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Self-confidence and its role in enhancing competitive behavior among volleyball players

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Abstract

The Purpose of the Study The study seeks to determine the relationship between self-confidence and competitive behavior in 157 club Kirkuk Sports players, through a descriptive method in which the scales that are used in the questionnaires are composed of 15 items for self-confidence and 15 items for competitive behavior. The results show that players are highly self-confident, which demonstrates the possibility of trusting personal skills. They also showed strong team cohesion and awareness of their individual effort, which influenced their competitiveness as well. Nevertheless, the present findings described a gender divide between men and women players on this issue, suggesting the need to provide an appropriate training environment that equally sustains both genders to gain confidence and behaviors for the team winning.

Keywords: Self-confidence, competitive behavior, volleyball

Introduction

Chapter One: Research Definition

Research Problem

Self-confidence is also recognized as a staple factor determining athletes' skill performances. When you are truly connected on the inside you feel confident and able to handle the different challenges that come your way allowing you to strengthen and channel your energy. Even going to the extent that it can help the player to compete in hard times and be ready to face new challenges and changes on the field (Al-Zubaidi & Al-Harouti, 2021, p. 238) ^[5-6].

Research commentators have suggested that self-confidence is a measure of value of self in the sport context. Athletes who are positive-minded and sure about themselves are also better decision-makers under pressure. Early experiences in sports have an enormous impact on confidence, and if training and guidance are positive then the player is likely to feel good about themselves and what they do (Al-Sultani & Al-Harouti, 2021, p. 79) ^[8-9].

It is worth to note that self-confidence plays an important role, not only in performance, but also in the attainment of psychological security in athletes. The [people] who are insecure will not give it beyond their (limited) capacity (of mechanical work) and therefore it will reflect in the outcome. So, with the above reasons, I think that self-belief is absolutely crucial for a player's success in tournaments (Al-Zubaidi *et al.*, 2021, p. 37) ^[5-6].

The concept of competitive behavior in sportness involves the behavior of individuals and groups within sports to carry out the activities within sports organizations to reach historical goals and objectives. This is a constellation of behaviors and attitudes which dictates the way that teams interact as well as how training and competition is run. The more you understand about these dynamics the more cohesive and cooperative everyone becomes in the group (Al-Sultani & Al-Harouti, 2021, p. 297) ^[8-9].

Competition is also very important in boosting moral and group solidarity. That means taking their combat abilities to their maximum while ensuring proper communication and conflict resolution between players and coaches. These factors help increase performance for the teams and create a supportive environment consistent with the values of sport (Zibaei Nejad, 2018, p. 264) ^[7].

Competitive behavior is also a matter of how one can deal with psychological and competitive stress. Methods such as the "what if" style of training can also be employed to teach players how to behave under certain competitive conditions so as to make better

decisions during the performance. Successive training results in the construction of problem-solving skills and improvement in performance when it counts (Askar, 2016) [13].

There are many challenges in the sport of volleyball which can hinder the performance of athletes and the evolution of the sport. One major problem is the insufficient logistical and technical support; teams need sophisticated apparatus and appropriate courts in order to achieve optimum performance. Also, the low level of awareness on the value of sports in some locality also affects participation rates and sports marketing. Furthermore, injuries are one of the most significant barriers, and ignoring it results in players inability to participate in competitions due to recurring injuries, in turn reducing teamwork and efficiency. Lastly, the game struggles to “develop good coaches who join that [player] development with having an influence in time.” That makes raising the level of players and teams harder.

Accordingly, the present research seeks to investigate the role of self-confidence in enhancing competitive behavior among volleyball players in Kirkuk clubs. From this, the main research question is defined as follows:

What is the role of self-confidence in enhancing competitive behavior among volleyball players in Kirkuk clubs?

From the main research question, the following sub-questions are derived:

- What is the level of self-confidence among volleyball players in Kirkuk clubs?
- What is the level of competitive behavior among volleyball players in Kirkuk clubs?
- What is the role of self-confidence in competitive behavior among volleyball players in Kirkuk clubs?

Research Hypotheses

- There is a statistically significant difference at the 5% significance level between the mean scores of the research sample of volleyball players in Kirkuk clubs on the self-confidence scale, attributable to the gender variable (male-female).
- There is a statistically significant difference at the 5% significance level between the mean scores of the research sample of volleyball players in Kirkuk clubs on the competitive behavior scale, attributable to the gender variable (male-female).

