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Effect of Sport Injuries on the Level of Confidence and Anxiety among Athletes in Different Games

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Abstract: **The purpose of this study was to identify the effect of s port injuries on the level of confidence and anxiety among athletes in different games. Participants were (121) athletes (M-81, F-40) were selected randomly from different sports. Descriptive data was collected through the use of a questionnaire established by the researcher, which included personal information (age, years of experience, gender and place of living), and a questionnaire of psychological effect of sport which consisted of (50) items, divided into four subscales. (Confidence, Anxiety, Physical abilities). The results showed relationship between sport injuries and physical abilities in reducing or increasing injuries among athletes, also the results showed that self-confidence and anxiety (trait, state) did not affect in increasing or reducing in percentage of injuries among athletes, meanwhile the results showed a significant relationship between the effect of sport injuries and (self-confidence, anxiety and physical abilities) among athletes in different games. A significant difference between male and female in favor of female in trait anxiety, significant differences between trait anxiety and different sports a significant differences showed between psychological variables and effect of sport injuries (between different sports, also a significant difference between sport injuries and physical abilities according to sport variable; between basketball players and tennis players in favor of basketball, and a significant difference between sport injuries and trait anxiety between football players and basketball players in favor of basketball.**

Keywords: **Sport Injuries; Self Confidence; Anxiety; Physical Abilities.**

1. INTRODUCTION

The science of injuries (traumatology) is a fundamental science for sport trainers, players, professionals and researchers in rehabilitative abilities of players. Smith, Scott and Wiese (2012) said that sports injuries include in addition to physical and physiological aspects the player psychological state. Young (2002) defined sports injuries as damage or loss of the tissues ability to move, which hinders athlete's performance. Leddy, Lambert, and Ogles (1994) said that the psychological aspects correlate with the athlete's performance and level of perfection to achieve psychological and motor collaboration, which influence the players' behaviour in the playground. Mankad, Gordon, and Wallman (2009) consider anxiety and self-confidence basic factors that should be explored; if they are compromised, they hinder the player's progress or lead to withdrawal from the competition. Leddy, Lambert, and Ogles (1994) believe that anxiety and self-confidence are of the most important emotions that follow sports injuries, because the athlete feels incompetent or fears future.

Psychological factors risk injuries among athletes, regardless of their physical ability and competitive sport environment. Williams and Andersen (1998) found a correlation between the psychological factors (anxiety and stress) and athlete's injuries; if the athlete experience anxiety in or outside the playground, the risk of injury increases because of lack of attention, mind wander and lack of awareness influence on performance. Brown (2005) found that anxiety increases muscle spasm and loss of motor coordination, which in turn increases injuries exposure among athletes, injury is a warning sign of the emotional aspects. Johnston and Carroll (1998) believe that sports injuries side effects include loss of

identity (I am an athlete), role-loss (I am an important part of the team), loss of self-confidence, and loss of social support. Al-Hajaya (2016) believes that athlete's physical abilities are not enough to win in sport competitions, wining correlates with physical characteristics such as self-confidence, high spirits, responsibility, ability to confront stress related to sport activities. Matthew, Michael, and Benjamin (1994) stressed that rehabilitation requires knowledge in the psychological methods role to help injured athletes rehab throw both physical and psychological programs.

Several studies examined the effect of sports injuries on the levels of confidence and anxiety among athletes in various sports. For instance, Al-Zamali, Darbal, Aqobi (2018) examined the effect of sport injury on the athlete self-confidence. A sample of 120 football players participated in the study and they all agreed that sport injuries have a negative influence on their sportive level. Rashid and Aziz (2020) studied the relationship between sport injuries and football player's behaviour. The participants (62 player) in the study results revealed that sport injuries impact on the athlete behaviour is negative and that physical injuries cause anxiety and depression among players. Leddy, Lambert, and Ogles (1994) measured the psychological responses of injuries among 343 collegiate athletes participating in 10 types of sports. They found that injured athletes suffered from more depression and anxiety symptoms and less self-confidence when they were injured and after two months of follow up when they were compared with uninjured athletes. Injured athletes sometimes suffer from severe emotional distress that entails clinical intervention. Johnston and Carroll (1998) examined the effect of psychological difficulties on resuming participation in sport competitions after being injured. The results of 16 athletes participating in running competitions showed that the injured athletes had weaker levels of self-confidence, fear of re-injury, hesitant running, and exhausting weaker levels of effort. Podlog, Dimmock and Miller (2011) reviewed common psychological stressors among rehabbed athletes and offered practical strategies to enhance rehabilitation. Evidence proved that rehabbed athletes may encounter a set of psychological and social fears such as fear of being unable to perform as pre-injury, disorientation, lack of sportive identification, stress of getting back to sport, and weak self-presentation in front of competitors.

