

Original article Self-confidence and its relation to the performance, place of origin, achievements and age in Peruvian volleyball players in training category. Vol. 6, Issue. 1; p. 145-165, January 2020. A Coruña, Spain ISSN 2386-8333

Self-confidence and its relation to the performance, place of origin, achievements and age in Peruvian volleyball players in training category

Autoconfianza y su relación con el rendimiento, procedencia, logros y edad en jugadoras de voleibol peruanas en categoría de formación

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Abstract

The objective of the present research was to determine the relation between the self-confidence and the performance, place of origin, achievements and age of Peruvian volleyball players in training category. This is a non-experimental, correlational, cross-sectional study. A total of 86 volleyball players, between 12 and 16 years old (age $M=15.59$ - $TD=0.74$) were studied. The sports confidence inventory was applied to these volleyball players (reproducibility of .992). The results show that there is a statistically significant positive correlation between lack of confidence and performance ($r = .310$; $p < .01$), lack of confidence and provenance ($r = .280$; $p < .01$); confidence and age ($r = .244$; $p < .05$); overconfidence and achievements ($r = .235$; $p < .05$); level of self-confidence and age ($r = .236$; $p < .05$). On the other hand, there is a negative correlation, also statistically significant, between confidence and provenance ($r = -.342$; $p < .01$); overconfidence and yield ($r = -.399$; $p < .01$); self-confidence level and provenance ($r = -.387$; $p < .01$). It is concluded that self-confidence is to a large extent associated with sports performance, the geographical region from which they come and the age of the volleyball players, except with the sports achievements obtained in training category.

Keywords

Self-confidence; confidence; volleyball; sport performance; school sport.

Resumen

El objetivo de este estudio fue determinar la relación de la autoconfianza con el rendimiento, procedencia, logros y edad en voleibolistas peruanas en categoría de formación. El estudio es de naturaleza no experimental, transeccional correlacional. Se estudió a 86 voleibolistas, de edades entre 12 y 16 años ($M=15.59$ - $DT=0.74$), a quienes se les aplicó el inventario de confianza deportiva (reproductividad de .992). Los resultados demuestran que existe una correlación positiva, estadísticamente significativa, entre falta de confianza y rendimiento ($r = .310$; $p < .01$), falta de confianza y procedencia ($r = .280$; $p < .01$); confianza y edad ($r = .244$; $p < .05$); exceso de confianza y logros ($r = .235$; $p < .05$); nivel de autoconfianza y edad ($r = .236$; $p < .05$). Por otro, que existe una correlación negativa, también estadísticamente significativa, entre confianza y procedencia ($r = -.342$; $p < .01$); exceso de confianza y rendimiento ($r = -.399$; $p < .01$); nivel de autoconfianza y procedencia ($r = -.387$; $p < .01$). Se concluye que la autoconfianza en gran medida se asocia con el rendimiento deportivo, región geográfica de donde provienen y edad que presentan las voleibolistas, excepto con los logros deportivos obtenidos en categoría de formación.

Palabras clave

Autoconfianza; confianza; voleibol; rendimiento deportivo; deporte escolar.

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Introduction

All elite athletes have the technical, physical and tactic skills that are necessary to be successful in the game; however, due to their lack of high levels of self-confidence, their performance turns weakened when it is under stress conditions (Kais and Raudsepp, 2005; Mellalieu, Neil and Hanton, 2006; Otaegi, 2015; Pozo, 2007).

Research conducted in elite athletes show that confidence affects their performance through their thoughts, behaviors and feelings (Hays, Thomas, Maynard and Bawden, 2009). Fradejas, Espada and Garrido (2017) claim that a weak confidence produces a feeling of insecurity, breaks the concentration and causes uncertainty, making that one has doubts about their own performance. Meanwhile, Eraña (2015) and Hernandez, Ramos and Quintanilla (2016) point out that the athlete with low confidence will not make enough effort and therefore their performance will be less efficient.

From the above, it is observed that the expectation of failure leads to actual failure, because if the self-image gets damaged, the expectations of a future failure increase (Weinberg and Gould, 2010), turning it into a psychological barrier imposed by oneself (Marin, 2009) preventing on many occasions that the athletes transcend and progress in the future (Buceta, 2004).