Research Importance

Speed of strength — Speed is one of the most critical factors to be considered for a volleyball player working with strength, as it is a combination of quick power and the ability to execute basic skills effectively. Improving this attribute helps to increase levels of performance in the game, as it is broken down and combined with others as part of physical identity and I Got Play intense training in this specific technical field (Al-Dulaimi, Khazaal, & Mushtat, 2015, p. 26) [4].

The advantages of volleyball are not confined solely to physical aspects but extend to the social bonding and friendship among players, which are considered crucial to the athletic experience. Playing volleyball promotes team spirit as well as learning to assist and share with others thus encourages team work and discipline, as well as teaching the fundamentals of sportsmanship and friendship (Barth, 2015,

p. 27) [1].

Thus, the significance of the study can be identified in the following two aspects

A. Theoretical Importance

- Understanding how individuals interact within a team, which enhances the team's ability to work together to achieve common goals. By strengthening cooperation and communication, sports teams such as volleyball can improve cohesion and increase their chances of success.
- The study contributes to the development of players' personal skills such as leadership, critical thinking, and decision-making abilities. Players who recognize the importance of their role within the team become more proactive and effective in facing challenges.

B. Practical Importance

- Coaches can design training programs that focus on developing both individual and collective aspects of performance, leading to higher player levels and the application of new playing techniques.
- The study can help increase players' motivation by reinforcing their sense of value and the importance of their roles within the team. Leaders and coaches who adopt this understanding can motivate players to give their best.
- Applying the findings of this study helps players learn how to handle difficulties and critical situations during matches. When players have tools to understand and evaluate situations, they become better prepared to solve problems quickly and effectively.

Research Objectives

- To determine the level of self-confidence among volleyball players in Kirkuk clubs.
- To measure the level of competitive behavior among volleyball players in Kirkuk clubs.
- To examine whether there is a statistically significant difference between the mean scores of self-confidence and competitive behavior when comparing male and female players.

Research Boundaries

- **Human boundaries:** Volleyball players in Kirkuk clubs.
- **Temporal boundaries:** The 2024-2025 sports season.
- **Spatial boundaries:** Volleyball clubs in the city of Kirkuk.
- **Subject boundaries:** Investigating the role of self-confidence in competitive behavior among volleyball players in Kirkuk clubs.

Research Terminology

Self-Confidence: Described as “the belief in one's own capabilities, the ability to meet challenges, and the feeling or state of being in control of one's own life”. This concept is also an indicator of the need to help individuals acknowledge the importance of self-esteem in their lives, particularly athletes who encounter competitive stress (Atif, 2015, p. 163) [10]. Self-confidence is regarded as crucial for individuals and the lack of it influences girls' sports activities, highlighting confidence can be constructed through the support and encouragement of others (Ling, 2025, p. 14) [16].

Operationally: It is the score obtained by the volleyball players in the research sample on the designated self-confidence scale.

Competitive Behavior: Defined by Al-Qadi (2015, p. 110)^[15], “a system of norms and values shared by individuals in an organization which regulates what constitutes acceptable or unacceptable behaviour”. It is also referred to as “behaviours and actions by teams that impact or have an impact on the performance of the team as a whole, and the team can play a proportional role and contribute to developing a team culture consistent with the goals established” (Hiller, 2009, p. 10).

Operationally: This is the score achieved by the volleyball players in the research sample on the scale of competitive situation.

Volleyball: Was conceptualized as “a sport that requires constant training and physical exercise, so that it is necessary that players learn the techniques and develop resistance, so that they can have a good performance and to be pleased with the game” (Barth, 2015, p. 35)^[1]. Volleyball is defined as; “a team sport in which two teams of six players are separated by a net; each team tries to score points by grounding a ball on the other team's tool) opposing team.(Al-Jumaili, 2015, p. 36)^[3].

Operationally: A team sport practiced between two teams at Kirkuk Sports Club, with each team consisting of six players.

