

Summary

Achieving sports championship requires paying attention to the role of emotions and factors such as self-confidence and mental resilience. These are important states and skills that influence the outcome. One of the emotions that can be both a motivator and a demotivator in achieving sports results is anxiety. The duality of anxiety significantly affects the level of athletes' training, the ease and difficulty of completing the task. In footballers, a lower level of anxiety causes a lower tendency to run away in the face of a threat, which significantly affects the level of the game and effectiveness during direct sports activity. Apart from anxiety, other important factors determining the effectiveness and success of an athlete are self-confidence, faith in achieving sports success, especially in difficult situations, and a sense of self-efficacy. It is impossible to ignore their role in the process of concentration of attention, control of arousal, positive emotions, preparation of starting strategies, or in achieving the desired results. The higher the self-efficacy sense, the greater the motivation to act, which in turn is associated with higher achievements. Much attention in this area is devoted to the search for the key elements determining high sports results. The presented dissertation is an empirical work dealing with the problem of the correlation of anxiety and self-confidence with the level of involvement in the performance of sports activities by the players of the first league football. In Poland, research on anxiety and self-confidence in sport focused mainly on such disciplines as fencing, badminton, swimming, basketball, hockey, athletics, martial arts, and men's football with the participation of mainly young people. However, it is difficult to find research on the impact of anxiety and self-confidence on the level of sports involvement of football players in the league. The issue of psychological factors related to women's football in Poland is not discussed by most sports circles, hence the attempt to analyze the above topic. Therefore, the aim of the research is to determine the relationship between the certainty and the level of involvement in the performance of sports activities by football players and the relationship between the level of anxiety and the level of involvement in the performance of sports activities by football players of the first league of clubs operating in the Silesian Voivodeship. 46 players took part in the research, each with at least two years of experience. The study covered players of the major league football from the area of the Silesian Voivodeship. The selection of the respondents for the research was deliberate, the respondents were guaranteed anonymity and protection of personal data. Due to the fact that the football season consists of two rounds: winter and spring, and the spring round is the rematch round ending the football season in which the winner of the season is determined, data collection began in the second round on 08/05/2019 and ended on 06/06/ 2019.

The research was conducted in the last five rounds of the women's league ending the 2018/2019 season. Striving to win is associated with both the presence of psychological features and the level of performance, hence the decision to determine the relationships between the confidence and the level of involvement in sports activities and the relationship between the level of anxiety and the level of involvement in sports activities of the above players in the second round by examining the players. top league football. Before each match, the players received the following research tools: STAI feature, CSAI-2R (markings in the work refer to the measurements: after the first, second, third, fourth and fifth) and before the first and last match: TSCI-PL, SCAT, STAI status and feature (in these variables the designations refer to the first and second measurement). Moreover, after the last match, the subjects were given GSES and KCO-S to fill in. After the last match, the coach received two tools to determine the level of players' involvement during training and the match: Observation scales for testing engagement during training, Observation scales for testing engagement during the match. These scales were indicators of the performance level, or rather the performance level of the above players. There is a relationship between self-confidence and the level of involvement in the performance of sports activities by soccer players, self-confidence is associated with a greater level of commitment. Greater confidence is associated with a higher level of commitment, i.e. confidence increases the level of commitment and, in turn, this level increases confidence.

There is also a negative relationship between anxiety and the level of involvement in the performance of sports activities by football players, higher anxiety is associated with a lower level of involvement. Higher anxiety is associated with a lower sense of effectiveness (anxiety explains between 11 and 18% of GSES). Moreover, anxiety correlates positively with demonstrating a drive, the essence of which is to gain recognition, acceptance and advantage over others. Other achievement goals correlate very weakly and insignificantly with anxiety. The two-factor analysis of variance allowed to conclude that anxiety is not a moderator in the relationship between certainty and the level of commitment assessed by the trainer. Basically, only anxiety showed a relationship with the level of involvement with significance at the trend level (below 0.10) and a small size of the effect. People with a high level of fearfulness are characterized by a lower level of commitment, which means that they are also likely to have lower game scores. Confidence, however, increases the level of commitment among both those with high and low shyness. The remaining results are analyzed in the content of the dissertation and discussed in the discussion.

Keywords: anxiety, self-confidence, performance effectiveness, sports achievements, level of commitment