

An Exploration of Controllable and Uncontrollable Sources of Sport-Confidence as Predictors of Enduring Self-Belief in Individual Sport Performers.

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Key insight : Internal preparation predicts robust confidence - overt social support can backfire.

METHODS



Design:

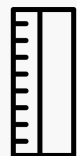
Two-phase, mixed-method

Study 1 used a modified Delphi method with 8 experts; Study 2 used cross sectional surveys.



Participants:

202 individual sport players across various sports, cultural background, gender, and levels.



Measures:

4 validated measures were employed to measure multidimensionality of robust confidence

KEY RESULTS



Physical & mental preparation




A consistent positive predictor of enduring, stable perceptions of belief across multiple measures.



Social support

Emerged as a significant negative predictor, suggesting over-reliance on external validation may erode stable self-belief

Perceived controllability of nine sources of sport-confidence

Controllability	Sources
High 	physical & mental prep mastery physical self-presentation vicarious experience
Neutral 	environmental comfort coaches' leadership demonstration of ability
Low 	social support situational favorableness

DISCUSSION/LIMITATION/CONCLUSION

Discussion :

Controllability drives enduring self-belief

Controllable sources (physical & mental preparation) expects more enduring beliefs.

Limitation :

Individual sport focus

Findings are specific to individual sport performers, and may not be generalized to team sport performers.

For coaches :

Tailor your support approach

Prioritize building athletes' preparation habits. When providing social support, deliver it implicitly to avoid creating dependency.