

Self-Presentation Concerns and Pre-Game Influence on Adolescent Football Players- The Study of Physical Education

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Abstract: *Teen impact on the game experience itself received scant empirical attention concerns. Future self-presentational concerns to examine the relationship between the purpose of the investigation and ex-sports affective States Middle and high school aged between football players. American football players (mean age 112 n ¼ ¼; 15.57 years) selected former sports affective States (i.e., attentiveness, self-assurance, and fear) measurement before week self-presentational concerns (SPSQ, McGowan, et al., 2008) is a measure of completion. Evidence shows that rehabilitation protocols clinical and functional rehabilitation following a worse result could be associated with. Recently, it's that no one can follow not only their injury-rehabilitation diet a reduced rehabilitation engagement but that some athletes over may follow "reflect the risk of premature withdrawal of the game or have been accepted. Currently, there is no way to follow more of, and adherence to it and associated with a premature return from risking longer uncertain results: Regression analysis showed that negative concerns about appearing untalented athletically significant forecast East game attentiveness, b ¼ 0.43, R2adj (p < 0.001) ¼ 19.5% (p < 0.001), and self-assurance, b ¼ ¼ R2adj 11.9%, contributed _ 0.38 (p < 0.01). Conclusions: these findings are likely to have a positive impact that mental States ex-game athletes to promote competitive and quality of experience, reduce self-importance of presentational concerns highlighted.*

Keywords: Physical education, Attentiveness, sports, Self-assurance, Self-presentation, football players, influence

1. Introduction

Adherence to injury rehabilitation has been examined extensively in the sports medicine literature and has been defined as "behaviors an athlete demonstrates by pursuing a course of action that coincides with the recommendations of the athletic trainer." Although extended clinical follow-up and functional rehabilitation is associated with the results, many professional athletes fail to comply with instructions-recommended. Recent evidence suggests that athletes follow the failure in compliance with the treatment protocol itself may not be reflected under "(i.e., too little rehabilitation) also followed, whereby athletes try to reflect too much, but the compliance activity restrictions, Push through the pain symptoms or highly damaging to efforts to fail quickly. Follow up on behavior and underlying assumptions recommended guidelines that professional athletes than engage in rehabilitation efforts can be defined as. Besides the quest for athletic excellence and win-at-all-cost "environmental elite sports athletes risk a premature return to sport .6 in particular, Athletes who achieve athletic goals are strenuous for premature withdrawal should be delayed return suggest that despite the clinical and functional indicators games to prepare for the risk of encouraging. Thus, Document following rehabilitation efforts for account rates athlete behaviors that related to too much too soon and in knowledge about pushing past assumptions limit. A valid and reliable assessment tool to measure the following over with both practical standpoints and therefore clearly important research. Practical perspective, such a questionnaire following athletic trainers more athletes who are at risk or potential for setbacks rehabilitation clinical or functional results will assist in identifying compromised. In addition, patients following rehabilitation of engaging in

more than identify athletic trainers who need psychosocial interventions can alert (e.g., reframing, social support) or referral, educational competencies currently all surgeons certified by the Board of athletic trainers. Last, Rearing and a desire for a premature risk factors involved with more injury rehabilitation investigation will be able to play back the need for practitioners and researchers to develop appropriate measures to target important factors. Currently, however, follow a legitimate and reliable scale does not exist, and the associated rehabilitation follow-up and risk premature desire to return more than empirically to be investigated so far.

In an effort to identify correlates of rehabilitation over adherence and willingness to risk premature return, the Integrated Model of Psychological Response to Sport Injury and Rehabilitation of Wiese-Bjornstal et al may be of theoretic and practical value. The key premise of this model is that each individual responds differently to an injury depending upon his or her assessment of the meaning of the injury, its perceived consequences, and one's ability to cope with the consequences. Cognitive appraisals are proposed to influence athletes' emotional and subsequent behavioral responses to injury; one important behavioral response is adherence. Wiese-Bjornstal et al also suggested that a host of personal (eg, personality traits, history of stressors, demographic variables) and situational (eg, timing of injury in the season, social support, rehabilitation environment) factors operate in isolation or in conjunction to influence an athlete's cognitive, emotional, and behavioral responses to sport injury.

Most individuals are aware of, and concerned with the impressions on others. How a monitor and others, shape, and

attempts to influence perceptions is considered by itself or concern regarding impression management. The others in the process presenting individuals usually shows or social situation or negotiation depends on the context of self-certain aspects of omit. To do this trick or manipulation signs; Rather, Persons required to disclose (and/or justification) or certain aspects of desired impressions and to avoid unwanted impressions usually omitting. For example, who are the focus of the investigation, American football players, coach speak about the severity of an injury to the muscle, can coach self-extractor presentation question concerns for fear the former sport commitment, desire and willingness to influence the performance targets.