The literature review examined the effect of sport injury on the athlete psychological aspects. As far as the researchers know local studies neglected examining the effect of sport injuries on the levels of self-confidence and anxiety in various games. The current study is novel in the sample selection. The sample compromised injured and healthy athletes practicing various games rather than selecting a certain game. The researchers also attempted to explore the psychological status (anxiety and weak self-confidence) of injured athletes at the time of injury and previously injured athletes. The study problem attempted to answer the following questions:

1. What is the effect of sport injury on athlete's self-confidence, anxiety and physical ability in various games?

2. Is there a relationship at ($\alpha \geq 0.05$) of the effect of sport injury on athlete's self-confidence, anxiety and physical ability in various games?

3. Are there significant differences at ($\alpha \geq 0.05$) of the sport injury effect on athlete's self-confidence, anxiety and physical ability based on gender, age group, type of the game, and experience of playing various games?

2. RESEARCH OBJECTIVE

The importance of this study emerged from its topic to reveal the effect of sport injury on the levels of confidence and anxiety among previously injured athletes or in case of being injured while playing different games. The variables tackled (confidence and anxiety) give the study importance, rehabilitation includes physical and psychological levels of the injured athlete so they give importance to the study. Understanding the correlation between sport injury and levels of confidence and anxiety among injuries allow therapists and sport rehabilitation professionals to consider the psychological variables in understanding endangered and injured athlete's viewpoints which also adds to the importance of the study. Many scholars cared for sport injuries and how to rehabilitate athletes for practicing sports again. The researchers of the current study examined endangered and injured athletes' viewpoints about sport injury effect on the levels of confidence and anxiety.

3. METHOD

Participants: The study population composed of all male and female players representing the different games, who were registered in Jordanian federations for 2021, according to the game for the clubs selected for the study, which started training and playing within the conditions of the Olympic Committee due to the conditions of the Corona pandemic. The study sample consisted of (121) male and female players representing football, basketball, swimming and tennis.

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4. INSTRUMENTATION

Designed based on the studies of) Hussein, Jaber, Ibrahim, & Kamil, 2017; Faqihi, & Abd al-Salam, 2018; Al-Zamali, Darbal, & Aqobi, 2018; Rex, & Metzler, 2016; Liberal, Escudero, Cantallops, & Ponseti, 2014; Klymovych, Oderov, Romanchuk, Korchagin, & Zolochevskyi, 2020; Sweidan, 2018). It is a ,50-item scale, the questionnaire included personal data and the axes of the tool, the elements are divided into four dimensions: Physical abilities, Anxiety trait, Anxiety state, Psychological confidence.

Construct Validity: Professional specialized reviewers examined the test items appropriateness to measure the study variables.

Inventory Reliability: The test was administered on a pilot sample of (15) athletes to verify its validity, the researchers used Cronbach - Alpha formula to calculate the internal consistency of the test, it scored an overall value of (0.85) as table 1 illustrated.

Table (1) Results of consistency stability "Cronbach's alpha" n = 15

Dimension	Cronbach's alpha
Physical abilities	0.84
Anxiety trait	0.86
Anxiety state	0.88
Psychological confidence	0.81
Total	0.85

As seen in table 1 all the dimensions had high internal consistency values, scores range (0.81-0.88), and the overall consistency score was (0.85). Split-half stability and overall stability was calculated by implementing the test on the pilot sample, the test items were allocated into two groups (odd and even numbers), Pearson correlation coefficient between the items was calculated to find the split half stability, then spearman brown equation is implemented to find the overall stability of the test as table 2 illustrated.

Table (2) Results of Split-half stability and overall stability

Dimension	Split-half stability	overall stability
Physical abilities	0.90	0.81
Anxiety trait	0.92	0.85
Anxiety state	0.91	0.83
Psychological confidence	0.88	0.79
Total	0.90	0.82

Table 2 illustrate the split-half stability and overall stability scores were all high; physical abilities score was (0.81; 0.90), anxiety trait score was (0.85; 0.92), anxiety state score was (0.83; 0.91), psychological confidence score was (0.79; 0.88), and overall stability score was (0.82; 0.90), all these results refer to the suitability of the test for the purpose of the study.