On the other hand, having a great deal of confidence can be just as damaging as having too little (Eraña, 2015) since it makes the athlete think they do not need to do more to achieve the goal (Hernández et al., 2016), creating a false security of oneself (Otaegi, 2015), thereby causing greater confidence than the one ensured by their capacities. As for the results, they can be disastrous (Weinberg and Gould, 2010).

Self-confidence is one of the most critical cognitive factors in elite sport (Short, Sullivan and Feltz, 2005); therefore, it is one of the most studied psychological variables.

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Sports self-confidence is defined as the belief and conviction that an athlete has about their ability to successfully execute the behavior required to produce a given result in sports competitions (Bandura, 1977; Buceta, 2004; Dosil, 2008; Marin, 2009; Pinto and Vazquez, 2013; Vealey, 2005; Weinberg and Gould, 2010).

Mellalieu et al. (2006) argue that elite athletes need high levels of self-confidence. Vealey (2005) states that the factor that most consistently distinguishes highly successful athletes from their less successful colleagues is self-confidence. Self-confidence is an essential characteristic of elite athletes (Hanton, Mellalieu and Hall, 2004), because it helps activate positive emotions, increase concentration, produce emotional calm, set goals, increase the effort, focus their game strategies and maintain momentum (Castle, 2016; Hardy, 1997).

Greenleaf, Gould and Dieffenbach (2001) found that trust is among the main factors that influenced the performance of athletes during the Olympic Games in Nagano. Throughout this work, at interviews with 63 of the greatest exponents of a wide range of sports, almost 90% of them said they had a high level of self-confidence.

The optimal self-confidence is equivalent to be convinced to be able to meet the goals (Telletxea, 2007). The strong belief in oneself helps deal with errors and mistakes effectively and maintain the efforts towards success (Weinberg and Gould, 2010), even under high anxiety conditions (Hardy, 1997). The most important aspect about self-confidence is not that athletes blindly believe that they will win or that they will not make a mistake, but to have the belief, objectively supported, that they have the sufficient resources to be able to defeat and overcome the mistakes that inevitably they will make (Eraña, 2015). Self-confidence operates as a moderator in the process of increasing or decreasing anxiety (Cervantes, Rhodes and Capdevila, 2009; Larumbe, Perez and Lopez de la Llave, 2009).

Buceta (1996), Eraña (2015) and Otaegi (2015) claim that performance in the competition depends largely on self-confidence, which must be present in the days and moments before

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the start of the competition, so that the athlete begins with an optimal self-confidence and keep it until the competition ends. According to Bercedo (2016), self-confidence is characterized by having good omens of success. Gonzalez, Valdivia, Zagalaz and Romero (2015) confirm the previous statement by noting that the confidence predicts athletic performance. Similarly, Gomez, Granero and Isorna (2013) remark that self-confidence is one of the best predictors of competitive success as it is closely related to the execution and strategies used by the athlete to face the different competitive situations. Research report positive relationships between self-confidence and athletic performance (Woodman and Hardy, 2003). To be more precise, high levels of confidence are associated with good performance (Molina, Chorot, Valiant and Sandin, 2014; Rascado, Boubeta, Folgar and Fernandez, 2014).

The aim of this study was to determine the relationship between confidence and performance, place of origin, achievements and age in Peruvian volleyball players in training category.

Material and method

Design

The nature of this study is non-experimental, correlational and cross-sectional (Hernández, Fernández and Baptista, 2014). The relationship between confidence and performance, place of origin, achievements and age at a precise moment of a competition is described. Athletic performance is determined considering the place occupied in the championship; the place of origin indicates the geographical region where the volleyball players come from (coast, highlands and jungle); achievements refer to the number of national championships obtained previously; and finally, the age refers to how old the volleyball players are.

Sample

86 volleyball players belonging to 8 out of 9 selections (10 from Surco, 9 from Comas and 10 from Chiclayo, in total 29 from the Coast; 12 from Morales and 10 from Iquitos, in total 22 from the Jungle; 11 from Pillco Marca, 12 from Paucarpata and 12 from Puno, in total 35

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from the Highlands) that participated in the XXIV Women's Volleyball National Championship for children, held in the city of Paucarpata, Arequipa, Peru were studied; between September 23 and 28, 2017. The selection that did not participate in the study was because of the coach's decision. The age of volleyball players ranges from 12 to 16 years old ($M = 15.59$, $SD = 0.74$).