Previous research has shown that athletes often make impressions on others based on how they are. Such concerns that athletes considering mental toughness can be fully understood, drive, dedication and commitment usually are judged based on their athletic performance. During the competition, athletes, disperse images in unskilled, unqualified, unprepared and unable to handle pressure is prone to. Skillful management of these impressions in positive ways so perfectly appropriate (and even required), noting that coaches, Teammates, fans and the media to the results of significant relevance judgments can be athletes such as team selection, sports bar, or the receipt of a scholarship.

They pursue athletic aspirations, not surprising as friendly self – desire to achieve presentational goals athlete's cognitions, emotions and behavior significantly impacts. Self-cognitions and emotions, namely debilitating presentational concerns, cognitive and somatic anxiety has been associated with for example. For example, a et al. Found that Mesa basketball players high self-presentational concern (i.e., Fear of negative evaluation) low-to high-pressure experimental conditions, a significant reduction in anxiety and performance across a significant increase. In addition, print management-Mint intentions and concerns statements and behavior of claims of injury, personal problems and spent a short time as an athletic practice before self-handicapping has been associated with. Finally, the self-presentational concerns athletes risk behavior such as pain and injury as mentally weak to avoid being considered playing through and shown to begin eating disordered behavior aimed to maintain an attractive body shape.

Of particular relevance to this investigation is the influence of self-presentation concerns on athlete emotions. A wealth of evidence indicates that the emotions experienced prior to and during an athletic event may have substantial consequences for athletic performance and enjoyment. For instance, Woodman et al. found that hope yielded faster soccer-related reaction times in soccer players while anger was associated with greater gross muscular peak force performance. Simi-larky, Raza and Bortoli¹⁴ found that Italian rugby players (n = 197) interpreted their anger symptoms as facilitating their sport performance. Despite the evident influence of emotions on sport performance as well as the pervasive influence of self-presentational concerns, much of the self-presentational research has examined the influence of such concerns among adult athletes. Comparatively fewer studies have

investigated self-presentational concerns among adolescents, with the majority of studies focusing almost exclusively on social physique anxiety (i.e., concerns about negative physical appearance evaluations; Neven et al.). For example, among early adolescent girls, Neven et al. examined the influence of maturation on social physique anxiety and the relationship between social physique anxiety and current and future physical activity levels. A number of other self-presentational concerns, such as worries about appearing incompetent or lacking in composure, may be particularly salient among adolescents.

Teens are constantly evolving in which self-perceptions, emotions, motives and self-regulation skills and flux at a time. Youth with peers to develop their identity, and individual competencies to ingratiate themselves to try to encourage during adolescence as the picture that you want to present to your major. They positively coaches, parents, and mentors seek out games as reference, Young especially desirable present for others worried about impressions. Impact on the game experience to stand under teenage self – coaches, managers, and presentational concerns that diminishing the concerns of youth, positive game-related mental States to facilitate, improve performance, and are concerned with the overall athletic experience relevant to parents.

Given that self-cognitions athletes understanding emotions and behavioral concerns, presentational, and athletic performance, highlighting the impact of emotions on the abundance of juvenile athlete's emotional States influence self-tonal value present practical and theoretical concerns. The former are likely to affect actual performance playing emotions is important because, in particular, the initiation of a contestant's performance before the athlete's emotion self-presentational concerns examining the effect. Therefore, This investigation is aimed at self-presentational concerns was to investigate the relationship between former game mental States Middle and high school aged between football players. Specifically, whether the document itself based on concerns lack mental fortitude 52, fatigue/energy, physical appearance, and athletically, untalented so-called were associated with sports psychologist following former States to examine the purpose of this study was: attentiveness, self-assurance, tranquility, and fear.

Attentiveness warning, concentrated or focused refers to the perception of, and contact sports like football is important because players is that their performance and physical stimuli for a variety of security implications must be attentive. Inattention or irrelevant cues focused on football increased risk of injury. Proud, confident self-assurance, the idea of being bold and fearless and football performance, Opponents and game plan and tactics need to perform under time constraints cannot be intimidated by the need to consider. Believe in a physical strengths and abilities required for success in competitive football, too. Peace, comfort and peace at least feelings of being an aggressive football environment that effectively are essential for making decisions is reflected in. In the end, the notion of having intimidated or fear related to appear between the football players and the same has been shown to. The relevance of these four psychological States in football,

given previous research highlighting (or more commonly, contact sports), and previous research teen sports participation, such States experience demonstrates it to examine their former sporting event.

It is hypothesized that self-presentational concerns higher levels decreased attentiveness, self-assurance, and increased fear and predictive. While previous research examining the effect of self-presentational concerns largely have been cross-sectional, a prospective design was adopted in the current study. Such a design as it was immediately prior to the initiation of a competitive contest on pre-existing mental States concerns the effect of a linear test was enabled.