5. RESULTS

To answer the first question of the study “what is the effect of sport injury on athlete’s self-confidence, anxiety and physical ability in various games?” the researchers computed means, standard deviations and skewness coefficients, table 3 presents the highest and lowest values.

Table 3: Means, Standard deviations, Skewness highest and lowest values of the test

Dimension	M.	Std.	Skewness	Highest value	Lowest value	Level
Physical abilities	2.674	0.508	0.345-	3.90	1.20	Moderate
Anxiety trait	2.245	0.765	0.277	3.88	1.00	low
Anxiety state	2.449	0.746	0.345	4.42	1.08	low
Psychological confidence	2.494	0.551	0.263-	3.85	1.30	low
Total	2.479	0.538	0.079-	3.98	1.26	low

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In table 3, we noticed that the means of sport injury effect on self-confidence, anxiety and physical abilities among the athletes playing various games score was (0.538±2.479) and a weak rating level. The highest value score was (3.98) and the lowest value was (1.26). Skewness values are considered within the natural range (∓3) referring to the homogeneity of the items.

The means of sport injuries effect on the athlete's physical abilities in different games score was (0.508 ± 2.674) and a moderate rating value. The highest score was (3.90) and the lowest score was (1.20), skewness coefficient score was (0.345-) and this values is considered within the natural range (∓3) referring to the homogeneity of the items.

The means of sport injuries effect on anxiety trait of athletes playing different types of games score was (0.765 ± 2.245), and a weak rating value. The highest score was (3.88) and the lowest score was (1.00), skewness coefficient score was (0.277-) this value is considered within the natural range (∓3) referring to the homogeneity of the items.

The means of sport injuries effect on anxiety state of athletes playing different types of games score was (0.746 ± 2.449) the rating value was weak. The highest score was (4.42) and the lowest score was (1.08), skewness coefficient score was (0.345-) this value is considered within the natural range (∓3) referring to the homogeneity of the items.

The means of sport injuries effect on the psychological confidence of athletes playing different types of games score was (0.551±2.494), and the rating value was weak. The highest score was (3.85) and the lowest score was (1.30), skewness coefficient score was (0.263-) this value is considered within the natural range (∓3) referring to the homogeneity of the items.

To answer the second question of "Is there a relationship at ($\alpha \geq 0.05$) of the effect of sport injury on athlete's self-confidence, anxiety and physical ability in various games?" the study utilized the Pearson correlation coefficient to find the correlation between the study dimensions as seen in table 4.

Table 4: Pearson correlation coefficient results between of study dimensions

Dimension	Physical	Anxiety trait	Anxiety state	Psychological
Physical abilities	-	*0.366 0.00	*0.368 0.00	*0.578 0.00
Anxiety trait	-	-	*0.835 0.00	*0.740 0.00
Anxiety state	-	-	-	*0.934 0.00
Psychological confidence	-	-	-	-

* significant at (0.05)

We notice in table 4 that there is a direct significant relationship between the study dimensions (physical abilities, anxiety state, anxiety trait, and psychological confidence), the correlation coefficients between physical abilities and anxiety trait score was (0.366, (sign. = 0.00)), physical abilities and anxiety state the score was (0.368, (sign. = 0.00)), physical abilities and psychological confidence the score was (0.578, (sign. =0.00)), the correlation coefficient value between anxiety state and anxiety trait score was (0.835, (sign. = 0.00)), between anxiety trait and psychological confidence the score was (0.740, (sign. = 0.00)), and between anxiety state and psychological confidence the score was (0.934, (sign. = 0.00)).

To answer the third question of "Are there significant differences at ($\alpha \geq 0.05$) of the sport injury effect on athlete's self-confidence, anxiety and physical ability based on gender, age group, type of the game, and years of experience playing the game?" the researchers implemented a t-test for the gender variable, f-value to find the differences by using One Way ANOVA for the rest of the variables as seen in the following tables.

Table 5: t–value test of differences based on gender difference

Dimension	Gender	No.	M.	Std.	t-value	Sign.
Physical abilities	Males	81	2.695	0.528	0.636	0.526
	Females	40	2.633	0.467		
Anxiety trait	Males	81	2.347	0.743	*2.126	0.036

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	Females	40	2.038	0.776		
Anxiety state	Males	81	2.528	0.679	1.665	0.099
	Females	40	2.29	0.852		
Psychological confidence	Males	81	2.544	0.536	1.426	0.156
	Females	40	2.393	0.574		
Total	Males	81	2.539	0.524	1.744	0.084
	Females	40	2.359	0.553		

* Significant (α≤0.05)

As seen in table 5 sport injuries effect on the psychological variable attributed to gender was not significant at (α≤0.05), sport injuries effect on the anxiety trait between males and females was significant, t-value score was (2.126, (sign. = 0.036)) in favor of females. But sport injuries effect on the anxiety state, physical abilities and psychological confidence at (α≤0.05) attributed to gender was not significant. Table 6. One Way ANOVA test of differences based on athlete age.