Instrument

The sport confidence inventory was used as data collection tool (Weinberg and Gould, 2010). This consists of a total of 10 items. Each item specifies the percentage of lack of confidence (left column), confidence (central column) or excess confidence (right column) that the athlete has over 100%. 100% can be assigned to a single column, it can be divided into two or into three (see Table 1).

To set the sports confidence (see Table 1, below), the score of the 10 items per column (lack of confidence, confidence and overconfidence) is added, then the total of the sum is divided by the total quantity of items (10), thereby obtaining a score per column. The higher the score in the central column (confidence), the more precise the optimum level of confidence of a player is during competition. High scores in the left column (lack of confidence) or right (overconfidence) indicate confidence issues.

The level of self-confidence is determined solely according to the central column (confidence), when this one is above 75% (see Table 1, below), it means the player has an adequate level of self-confidence, with the athlete being capable of displaying all its competitive potential. If confidence goes from 50% to 75%, the player has a moderate level of self-confidence, in this case, the athlete is not able to deploy its competitive potential, if there is one. If confidence is less than 50%, the player has an inadequate level of self-confidence, having to work hard to improve confidence if the athlete wants to succeed.

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Table 1. Distribution of the percentage allocated over 100%

<i>How confident do you feel about ...</i>	Lack of confidence (%)	Confidence (%)	Overconfidence (%)
1. your ability to perform well in the competition?	00	90	10
2. your ability to make critical decisions during the competition?	10	70	20
3. your ability to concentrate?	00	80	20
4. your ability to perform under pressure?	00	80	20
5. your ability to successfully execute a strategy?	10	40	50
6. your ability to do more in order to win?	00	50	50
7. your ability to control your emotions during competition?	00	70	30
8. your ability to recover when you are doing wrong?	00	70	30
9. your ability to relate well with your peers?	00	100	00
10. your ability to relate well with coaches?	00	80	20
sum	20	730	250
sum ÷ 10	02%	73%	25%

The inventory in the initial part included a personal-sociodemographic study: region or department to which the individual belongs (place of origin), date of birth (age), number of national championships achieved (achievements).

The sports confidence inventory shows a capacity of reproducibility of the Coefficient of Stability (test-retest performed in a period shorter than 24 hours to 32 volleyball players

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representing 37% of the sample) of .992 (.997 lack of confidence, .992 confidence and .986 overconfidence).

Procedure

The application of the inventory was done with the permission of the coaches and informed consent of the players, with the exception of the team that did not participate (which ranked 6th in the championship). The inventories were self-administered by the players before the start of the championship in the housing where they were. The same script was followed to give the instructions.

Data analysis

In order to describe the sports confidence and self-confidence level related to performance, place of origin, achievements and age; the arithmetic mean was used for the sports confidence and percentage analysis for the level of self-confidence. To analyze the degree of relationship among the variables, the correlation coefficient from Pearson was used. Statistical calculations were performed using the computer application IBM SPSS Statistics 25.

Results

Table 2 presents results of self-confidence and performance (rank in the championship). In sports confidence, the highest average scores (M) are in the confidence column in all participating selections (Chiclayo 57.8, Morales 40.0, Comas 69.9, Iquitos 57.0, Surco 59.5, Puno 51.1, Paucarpata 54.3, Pillco Marca 57.0). Mean scores (M) that follow for the selections of Chiclayo (22.3), Morales (37.6) and Comas (26.7), are located in the excess confidence column, selections that achieved 1st to 3rd place in the championship; and for the selections of Iquitos (24.2) Surco (22.2), Puno (29.7), Paucarpata (26.9) and Pillco Marca (24.6), they are in the lack of confidence column, selections that achieved 4th to 9th place. From the selections that occupied 1st and 2nd place, the 2nd place evidence a higher average score (M) (37.6) in excess of confidence in relation to the 1st (22.3). The average score (M) following the confidence column from the selections that occupied 3rd and 4th place is

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different, the 3rd place points to overconfidence (26.7), while the 4th, lack of confidence (24.2).

With regard to the level of self-confidence (SL) as of the highest percentage, just the selection of Comas 3° (66.7%) shows a suitable SL; the selections of Chiclayo 1° (80.0%), Iquitos 4° (80.0%), Surco 5° (90.0%), Paucarpata 8° (58.3%) and Pillco Marca 9° (54.5%) demonstrate a moderate SL; and the selections of Morales 2° (100.0%) and Puno 7° (58.3%) show an inadequate SL.