2. Self-presentation concerns and pre-game

A total of 112 male juvenile football players at middle and high school levels (i.e., grade 7e12) took part in this competition. Participants age 18 (15.57 _ 2.90 years; mean _ SD) 12, 4.6 years 9.5 _ was to compete in football and an average of 15 h/week training in self-reported. Participants in a single school district were from West Texas. A contextual approach, note that football is a highly valued activity in West Texas and many people were drawn to the school community from which to sample the game were avid supporters.

Customized sports questionnaire (SPSQ) self-presentation
A customized version McGowan et al 33 21-item scale footballer dispositional self-assess present tonal concerns had been used to. Four subscales scale include: concerns about appearing athletically untalented (AAU, 6 items; $\hat{\alpha}$ 0.90); Physical appearance (PA, 5 items; $\hat{\alpha}$ 0.87); Appearing fatigued/reduction energy (file, 4 items; $\hat{\alpha}$ 0.86); and mental fortitude to 52 (MCI, 6 items; $\hat{\alpha}$ 0.87). All items (never) 1 through 5 (always) with a 5-point anchor statements were measured on a continuous scale. A stem "football while playing, I have my coaches, parents, other people will experience anxiety and my team mates as visible." each subscale items prefaced.

To ascertain adolescent athletes' level of self-presentational concern (as opposed to adult athletes), several word substitutions and item amendments were made to ensure adolescent comprehension of the adult validated scale. Given the item amendments and the fact that the self-presentation in sport questionnaire was being used for the first time with adolescent athletes, further validation efforts were undertaken using principal component factor analytic procedures. Principal component factor analysis with direct oblimingrotation revealed four interpretable factors with an eigenvalue greater than one. In the first exploratory factor analysis (EFA), however, one athletically untalented item cross-loaded on the MCI factor (i.e., exhibited a loading of 0.35 or higher on both factors; Tabachnick and Fidel); A MCI item cross-loaded on the file factor; and a MCI item scale cross-file is loaded on the factor. In addition, a PA requires a minimum items loading on any aspect of 0.32 factor. As a result, four items were eliminated and a second EFA was conducted. The second EFA, a single PA item cross-loaded on MCI factor. Thus, a third and final EFA was conducted. As indicated in table 1, this last one with four separate EFA and network factors greater than one

eigenvalue revealed. These factors adult validated by McGowan et al. were consistent with four dimensions (i.e., physical appearance and untalented athletically, energy, mental fortitude 52 fatigue/lack of visible) and fully accounted for 70.2% of total variance. On one aspect, five athletically untalented items accounted for 44% of the variance. On the two side's lack of fatigue/energy accounted for 10.6% of the variance of four items. The third aspect, the variance of physical presence of three items. Accounted for 8%. And finally, four mental fortitude on the inadequacy of factor four accounted for 7.3% of the variance. Revised subscales acceptable levels for signs of internal stability Cronbach a coefficient as shown in table 1.

Positive and negative emotional schedule (PANAS-X)
PANAS-X is a general measure 60-item positive and negative as well that are scored in the following 11 specific affects 60 items based on a combination of: fear, grief, guilt, hostility, shyness, fatigue, surprise, joviality, self-assurance, attentiveness, and peace. The current investigation, fear (fear, fear, nervous, jittery, unstable; $\hat{\alpha}$ do box 0.73); Self-assurance (proud, strong, confident, bold, courageous, fearless; $\hat{\alpha}$ 0.72); Peace (cool, at least relaxed; $\hat{\alpha}$ 0.72); And attentiveness (alert, attentive, focused, determined; $\hat{\alpha}$ 0.63) were measured. As indicated, these affective mental States previous research highlighting contact sport and demonstrate their relevance among young athletes in was selected based on their importance. Anchor statement with items (very little or not at all) 1 5-point continuous scale were measured 5 (extremely). Statement stem "Please circle today's game about his 'just ' emotions" items prefaced. Last game research PANAS-X using a teen with nice sample we have properties.

3. Observations and System

Data analysis includes descriptive, correlational, bivariate and multiple regression test study variables. These concerns present self-analysis, each ton subscale athletically untalented, physical appearance, displaying an item average score in mental patience 52, and fatigue/lack of energy was created. SPSQ subscales (i.e., attentiveness, self-assurance, Peace and fear) four subscales were correlated with feeling. An indication of the strength of these correlations and self-presentational concerns the relationship between mental States and sports direction. Finally, the standard multiple regression analysis predicting pre game specific mental States each self-presentational concern's unique contribution was employed to evaluate. SPSS version 19 (SPSS, Inc., Chicago, IL, USA) was used to analyze the data. Significance was 0.05 $p <$.