Table 6: One Way ANOVA test of differences based on athlete age

Dimension	Age	No.	M.	Std.	f-value	Sign.
Physical abilities	Less than 20ys	51	2.582	0.535	2.901	.0590
	20-29ys	50	2.678	0.472		
	30ys and more	20	2.9	0.475		
Anxiety trait	Less than 20ys	51	2.174	0.781	.8040	.4500
	20-29ys	50	2.35	0.78		
	30ys and more	20	2.163	0.685		
Anxiety state	Less than 20ys	51	2.454	0.81	.3140	.7310
	20-29ys	50	2.49	0.726		
	30ys and more	20	2.333	0.64		
Psychological confidence	Less than 20ys	51	2.452	0.577	.3680	.6930
	20-29ys	50	2.504	0.526		
	30ys and more	20	2.575	0.566		
Total	Less than 20ys	51	2.434	0.568	.3090	.7350
	20-29ys	50	2.511	0.516		
	30ys and more	20	2.516	0.531		

* Significant (α≤0.05)

As observed in table 6 no significant differences at (α≤0.05) in sports injuries effect on the psychological variables attributed to different age groups are found, other variables differences attributed to age groups were not significant as well.

Table 7: One Way ANOVA test of the years of experience playing the game

Dimension	Age	No.	M.	Std.	f-value	Sign.
Physical abilities	(1-5) years	43	2.707	.3760	.4060	.6670
	(6-9) years	40	2.615	.5550		
	10 years and more	38	2.700	.5870		
Anxiety trait	(1-5) years	43	2.273	.7860	.1840	.8320
	(6-9) years	40	2.184	.7460		
	10 years and more	38	2.276	.7780		
Anxiety state	(1-5) years	43	2.510	.7960	.4950	.6110
	(6-9) years	40	2.354	.7100		
	10 years and more	38	2.480	.7340		
Psychological confidence	(1-5) years	43	2.523	.5540	.1620	.8510
	(6-9) years	40	2.455	.5810		
	10 years and more	38	2.501	.5290		
Total	(1-5) years	43	2.517	.5290	.3760	.6880
	(6-9) years	40	2.420	.5500		
	10 years and more	38	2.500	.5440		

As table 7 illustrate differences of sport injuries effect on the psychological variables at (α≤0.05) attributed to the years of experience playing the game was not significant.

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Table 8: One Way ANOVA test of differences based on the type of the game

Dimension	Type of the game	No.	M.	Std.	f-value	Sign.
Physical abilities	Football	49	2.714	.5330	4.444*	.0050
	Basketball	28	2.900	.4240		
	Tennis	23	2.439	.5220		
	Swimming	21	2.538	.4040		
Anxiety trait	Football	49	2.056	.7970	2.861*	.0400
	Basketball	28	2.518	.5740		
	Tennis	23	2.419	.8380		
	Swimming	21	2.131	.7260		
Anxiety state	Football	49	2.390	.8610	1.002	.3940
	Basketball	28	2.580	.5420		
	Tennis	23	2.576	.7240		
	Swimming	21	2.274	.7090		
Psychological confidence	Football	49	2.420	.5850	1.067	.3660
	Basketball	28	2.645	.4730		
	Tennis	23	2.515	.5150		
	Swimming	21	2.441	.6010		
Total	Football	49	2.414	.5820	1.620	.1890
	Basketball	28	2.660	.4140		
	Tennis	23	2.499	.5450		
	Swimming	21	2.371	.5440		

* Significant (α≤0.05)

As seen in table 8 there were no significant differences at (α≤0.05) of the sport injuries on the psychological variables attributed to the type of the game. But the type of the game played had significant differences at (α≤0.05) in physical abilities, f-value score was (4.444, (sign. =0.005)), anxiety trait was influenced by the type of the game; f-value score was (2.861, (sign. = 0.04)). While differences at (α≤0.05) in anxiety state and psychological confidence attributed to the type of the game were not significant.

To find the differences attributed to the types of the game in the physical abilities and anxiety trait variables the researchers conducted a Scheffé test as table 9 illustrates.