Table 2. Self-confidence and Performance

		Performance							
		1	2nd	3rd	4th	5 °	7th	8 °	9 °
		Chiclayo (N 10)	Morales (N 12)	Comas (N 9)	Iquitos (N 10)	Surco (N 10)	Puno (N 12)	Paucarpata N (12)	Pillco Marca N (11)
M sports confidence	Lack of confidence	19.9	22.4	3.4	24.2	22.2	29.7	26.9	24.6
	Confidence	57.8	40.0	69.9	57.0	59.5	51.1	54.3	57.0
	Overconfidence	22.3	37.6	26.7	18.9	18.4	19.2	18.8	18.4
% Self- confidence level	Not suitable	20.0	100.0	11.1	20.0	10.0	58.3	41.7	36.4
	Moderate	80.0	0.0	22.2	80.0	90.0	33.3	58.3	54.5
	Suitable	0.0	0.0	66.7	0.0	0.0	8.3	0.0	9.1
		100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0

Note: M = average; % = Percentage

Table 3 shows results of self-confidence and place of origin (geographical region to which the player belongs: coast, jungle and highlands). In sports confidence, the highest average scores (M) are in the confidence column, for selections from the coast (62.2), highlands (47.7) and jungle (54.0). The average scores (M) that follow for the coast selections 1° 3° 5° (22.3) and jungle selections 2° 4° (29.1) are located in the overconfidence column, being greater in the jungle; and for the selections 7° 8° 9° (27.2) from the highlands are in the lack of confidence column.

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Regarding the SL, as for the highest percentage, the coast selections 1° 3° 5° (65.5%) and highland selections 7° 8° 9° (48.6%) show a moderate SL; while jungle selections 2° 4° (63.6%) show an inadequate SL.

Table 3. Self-confidence and Place of origin

		Origin		
		Coast (N 29)	Jungle (N 22)	Highlands (N 35)
M sports confidence	Lack of confidence	15.6	23.2	27.2
	Confidence	62.2	47.7	54.0
	Overconfidence	22.3	29.1	18.8
% Self-confidence level	Not suitable	13.8	63.6	45.7
	Moderate	65.5	36.4	48.6
	Suitable	20.7	0.0	5.7
		100.0	100.0	100.0

Note: M = average; % = Percentage

Table 4 presents results of self-confidence and performance (number of national championships obtained previously). In sports confidence, the highest average scores (M) for whom obtained 0 (54.8) 1 (56.5) 2 (75.0) 4 (46.2) 5 (64.0) and 6 (39.5) championships are in the confidence column; and for those who obtained 3 (42.0) and 6 (39.5) championships, they are in the overconfidence column; in the latter one (6 championships) the average score (M) is the same as the confidence column. The average scores (M) that follow for the ones who obtained 1 (24.7) 2 (17.5) and 4 (32.5) championships are in the overconfidence column; for those who did not obtain any championship (24.01), 5 (25.5) and 6 (21.0) championships, the average scores are in the lack of confidence column; and for those who obtained 3 championships (41.0), the average scores are in the confidence column.

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Regarding the SL, according to the highest percentage, the ones who did not win any championship (54.4%), obtained 1 (52.4%), 2 (50.0%) and 5 (100.0%) championships, show a moderate SL, repeating the same percentage (50.0%) for the ones who obtained 2 championships, corresponding to a suitable SL; those that obtained 3 (100.0%), 4 (100.0%) and 6 (50.0%) championships, show an inadequate SL.

Table 4. Self-confidence and Achievement

		Achievements						
		0 (N 57)	1 (N 21)	2 (N 2)	3 (N 1)	4 (N 3)	5 (N 1)	6 N (1)
M sports confidence	Lack of confidence	24.1	18.8	7.5	17.0	21.3	25.5	21.0
	Confidence	54.8	56.5	75.0	41.0	46.2	64.0	39.5
	Overconfidence	21.1	24.7	17.5	42.0	32.5	10.5	39.5
% Self- confidence level	Not suitable	38.6	33.3	0.0	100.0	100.0	0.0	50.0
	Moderate	54.4	52.4	50.0	0.0	0.0	100.0	45.8
	Suitable	7.0	14.3	50.0	0.0	0.0	0.0	4.2
		100.0	100.0	100.0	100.0	100.0	100.0	100.0

Note: M = average; % = Percentage

Table 5 presents results of self-confidence and age (how old the volleyball players are). In sports confidence, the highest average scores (M) are in the confidence column for all the cases (12 years old 45.5; 14 years old 46.7, 15 years old 51.7 and 16 years old 57.2). The average scores (M) that follow for those having 12 (31.5) and 16 (21.9) years old are in the overconfidence column; and those with 14 (27.4) and 15 (24.9) years old, the scores are in lack of confidence column.