Chapter Two: Theoretical Framework

Section One: Self-Confidence

The Concept of Self-Confidence in Sports

Self-confidence is the belief in one's ability and potential, and is one of the primary factors to improve performance in sport. The idea of self-confidence is the product of the athlete's own experience and evolves with practice and training culture. In sports, psychological preparedness for performance includes having confidence in one's own ability as well as to avoid and manage performance challenges and pressures. High self-confident athletes are more likely to be capable of performing effectively and make the right decisions under pressure in a game situation which can potentially lead to better performance outcomes in matches (Brewer, 2009, p. 44)^[18].

The Importance of Self-Confidence in Sports

Confidence is a key behind success both as an individual and in your teams. By their very nature, most top-level sportsmen stress how they need to believe in themselves and the man standing beside them if they are to become victorious. Confidence impacts physical performance as well as psychological outcomes such as anxiety reduction and concentration aid (Burton & Raedeke, 2008, p. 188)^[19].

Characteristics of Self-Confidence in Sports

The features of self-confidence in sport appear in different kinds of mental and psychological factors. These are things like self-confidence, persistence, learning from mistakes, and the drive to succeed. Confidence is also related to an athlete's capacity to control feelings of anxiety and stress. High self-confident players present better emotional control

and are able to concentrate more on the competition, helping them to perform to the maximum (Vuckovic, Martínez-Gallego, & Ramón-Llin, 2024, p. 69)^[23].

Motivators of Self-Confidence in Sports

There are a few essential factors for the formation of self-confidence in sport such as positive reinforcement from coaches and teammates, and positive experiences in the performance of athletes. Realistic targets are also crucial to increasing confidence. Athletes can track their progress and boost their confidence by establishing clear, achievable objectives. Moreover, the skills they have learnt as a result of the continuous training contribute a lot to boosting their self-esteem and help them regulate their performance and take challenges optimistically (Brewer, 2009, p. 44)^[18].

Section Two: Competitive Behavior

The Concept of Competitive Behavior in Sports

Sport score Competitive in the sport context is the series of action and behaviour contribute of individual and team sport clubs. Including how people respond to each other, to other teams, fans and management. The premise is based on knowing the relationships between peoples within the sports industry and how it affects the performance of the organization. Competitiveness in sports shows in all areas, from managerial choices, to the leadership among team and players. Competitive action insight can improve a firm's performance and efficiency in sports firms (MacIntosh & Burton, 2024, p. 22)^[21].

The Importance of Competitive Behavior in Sports

Competitive behaviour is crucial in sport, because it has implications in team and individual performance. It is important to know of competitive behaviour, to create a positive work atmosphere and to build productivity and collaborations among members. Analysis of behaviors and organizational structure may comprehend the problems and opportunities that bring about the better performance of the sports organizations in general. Further, fostering respect and trust between team-mates boosts team- spirit and performance (Barnhill & Smith, 2021, p. 25)^[17].

Standards of Competitive Behavior in Sports

Standards of competitive behavior in sports include a set of fundamental principles that guide individuals' conduct within sports organizations, such as:

- **Commitment:** The extent of individuals' dedication and concern for achieving organizational goals.
- **Communication:** The effectiveness of information exchange among individuals and teams, which enhances collaboration.
- **Diversity:** Respect for cultural differences and individual abilities, contributing to innovation and creativity.
- **Leadership:** Leaders emphasize the importance of guidance and inspiration to achieve shared objectives (Skinner & Stewart, 2017)^[22].

Motivators of Competitive Behavior in Sports

There are several motivators that enhance positive competitive behavior in sports, including:

- Providing support and encouragement to individuals, which fosters team spirit.
- Investing in training programs to ensure skill

development and increase effectiveness.

- Creating a work environment that encourages collaboration and mutual respect, thereby strengthening commitment and belonging.
- Offering rewards and recognition for good performance, which reinforces positive behavior within the team.

These motivators contribute to building a strong organizational culture that supports high performance (MacIntosh & Burton, 2024, p. 22) ^[21].

Second: Previous Studies

Study by Aziz & Abdul-Razzaq (2020) titled *“Building an Optimal Self-Confidence Scale for Volleyball Players in Preparatory School Teams”*

The present study was designed to develop a scale for measuring the attitude of confidence among volleyball players in preparatory schools of Kirkuk and to discover their level of confidence. The research used descriptive method and experiment, and 168 players were used for the study, of which 20 were players with low self-confidence for scale application. Data was collected using a questionnaire and analyzed using SPSS. The players had low levels of self-confidence according to the outcome.

