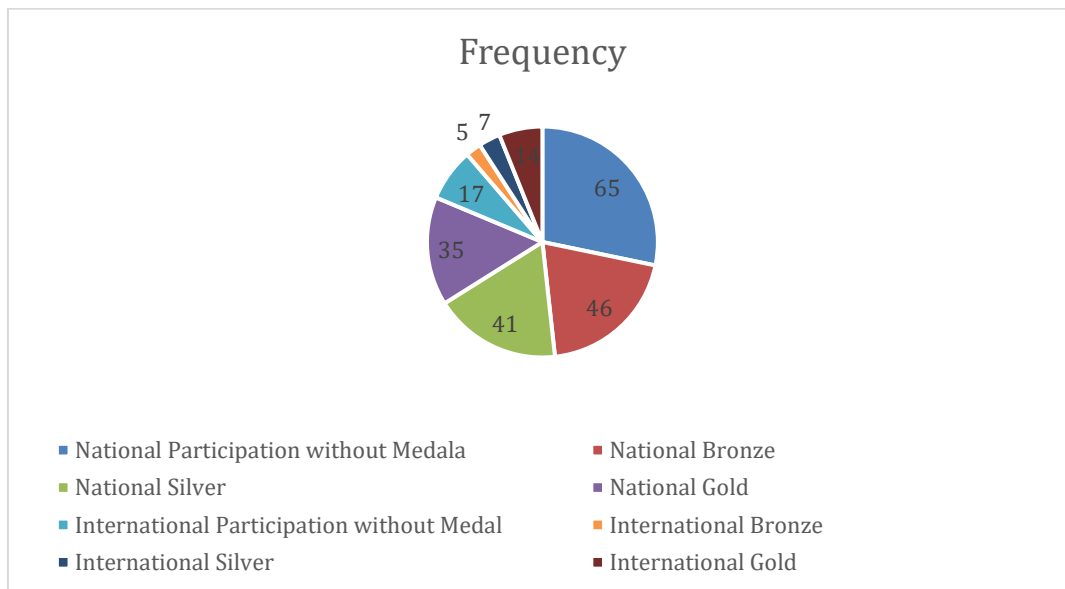
The study seeks to explore the relationship between core stability and confidence levels, and how these factors influence performance outcomes among 230 national-level athletes working in Indian Railways from various sports disciplines. These athletes were currently competing at the national and international levels. A 45 items questionnaire was designed to evaluate core stability, confidence levels, and performance outcomes in these athletes. The questionnaire was divided into two sections: one addressing core stability and confidence, and the other focusing on performance outcomes.

RESULTS:

TABLE NO. 1. COMPETITION AND MEDAL TYPES

	FREQUENCY	%	VALID %	COMMULATIVE %
NATIONAL PARTICIPATION WITHOUT MEDALS	65	28.3	28.3	28.3
NATIONAL BRONZE	46	20.0	20.0	48.3
NATIONAL SILVER	41	17.8	17.8	66.1
NATIONAL GOLD	35	15.2	15.2	81.3
INTERNATIONAL PARTICIPATION WITHOUT MEDALS	17	7.4	7.4	88.7
INTERNATIONAL BRONZE	5	2.2	2.2	90.9
INTERNATIONAL SILVER	7	3.0	3.0	93.9
INTERNATIONAL GOLD	14	6.1	6.1	100.0
TOTAL	230	100.0	100.0	

FIGURE NO 1
GRAPHICAL PRESENTATION OF COMPETITION AND MEDAL TYPES



It was concluded that out of the 230 athletes surveyed, the majority actively participated in national-level competitions. Specifically, 28.3% engaged in national participation without medals, with 20.0% securing Bronze, 17.8% attaining Silver, and 15.2% achieving Gold at the national level. For international competitions, 7.4% participated without receiving any medals, including 2.2% with Bronze, 3.0% with Silver, and 6.1% with gold medals.

RELIABILITY

Confidence

The table provides reliability statistics for a scale measuring confidence, consisting of 19 items. The Cronbach's Alpha coefficient of 0.935 indicates a very high level of internal consistency, suggesting that the scale is reliable in consistently assessing confidence among respondents.

Table 2.1: RELIABILITY STATISTICS

Lifestyle	Cronbach's Alpha	N of Items
	.935	19

The table indicates reliability statistics for a lifestyle scale, comprising 20 items. The Cronbach's Alpha coefficient of 0.959 is exceptionally high, suggesting a strong internal consistency within the scale. This implies that the 20 items consistently and reliably measure the intended aspects of lifestyle.

Table 2.2: RELIABILITY STATISTICS

CRONBACH'S ALPHA	N OF ITEMS
0959	20

Performance

The table presents reliability statistics for a performance scale with a Cronbach's Alpha coefficient of 0.721, based on 6 items. This value suggests moderate internal consistency. "Cronbach's Alpha value greater than 0.7 is acceptable for checking data reliability".

Table 2.3: RELIABILITY STATISTICS

Cronbach's Alpha	N of Items
.721	6

The reliability statistics for the entire questionnaire is 0.964 based on 45 items. This high value indicates strong internal consistency across all items, suggesting that the questionnaire reliably measures the intended constructs.

Table 2.4: RELIABILITY STATISTICS

Cronbach's Alpha	N of Items
.964	45

TESTING OF HYPOTHESIS:

Hypothesis 1 – "It was hypothesized that there would be a significant effect of lifestyle and confidence level on performance of national level athletes".

Null Hypothesis (H0): "There was no significant effect of lifestyle and confidence level on the performance of national-level athletes".

Alternative Hypothesis (H1): "There was a significant effect of lifestyle and confidence level on the performance of national-level athletes".

The regression analysis was conducted to examine the relationship between lifestyle, confidence level, and the performance of national-level athletes. The results indicate that the overall model is statistically significant, $F(2, 227) = 19.951$, $p < 0.001$, suggesting that at least one of the independent variables (lifestyle or confidence) significantly affects the performance.

COEFFICIENT INTERPRETATION:

- **Lifestyle ($\beta = 0.206$, $p = 0.044$):** "A one-unit increase in the lifestyle score is associated with a 0.206 unit increase in performance, and this effect is statistically significant ($p < 0.05$)".
- **Confidence ($\beta = 0.201$, $p = 0.049$):** Similarly, "a one-unit increase in the confidence level is associated with a 0.201 unit increase in performance, and this effect is statistically significant ($p < 0.05$)".

CONCLUSION:

The findings provide evidence to reject the null hypothesis, suggesting that lifestyle and confidence level have a statistically significant effect on the performance of national-level athletes. The positive coefficients for lifestyle and confidence indicate that higher scores in these variables are associated with better performance.

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