Regarding the SL, according to the highest percentage, those with 15 (52.9%) and 16 years old (52.5%) show a moderate SL; those having 12 (100.0%) and 14 years old (57.1%) show an inadequate SL.

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Table 6 presents the results of the correlations between confidence and performance, place of origin, age and achievements. On one hand, the results indicate a statistically significant positive correlation between lack of confidence and performance ($r = .310$; $p < .01$), lack of confidence and place of origin ($r = .280$; $p < .01$); confidence and age ($r = .244$; $p < .05$); overconfidence and achievements ($r = .235$; $p < .05$); self-confidence level and age ($r = .236$; $p < .05$). On the other hand, the results indicate, a also statistically significant negative correlation between confidence and place of origin ($r = -.342$; $p < .01$); overconfidence and performance ($r = -.399$; $p < .01$); self-confidence level and place of origin ($r = -.387$; $p < .01$).

Table 5. Self-confidence and age

		Age			
		12 (N 1)	14 (N 7)	fifteen (N 17)	16 (N 61)
M sports confidence	Lack of confidence	23.0	27.4	24.9	20.9
	Confidence	45.5	46.7	51.7	57.2
	Overconfidence	31.5	25.9	23.5	21.9
% Selfconfidence level	Not suitable	100.0	57.1	47.1	34.4
	Moderate	0.0	42.9	52.9	52.5
	Suitable	0.0	0.0	0.0	13.1
		100.0	100.0	100.0	100.0

Note: M = average; % = Percentage

Table 6. Correlation between self-confidence and performance, place of origin, achievements and age

	Performance	Place of Origin	Achievements	Age
Lack of confidence	.310 **	.280 **	-0,126	-0.159
Confidence	0.031	-.342 **	-0.067	.244 *
Overconfidence	-.399 **	0.142	.235 *	-0,148
Level of Self-confidence	-0.020	-.387 **	-0,120	.236 *

** $p < .01$; * $P < .05$

Discussion

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The objective was to determine the relationship between confidence and performance, place of origin, age and achievements in Peruvian volleyball players in the training category.

The results achieved demonstrate, first, *self-confidence and performance*, the sport confidence internalized by the volleyball players largely defines their place in the championship; players with a strong tendency of lack of confidence rank from the fourth to ninth place, while the ones showing a strong tendency to overconfidence occupy from the first to the third place. These tendencies are related to the level of self-confidence obtained, the volleyball players who rank first in the championship show a moderate self-confidence level, while the ones occupying the second place evidence an inadequate self-confidence level (due to excess of confidence). The volleyball players who rank third place show an adequate self-confidence level, while the ones ranking fourth show a moderate level of self-confidence. In summary, it is clear that self-confidence is largely associated with sports performance, that is, the higher the lack or excess of confidence, the performance decreases, and the stronger and more stable the confidence is, the more likely to achieve the main goal.

Recent research corroborates the results achieved between self-confidence and performance. Research by González et al (2015), based on the analysis and review of scientific literature (articles, thesis and books) on self-confidence and control of stress in soccer players, confirm that self-confidence is a predictor of athletic performance, which in turn produces less anxiety and increases the control of stress. In addition, Saez (2017) confirms in his study with youth taekwondo athletes that self-confidence is critical to the competitive success of an athlete. Also, Molina, Chorot and Sandín (2017) conclude in their study with badminton athletes of 15-17 years old that self-confidence is associated with improved athletic performance in a direct and indirect way, because it dampens the psychological pressure or choking under pressure. Enriching the statements of the presented studies, Gonzalez, Valdivia, Cachón, Zurita and Romero (2017); and Selmi, Rebai, Chtara, Naceur and Sahli (2018) point out the following: among the psychological variables which are more related to sporting performance in mainly all sports, there is the self-confidence.

