

ESTUDIO DE LA RELACIÓN ENTRE EL ESTILO ATRIBUCIONAL DE LAS DERROTAS Y EL NIVEL DE AUTOCONFIANZA DE LOS JUGADORES DEL PEÑISCOLA FS

Los deportistas buscan explicaciones y realizan asociaciones causales sobre lo que sucede dentro del terreno de juego, por lo que sus resultados son una pieza fundamental para las atribuciones posteriores que determinarán su comportamiento en la siguiente situación de competición. Estas atribuciones se caracterizan por la forma en que los deportistas explican sus éxitos y fracasos, que afectarán a sus expectativas acerca de su habilidad para alcanzar el éxito y determinará su nivel de autoconfianza. Tomando como referencia la teoría de la atribución de Weiner, se pretende estudiar el perfil atribucional de las derrotas y el nivel de autoconfianza de los jugadores del Peñíscola FS.

Para obtener el perfil atribucional y el nivel de autoconfianza se administran diversas escalas, así como una pregunta abierta que proporciona información más detallada sobre la que los jugadores consideran la causa principal de las derrotas encajadas a lo largo de la temporada. Se espera que el estilo atribucional obtenido por el equipo en su conjunto determine el nivel confianza.

Tras los resultados del estudio, el perfil atribucional del equipo refleja una atribución causal de las derrotas tanto a factores internos a ellos como externos al equipo, a su vez, la causa se encuentra bajo su control personal e interno, y es inestable, por lo que es modificable. El nivel de autoconfianza obtenido es alto, que es coherente con el perfil atribucional del equipo. A pesar de que los resultados no son concluyentes, van en la línea de lo esperado, por lo que el perfil atribucional de las derrotas es favorable de cara a futuras intervenciones.

Palabras clave: estilo atribucional, autoconfianza, derrotas, fútbol sala, salud y bienestar.

STUDY OF THE RELATION BETWEEN THE ATTRIBUTIONAL STYLE OF DEFEATS AND THE LEVEL OF SELF-CONFIDENCE OF PEÑISCOLA'S FS PLAYERS

Athletes seek explanations and make causal associations about what happens on the court, so their results are a fundamental piece for the subsequent attributions that will determine their behaviour in future competitions. These attributions are characterized by the way in which athletes explain their successes and failures, which will affect their expectations about their ability to achieve success and will influence their level of self-confidence. Taking Weiner's attribution theory as a reference, it is intended to study the attributional profile of defeats and the level of self-confidence of the Peñíscola's Futsal players.

Various scales are administered to obtain the attributional profile and the level of self-confidence needed as well as an open question that provides more detailed information on what the players consider the main cause of the team's defeats throughout the season. The attributional style obtained by the team is expected to influence the level of confidence.

Following the results of the study, the team's attributional profile reflects a causal attribution of the defeats to both internal and external factors to the team, in turn, the cause is under their personal and internal control, being also unstable. Therefore, it is modifiable. The level of self-confidence obtained is high, which is consistent with the attributional profile of the team. Although the results are not conclusive, they are in line with what was expected, so the attributional profile of the defeats is favourable for future interventions.

Keywords: attributional style, self-confidence, defeats, futsal, health and well-being.

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INTRODUCTION

Throughout the sporting career of an athlete, he tries to make a simple description or seeks an explanation to what happens to him within the sports environment, through different situations and contexts that he has to deal with. Athletes perform a search for explanations and causal associations, so their results are a fundamental piece for the subsequent attributions that they will perform from a perceptual-cognitive process, and that will determine their behavior in the next competition situation. These inferences, known as attributions, are characterized by the way people explain their successes and failures, as reflected in the attribution theory originated by Heider (1958) and reported by Weiner (1985, 1986). This is divided into several basic attribution categories, using as a reference different studies on the motivation for realization: stability (stable or unstable cause), causality point (internal or external cause) and control point (under control or out of control). These attributions will affect future expectations of success or failure as well as emotional reactions (Biddle, Hanrahan and Sellars, 2001).

Each sportsman will have different expectations about his ability to achieve success, based on his performance and thanks to the attributions made. Such expectations will influence his level of self-confidence, also known as degree of certainty to achieve his goals (Dosil, 2004).

The **objective** of this study is to find the relationship between the attributional style of defeats and the level of self-confidence of the players in Peñíscola's Futsal team.