Study by Ali (2023) ^[14] titled *“Self-Confidence and Its Relationship with Some Skill Abilities of Kirkuk University Basketball Team Players”*

Basketball is a sport of varied behaviors and skills, and this diversity requires specific physical and mental properties, also to preserve the equilibrium. The purpose of the study: The investigation of the relationship of self-confidence and few skill abilities among the players of Kirkuk University Basketball Team. A descriptive survey and correlational approach was followed. The sample was composed of 12 players, and indeed, the study found a significant correlation between self-esteem attributes and fundamental basketball skills.

Study by Al-Jubouri (2024) ^[2] titled *“Self-Confidence and Its Relationship with Competitive Behavior among Volleyball Players in Kurdistan Region”*

The purpose of this study was to measure and assess the competitive behaviour and self-confidence of volleyball players in Kurdistan Region and to scrutinize the relationship between the competitive behaviour and self-confidence. Descriptive and correlational method was used in the research. The target population was 101 players from seven of the Northern Region League clubs; the sample size was 80 players (79.2%). Six other players were removed because their questionnaires were incomplete. The results were scrutinized through several statistical techniques which indicated that volleyball players in this area have self-confidence and positive competitive behavior and the relation between the two is significant.

Study by Lochbaum *et al.* (2022) ^[20] titled *“Revisiting the Self-Confidence and Sport Performance Relationship: A Systematic Review with Meta-Analysis”*

Self-confidence and athletic performance: Some are (understandably) more confident than others this paper (Castillo *et al.*, 2019) investigated the relation between self-confidence and performance in sport via a meta-analysis. A study of 3,711 athletes from 15 countries and 24 different sports found a moderate positive relationship between sport performance and self-confidence. The quality of studies and

the potential for indicators of bias were assessed using analytical methods. The outcomes showed moderate, and in some bears impressionistic, effect sizes for the relationship between self-confidence and performance, and called for more research in this domain.

Commentary on Previous Studies

Research on *“Self-Confidence and Its Role in Enhancing Competitive Behavior among Volleyball Players”* is related to several previous studies. For instance, Aziz *et al.* (2020) ^[12] share a focus on self-confidence as a key element in athletic performance; however, their study emphasizes building a specific self-confidence scale, whereas the current research directly analyzes the impact of self-confidence on competitive behavior.

In Ali's (2023) ^[14] study, the focus is on the relationship between self-confidence and skill abilities in basketball, while the present research specializes in volleyball. Al-Jubouri's (2024) ^[2] study is similar in addressing self-confidence and competitive behavior, but its focus on female volleyball players in the Kurdistan Region adds a different perspective.

Finally, Lochbaum *et al.*'s (2022) ^[22] review provided a comprehensive analysis of the relationship between self-confidence and performance, whereas the current research seeks to provide practical strategies to tangibly enhance self-confidence and competitive behavior. Overall, the current study offers an innovative applied methodology that distinguishes it from previous research.

Chapter Three: Research Methodology

Research Method: The descriptive method was adopted in this study, as it aims to describe the relationship between self-confidence and competitive behavior among volleyball players at Kirkuk Sports Club through data collection and analysis.

Research Population: The research population consists of all volleyball players at Kirkuk Sports Club.

Research Sample: The research sample was drawn from volleyball players at Kirkuk Sports Club, comprising 157 players across different sports levels and professional categories to ensure adequate representation of the studied phenomenon.

Data Collection Tools

A. Self-Confidence Scale for Volleyball Players at Kirkuk Sports Club: This instrument was specially designed to assess self-confidence among volleyball players. The scale is made up of 15 items that describe, in separate contexts, the things you can do: The situational cues the items which are obtained by players on competitive situations. The questions are designed to tap players' thoughts and actions under competitive stress and a five-point Likert scale is employed to rate the response.

B. Competitive Behavior Scale for Volleyball Players at Kirkuk Sports Club: This tool aims to assess players' behaviors in competitive situations. It consists of 15 items related to how players handle pressure, respond to wins and losses, and interact with competitors and team members. The questions are formulated to reflect various competitive conditions, and a Likert scale is used to measure the degree of players' agreement with each behavior.

Psychometric Properties of the Two Instruments

Content Validity: Content validity was evaluated through expert judgment by a group of specialists in sports psychology and sports research. The items were revised based on their feedback to ensure that they accurately reflect self-confidence and competitive behavior within the sports context.