Table (9) Scheffe test on the effect of sports injuries on physical abilities according to the game variable

Dimension	game	Football	Basketball	Tennis	Swimming
Physical abilities	Football	-	0.186 0.463	0.275 0.179	0.176 0.590
	Basketball	-	-	0.461* 0.013	0.362 0.091
	Tennis	-	-	-	0.099 0.147
	Swimming	-	-	-	-

* significant at (0.05)

As table 9 showed significant differences at (α≤0.05) of sport injuries effect on the physical abilities attributed to the type of the game, the differences are apparent between basketball players and tennis players the score was (0.461, (sign. =0.013)) in favor of the basketball players.

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Table (10) Scheffe test on the effect of sports injuries on the trait of anxiety according to the game variable

Dimension	game	Football	Basketball	Tennis	Swimming
Anxiety trait	Football	-	0.462* 0.008	0.362 0.304	0.075 0.986
	Basketball	-	-	0.099 0.974	0.387 0.364
	Tennis	-	-	-	0.288 0.226
	Swimming	-	-	-	-

* significant at (0.05)

Table 10 showed significant differences at ($\alpha \leq 0.05$) of sport injuries effect on anxiety trait attributed to the type of the game, the differences were apparent between football and basketball, the difference score was (0.462, (sign. = 0.008)) in favor of playing basketball.

6. DISCUSSION

Physical abilities have an effect in increasing or reducing injury rates, anxiety trait and anxiety state did have an effect in increasing or reducing injury rates, and the most influential domain was physical abilities.

Results revealed that inappropriate physical abilities may cause injury, while having appropriate physical abilities supports athletes to face fears of going back to sport after being injured, and coping with difficulties. Results also showed that practicing wrong skills may lead to injury. Athlete persistence to practice proper training increases self-confidence for physical competitions, this is attributed to the fact that athletes of high physical abilities after being injured are able to return to practicing their games immediately, good physical abilities reduces sudden exposure to injury.

Results showed that feeling of confusion before the start of the competition leads to a state of anxiety which in turn influence his competitive ability level. Athlete lack of calmness affects his physical ability; this is attributed to fear of possible injury during training or competition, which leads to withdrawal from competition or low opportunity to achieve advanced positions in the game.

The participant's responses showed that the effect of sports injuries on the state of anxiety was low, and that athletes are stressed the moment they think of being injured, an athlete either accepts or rejects his possible injury that might end his participation in the competition or sometimes permanently stops him from playing. Fear emerges when the athlete thinks of clashing with the rest of the team while playing which may lead to injury.

Sports injuries effect on confidence was weak. When athletes feel anxious they tend to control themselves more in the competition. The level of anxiety leads to a state of control to reach the desired level in the competition. Athlete's performance is not the same after injury; they need time to regain their psychological state. Fear of possible injury causes passivity in the competition, because the athlete finds it difficult to convince himself that he has recovered from his injury. Results revealed that if the athlete is convinced that nothing will hurt him, his performance will be better and can maintain good performance in all competitions.

A direct relationship is found between physical abilities, anxiety state, anxiety trait, and psychological confidence. This indicates that higher physical ability levels reduce the level of anxiety and increase self-confidence; this may be explained by the effect of physical ability on the psychological state and anxiety state. Athletes returning to their games after rehabilitation may face a set of psychological and social concerns such as inability to perform as their standards were before injury, emotions of isolation, loss of athlete identity, insufficient social support, and stress of return to play.

The correlation between sport injury effect and psychological confidence, anxiety, and physical abilities attributed to gender, age, and type of the game and years of experience playing the game is discussed next. Differences were found between males and females in favor of females in anxiety trait, but physical abilities, psychological confidence, and anxiety state differences attributed to gender were not found. Females reported higher degrees of anxiety and focus distortion compared with males. Differences between rehabbed athletes were not found. Anxiety was not influenced by different age groups. Differences attributed to the years of experience playing the game were not found also that is to say

anxiety was not influenced by the experience in playing. Sport injuries effect attributed to different types of games were not found. However, physical abilities effect was different in the type of the game played because each game requires certain physical abilities, and if an athlete lacks it the state of anxiety increases and self-confidence decreases.

Sport injuries had an effect on athletes' physical abilities based on the type of the game. Differences were found between basketball and tennis in favor of basketball because the game is a team game and clashes with the team members while playing leads to higher injury rates.

7. CONCLUSION

Stronger physical abilities reduce sport injuries, and speeds rehabilitation. Self-confidence and anxiety have a passive psychological effect on athlete's reaction to rehabilitation. Sport injuries influence the psychological and physical state of the athlete.

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