METHOD

Sample: 15 elite athletes, members of the Peñíscola FS men's team that currently competes in the 1st Division of the National Futsal League. The average age of the players is 25.33 (SD = 4.19) ranging between 19 and 34.

Instruments:

- **Causal dimension scale CDS-II** (McAuley, Duncan & Ruseell, 1992). It consists of 12 items, in which the cause of the defeats and the perception, that the players have about that attribution, is questioned. This scale measures the four causal dimensions, being measured in 3 different items each one, these dimensions are: causality, stability, personal control and external control.
- **Scale of confidence in sport SSCI state** (Balaguer, Escartí, Soler & Jimenez, 1990). It consists of 13 items which help players compare their own confidence with the athlete they know that possesses a higher degree of confidence. It reflects the security they have when playing. It is answered on a Likert-type scale ranging from 1 to 9 (being 1 the lowest confidence level and 9 the highest confidence level).
- **Open question:** *What do you think is the main reason the team is not achieving the victory in most of the games played throughout this season?*

Procedure: Both scales and the open question were administered before the start of a training session. The players were informed of the confidentiality and anonymity of the data.

Statistical analysis: IBM SPSS Statistics (Version 26).

DISCUSION

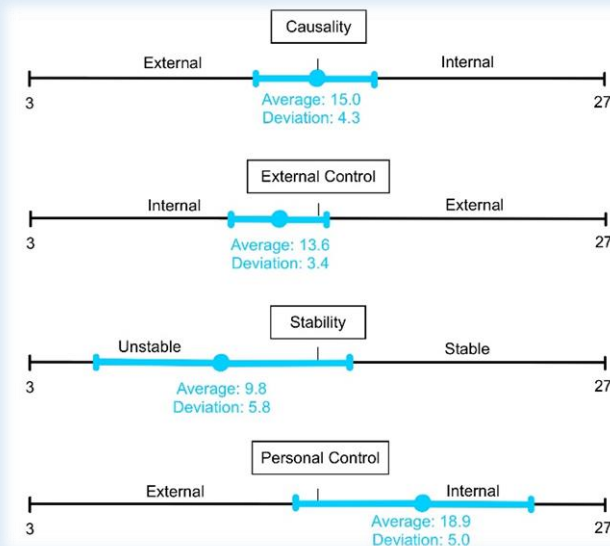
The main objective of this study is to understand the attributional style of the team's defeats and the level of self-confidence of the players in Peñíscola's futsal team.

The attributional profile obtained from the players is shaped by different factors. In the first place, causality informs us about who players believe is responsible for good or bad match results. The result does not go towards any extreme, it only shows that the defeat is due to both internal (player's low concentration) and external (luck) factors to the team. Another factor in this profile is external control and personal control, both reflect that the cause does not exceed the player's own control; however, players are the ones who can exercise power over it and modify it. Finally, the factor regarding stability reflects that the main reason of the defeats is attributed to an unstable cause that can be modified. This attributional profile may be consistent with the high level of self-confidence obtained, since if the causality of the defeat isn't defining, it is controllable by players and therefore it can be modified. For these reason it will have no negative impact on their confidence.

The results are not conclusive and this study has a series of methodological limitations. In the same way, the correlations obtained between self-confidence and attributional factors are insignificant, as it can be seen in Table 1. Nevertheless, we can observe that the meaning of the relationship is in line with what it is expected. The less external control, external causality and stability, and greater personal control; higher will be the level of self-confidence the players will possess. They have a positive perception towards the possibility of exerting power over the cause and therefore changing it.

Among the reasons reported by the team through the open question, which has helped us know the triggers of these defeats, lack of concentration seems to be the most outstanding. This could be addressed in the future, with the team's attributional profile being favourable for the intervention. If they interpret that the cause may be due to internal and external origin, it can be controlled by the players themselves and as it is also unstable and modifiable, they will be more confident to make a change and reverse the situation, since they feel they can exercise control over it.

RESULTS



Graph 1:
Attributional profile of the players in front of defeats



Graph 2:
Level of self-confidence of the players in front of defeats

Table 1:
Relation between causal dimensions and self-confidence

| | Self-confidence |
|------------------|-----------------|
| | Pearson |
| Causality | -,378 |
| External control | -,298 |
| Estability | -,144 |
| Personal control | ,394 |

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