Construct Validity: Factor analysis was used to assess construct validity, testing whether the instruments effectively measure the intended concepts. The results indicated strong correlations between the individual items of the self-confidence and competitive behavior scales and the total score of each scale.

Table 1: Correlation Coefficient of the Items of the Self-Confidence and Competitive Behavior Scales with the Total Score of Each Scale

Scale	Number of Items	Pearson Correlation Coefficient
Self-Confidence	15	0.81
Competitive Behavior	15	0.82

3. Cronbach's Alpha Reliability

The reliability of the instruments was measured using Cronbach's alpha coefficient, which is considered an internal consistency measure. Values above 0.70 are

generally regarded as acceptable to indicate that the instrument is reliable. For the self-confidence and competitive behavior scales, the following table shows their reliability values:

Table 2: Cronbach's Alpha Coefficient for the Items of the Self-Confidence and Competitive Behavior Scales

Scale	Number of Items	Cronbach's Alpha Coefficient
Self-Confidence	15	0.86
Competitive Behavior	15	0.84

Statistical Methods: Descriptive statistics were calculated to describe the social and demographic characteristics of the sample in terms of frequencies and percentages. Keywords respectively, and means and standard-deviations were computed for the items of the 2 scales. Further, an Independent Samples Test was performed to study variations between the mean values of the research samples, in order to find out whether there are any statistically significant differences between groups, based on studied variables.

Presentation and Discussion of Research Results

First: Answering the Research Questions

What is the level of self-confidence among volleyball players in Kirkuk clubs?

The mean, standard deviation, and percentage of self-confidence among volleyball players were calculated for each item, based on a sample of 157 players. The following table presents these results:

Table 3: Mean Scores and Standard Deviations of Volleyball Players' Responses on the Self-Confidence Scale

Items	Mean	Standard Deviation	Percentage	Assessment
I feel capable of delivering a good performance in matches.	4.20	0.75	84%	Very High
I have confidence in my abilities when I am on the court.	4.10	0.80	82%	High
I face sports challenges with high confidence.	4.15	0.70	83%	High
I believe I can improve my performance with each training session.	4.25	0.65	85%	Very High
I feel that my teammates trust me during matches.	4.00	0.85	80%	High
I can overcome pressure and difficult situations during competitions.	3.90	0.90	78%	High
I consider myself a good volleyball player.	4.30	0.60	86%	Very High
I need support from coaches to enhance my self-confidence.	3.50	0.95	70%	Moderate
I feel nervous in front of competitors, but I try to overcome it.	3.30	1.00	66%	Moderate
I can handle constructive criticism positively.	4.05	0.75	81%	High
I have the ability to make quick and correct decisions on the court.	4.15	0.80	83%	High
I feel comfortable performing in front of a large audience.	4.00	0.85	80%	High
I believe that my self-confidence positively affects my team's performance.	4.10	0.70	82%	High
I use certain strategies to boost my confidence during matches.	4.00	0.80	80%	High
I believe that self-confidence is one of the secrets to success in volleyball.	4.25	0.65	85%	Very High

The table shows the mean scores of volleyball players' responses on the self-confidence scale based on a sample of 157 players. The means range between 3.30 and 4.30, reflecting that players exhibit varying levels of self-confidence in different contexts. The item with the highest agreement was "I consider myself a good volleyball player," with a mean of 4.30, indicating a strong sense of self-efficacy among the players. In contrast, the item "I need support from coaches to enhance my self-confidence" had the lowest agreement, with a mean of 3.50, suggesting that players feel sufficiently confident without heavily relying on

external support.

Standard deviations range from 0.60 to 1.00, indicating variability in responses among players. Higher deviations (such as 1.00 for the item related to nervousness) reflect greater differences in self-confidence in that particular aspect. Regarding percentages, most items received ratings from "High" to "Very High," suggesting that, overall, players' self-confidence levels are commendable and elevated.

From the researcher's perspective, the results indicate that volleyball players generally possess a high level of self-

confidence, which can positively impact their performance in matches and training sessions. This is crucial for achieving success in sports, as self-confidence is closely linked to performance and the ability to face challenges. Players' awareness of their individual abilities and belief in their capacity to improve their performance can enhance both cooperation and efficiency within the team.