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Second, ***self-confidence and place of origin***. The sport confidence internalized by volleyball players largely occurs depending on the geographic region from which they come from; the volleyball players with the best confidence score are from the coast (who occupied the 1st 3rd 5th place in the championship), the volleyball players with a strong tendency of overconfidence are from the jungle (who occupied the 2nd 4th place in the championship) and the volleyball players with a strong tendency of lack of confidence are from the highlands (who occupied the 7th 8th 9th place in the championship). The best score and these tendencies are directly related to the level of self-confidence, volleyball players from the coast have the best percentage score of the moderate and adequate level of self-confidence; on the contrary, the jungle volleyball players have the highest percentage score of the inadequate level of self-confidence, this being due to their overconfidence; and finally, the percentage scores of volleyball players from the highlands go from moderate to inadequate level of self-confidence, due to their lack of confidence. In short, self-confidence is greatly associated or is strongly influenced by the geographic region from which the volleyball players are, with the ones from the coast having better self-confidence than the ones from the jungle (overconfidence) and from the highlands (lack of confidence). These results are validated by Weinberg and Gould (2010), who point out that the demographic characteristics influence the sport confidence (level of competition, motivational climate, etc.) (gender, human race, etc.).

Third, ***self-confidence and achievement***, the sport confidence internalized by volleyball players is not defined by the number of national championships obtained previously; the volleyball players who did not get any championship have similar scores in confidence, overconfidence and lack of confidence, compared to those who obtained from 1 to 6 national championships. The same situation is evidenced as for the level of self-confidence. The only aspect that is related to some extent is overconfidence. In general, self-confidence is not strongly associated with sporting achievements, probably because of the players' young sport age. The results achieved are different from the ones demonstrated by Reche, Cepero and Rojas (2010); and Sanchez and Gomez (2014) who emphasize that young athletes who have

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more experience-achievements show higher levels of self-confidence. Sporting achievements eventually play an important role in the consolidation of the elite athlete, because it helps increase the belief in oneself, promoting confidence in reaching the goals (Telletxea, 2007).

Fourth, *self-confidence and age*, the sport confidence internalized by volleyball players is largely defined by the present age; players that are older (16 years) show higher confidence score and lower score in excess and lack of confidence, compared to those with younger age (15, 14 and 12). These results are directly related to the level of self-confidence obtained, just the older ones are listed in the adequate self-confidence level and they are the ones that show the least percentage in the level of self-confidence not suitable, against the ones who are younger. In short, it is evident that the confidence is largely associated with the age. In other words, the older the volleyball players are, the better self-confidence they have, more balanced and consistent. These results are similar to those from Bebetos, Zouboulis, Antoniou and Kourtesis (2013); and Sagar and Jowett (2012) who claim that older athletes have higher levels of self-confidence. Possibly this may be due to a logical adaptive consequence, linked to greater experience in stressful competitive situations, along with a greater technical and tactical mastery acquired, with very defined performance goals. These aspects may explain the increased perception of self-confidence in older athletes.

The results of the study Moreno, Claver, Gil, and Jimenez Moreno (2014) are different from those obtained in the present study, who found no statistically significant differences between athletes from 12 and 13 years old compared to athletes aged 14 and 15 years. In the same way, Fradejas et al. (2017), who studied school athletes between 12 and 18, confirm that there are no statistically significant differences between young athletes from different categories in the sport at school age.

Overall, the sports confidence and level of self-confidence presented by the Peruvian volleyball players training category is not optimal, so it should be enhanced by intervention studies since performance and elite sports have as main objective that the athletes perform to

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the their fullest potential and achieve good results (Gomez et al., 2013). Moore, Bullough, Goldsmith and Edmondson (2014) indicate that the balanced combination of technical, tactical, physical and psychological elements in the elite sport allow intensity competition, at a high tempo, facing all kinds of pressures, etc.

Conclusions

Self-confidence is largely associated with athletic performance, the higher the lack or overconfidence, performance decreases; and the stronger and the more stable the confidence is, there is a chance to achieve the main objective.

Self-confidence is largely associated with or strongly influenced by the geographic region from which the volleyball players are, being the players from the coast the ones who have better self-confidence, compared to those from the jungle (that show overconfidence) and from the highlands (that show lack of confidence).

Self-confidence is not strongly associated with sporting achievements in the training category, probably because of his young sport age.

Self-confidence is largely associated with the age of the volleyball players, the older they are, the better self-confidence, more balanced and consistent.

Limitations of the study

The results of this study should be taken with caution as the subjects were athletes in training and sports consolidation. The study is open to relate it with other variables, apply it game after game during a competition and intervene through programs in order to optimize the maximum athletic performance.

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