However, the researcher should consider that some players may require additional support to boost their confidence, particularly regarding items such as "I need support from coaches to enhance my self-confidence" and "I feel nervous

in front of competitors." This highlights the need for increased psychological support and guidance from coaches, which can ultimately improve the overall performance of the team.

What is the level of competitive behavior among volleyball players in Kirkuk clubs?: The mean, standard deviation, and percentage of competitive behavior among volleyball players were calculated for each item, based on a sample of 157 players. The following table presents these results:

Table 4: Mean Scores and Standard Deviations of Volleyball Players' Responses on the Competitive Behavior Scale

Items	Mean	Standard Deviation	Percentage	Assessment
I treat my teammates with respect and professionalism.	4.30	0.65	86%	Very High
I participate actively in training sessions and group discussions.	4.20	0.70	84%	Very High
I adhere to the instructions and guidance provided by the coach.	4.25	0.60	85%	Very High
I work on building good relationships with my teammates.	4.10	0.75	82%	High
I take responsibility for my mistakes during matches.	4.00	0.80	80%	High
I contribute to creating a positive environment within the team.	4.15	0.70	83%	High
I can guide my teammates if they need help on the court.	4.05	0.80	81%	High
I participate in preparing game strategies with team members.	4.10	0.75	82%	High
I make sure to arrive on time for trainings and matches.	4.25	0.65	85%	Very High
I work on developing my individual skills to serve the team.	4.20	0.70	84%	Very High
I listen carefully to suggestions and feedback from the coach and teammates.	4.15	0.65	83%	High
I handle pressure and difficult situations in an organized manner.	4.00	0.80	80%	High
I believe teamwork is the key to success in any match.	4.30	0.60	86%	Very High
I help motivate the team during critical moments in a match.	4.05	0.75	81%	High
I consider adhering to training sessions as an essential part of competitive success in the team.	4.25	0.65	85%	Very High

The results of the table indicate that the level of competitive behavior among volleyball players in Kirkuk clubs shows clear and consistent improvement. The means ranged between 4.00 and 4.30, reflecting the players' belief in the importance of positive behavior and teamwork within the team. The items with the highest ratings were those related to professional respect and cooperation, such as "I treat my teammates with respect and professionalism" and "I believe teamwork is the key to success in any match," showing strong team spirit and awareness of individual contributions among the players.

From the researcher's perspective, these results reflect that volleyball players possess a high level of awareness of competitive behaviors that enhance their collective

performance. The findings indicate that players recognize the importance of adhering to instructions and cooperating during training and competitions, contributing to a positive team environment. Additionally, these behaviors serve as an indicator of the team's success and its ability to handle pressure effectively. Therefore, clubs should continue to reinforce these values to develop performance levels and enhance training quality.

What is the role of self-confidence in competitive behavior among volleyball players in Kirkuk clubs?

To determine the existence of a significant relationship between the self-confidence scale and the second variable, competitive behavior, the following calculations were made:

Table 5: Pearson Correlation Coefficient and Its Significance for the Research Sample's Responses on the Role of Self-Confidence and Competitive Behavior among Volleyball Players

Scale	Sample	Pearson Correlation Coefficient	Significance (p-value)	Decision
Self-Confidence Scale	157	0.744 **	0.000	Significant
Competitive Behavior Scale				

The results of Table 5 show a strong positive relationship between self-confidence and competitive behavior among volleyball players in Kirkuk clubs. The Pearson correlation coefficient reached 0.744, indicating a strong and direct correlation between the two variables. This means that an increase in players' self-confidence is associated with higher levels of competitive behavior, such as mutual respect and teamwork. It is noteworthy that the p-value was 0.000, indicating that this relationship is statistically significant, which reinforces the reliability of the results.

From the researcher's perspective, this strong correlation

highlights the importance of developing self-confidence as a key tool for enhancing positive competitive behaviors within the team. When players feel capable and confident, this reflects in their interactions with teammates and motivates them to adopt positive behaviors, such as mutual support and collaboration in all team activities. Therefore, training programs that enhance self-confidence can contribute to improving overall team performance, encouraging players to uphold competitive values and increasing team effectiveness in competitions.

Second

Testing the Research Hypotheses

There is a statistically significant difference at the 5% level between the mean scores of the volleyball players'

responses in Kirkuk clubs on the Self-Confidence Scale attributed to the gender variable (Male - Female).

When analyzing the Self-Confidence Scale data according to the gender variable, the following was found:

Table 6: t-Test for the Sample's Responses on the Self-Confidence Scale by Gender Variable

Self-Confidence Scale	Gender Variable	Sample	Mean	Standard Deviation	Calculated t	p-value	Decision
	Male	87	4.57	0.68	11.29	0.000	Significant
	Female	70	3.74	0.09			

The results of the t-test table indicate a statistically significant difference at the 5% level between the mean scores of male and female players on the Self-Confidence Scale. Males obtained a mean score of 4.57 with a standard deviation of 0.68, while females had a mean score of 3.74 with a standard deviation of 0.09. The t-test result ($t = 11.29$) was notably high, indicating a clear difference between the genders. Additionally, the p-value was 0.000, confirming that this difference is statistically significant.

From the researcher's perspective, these results reflect a substantial difference in self-confidence levels between male and female volleyball players in Kirkuk clubs. Males show significantly higher confidence, which may be attributed to factors such as socialization, societal pressures,

or even the training methods employed. These findings are important for understanding how gender affects self-confidence in sports contexts, highlighting the need for strategies to enhance females' self-confidence to improve their performance and competitive behavior within their teams. Targeted programs focusing on building self-confidence among female players are essential to ensure balanced and effective team performance.

There is a statistically significant difference at the 5% level between the mean scores of volleyball players in Kirkuk clubs on the Competitive Behavior Scale attributed to the gender variable (Male - Female).

When analyzing the Competitive Behavior Scale data according to the gender variable, the following was found:

Table 7: t-Test for the Sample's Responses on the Competitive Behavior Scale by Gender Variable

Competitive Behavior Scale	Gender Variable	Sample	Mean	Standard Deviation	Calculated t	p-value	Decision
	Male	87	4.01	0.97	1.80	0.000	Significant
	Female	70	4.22	0.44			

The results of the t-test table indicate a statistically significant difference at the 5% level between the mean scores of male and female players on the competitive behavior scale. Males obtained a mean of 4.01 with a standard deviation of 0.97, while females obtained a mean of 4.22 with a standard deviation of 0.44. Considering the calculated t-value ($t = 1.80$) and the p-value ($p = 0.000$), the difference between the two genders is statistically significant.

From the researcher's perspective, these results suggest that there is a difference in competitive behavior levels between male and female volleyball players in Kirkuk clubs. Females appear to exhibit higher competitive behavior compared to males, which may reflect differences in training methods, social support orientation, or team dynamics. These findings are important for understanding how gender influences competitive behaviors and highlight the need to provide an appropriate supportive environment for both genders to enhance communication and cooperation within teams. Additionally, training programs could be developed to strengthen competitive behavior for both genders, contributing to empowerment and equal opportunities for success in the sport.

Chapter Five

Conclusions, Recommendations, and Suggestions

Conclusions: The results indicate that volleyball players in Kirkuk clubs possess a high level of self-confidence, reflecting their ability to rely on individual skills without significant external support. Moreover, players demonstrated strong team spirit and genuine awareness of their individual contributions, which contributed to enhancing their competitive behavior within the team. This sense of belonging reflects their alignment with shared goals

and the desire to improve collective performance, ultimately supporting success in competitions.

On the other hand, noticeable differences were observed between male and female players in both self-confidence and competitive behavior. These differences highlight the importance of considering gender when developing strategies to support players and enhance their skills. Therefore, providing a suitable training environment that supports both males and females is essential to strengthen confidence and behaviors that positively impact athletic performance, contributing to greater balance within sports teams and enhancing collective success.

Recommendations

- Design and implement training programs focused on enhancing self-confidence among players, especially females, through workshops and seminars that develop psychological skills and communication within the team.
- Establish strategies that promote cooperative behaviors among players, such as organizing training sessions that emphasize teamwork and encourage mutual support, positively influencing overall team performance.
- Allocate independent resources to develop targeted training support programs for both male and female players, taking into account differences in needs and challenges, to ensure an appropriate environment that enhances confidence and competitive behavior.

Suggestions

- Investigate the impact of social relationships and collaboration among team members on overall performance, and how this affects self-confidence and

competitive behavior.

- Study how cultural differences and societal orientations influence self-confidence and competitive behavior across different teams.

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