4. Discussion

The purpose of this study whether self-presentational concerns teenage football players among former sports psychologist were predictive of States to investigate. Contrast with past research, each of the four football players self-extractor presentation dimension throughout self-reported low level of presentational concerns. Neven et al. Above the middle point score mean self-presentation scores early to late teens, with 5-point rise in the reported scale lektor. We find a possible explanation that contradictory

Neven et al. Teen examined social physique anxiety among women. Female early to late teens carrying more thin and beautiful to appear became aware of social pressures as social physique anxiety as the growing salience of preoccupation the presentation concerns. On the contrary, Teenage males alike consider how their actions are perceived by others as not self-presentation concerns. Developmental research indicates that teen males generally egocentric and self-centered. Self-presentational develop cognitively concerns that increased brain development occurs as you are, it can be understood that the current study male self-presentational concern lower-level reports. Alternatively, low self-presentational score was in evidence, Social desirability reporting a self-presentational nature concerns given the concerns about. Despite assurances that the answer is completely confidential, teen male athletes appear 'weak' or how they appear in the eyes of others do not want to be concerned about that seems reasonable. Future research measures the social desirability when conducting research should include the present tonal self. Along these lines, it may be that where the possibility of expressing precludes "King football", especially in a small community belonging to the culture of American football that competitors a run a performance ethos loud sizing brutality, unlike the invincibility and dominance. Our hypothesis is that high levels of self-presentational concerns decreased attentiveness, self-assurance, and increased fear and predictive, support. In particular, the athletically untalented and mental fortitude at East worry about appearing in 52 games with attentiveness. These findings are those Lorimer⁶ that self-presentational found are consistent with performance anxiety/worry about mental balance, including competitive inadequacy interrupted concentration the biggest factor. Athletic performance-acne attentiveness recognized given itself the importance to reduce concerns of coaches and others is critical to understanding. From a pragmatic perspective, athletically incompetent or lacking in mental patients elimination of concerns about appearing in a number of ways can be addressed. For example, Imagery and goal-setting techniques during training or matches conditions work-related skills, focusing on reducing such concerns can be applied to help. In addition, meeting with athletes and their sport participation (for example, the love of the game, the camaraderie of the team) to discuss internal causes self-presentational concern focuses on low can help. These worries among teenage athletes manage and print other strategies to minimize the effectiveness of testing and research is needed.

Results from this investigation also revealed that concerns about appearing athletically untalented and lacking in mental composure were associated with decreased self-assurance (i.e., self-confidence). This finding is consistent with previous investigations highlighting the association between self-presentation concerns and potentially damaging consequences such as self-handicapping, unhealthy risk behaviors and competitive anxiety. Understanding the factors associated with adolescent athlete self-assurance is particularly important because, like attentiveness, self-assurance is one of the most consistent predictors of athletic performance and sport enjoyment. Factors shown to be negatively associated with athletes' self-assurance are therefore likely to negatively impact upon athletes' on-field

performance and satisfaction. This study adds to the youth sport literature by revealing that concerns about looking incompetent may be of particular relevance in diminishing adolescents' pre-competitive self-assurance levels. Further research using different athlete populations (e.g., females, non-contact sports, non-western samples) and larger sample sizes are needed to confirm these findings. In contrast with our hypotheses, none of the self-presentational concerns were predictive of decreased serenity or heightened fear. One possible explanation for the non-significant findings for serenity is that athletes may experience self-presentational concerns yet still feel a sense of calm or ease given perceptions of control over salient performance issues. For example, it seems reasonable that an American football player may experience concerns about appearing fatigued or lacking in energy yet still feel efficacious with respect to his ability to make clear and calm decisions under pressure. Indeed, this explanation is plausible given the relatively high levels of pre-game self-assurance reported by participants in this sample. Further research examining the possibility of experiencing facilitative pre-game mental states despite the existence of self-presentational concerns would be a valuable area for future inquiry.

Although Dunn and Syrotuik²⁹ found that concerns about the negative social evaluation Canada teen soccer players were evident among the strongest factor of concern, fear of the unknown. Therefore, the present investigation and Dunn and Syrotuik, Those findings suggest self-presentational concern teen pre-competitive generation of fear and anxiety compared to other types of concerns that may be low key. Further research correlates to young football players is warranted to check fear among emotions. The study self-presentational and youths future self-injurious consequences of adolescent presentational concerns affecting athletic performance attentiveness and two significant psychological factors self-assurance East games and enjoy playing the game performance of literature. The literature despite the advances, limitations and future research, in addition to those mentioned, there are a number of areas. First of all, check this present self-national concerns and investigated the relationship between mental States game. We however, actual performance results of the effects of mental States game, check. Objective/subjective performance measures and psychological States of mind indicating a relationship between the abundance of research, this mediation regardless of mental States (such as those examined in this study) self-presentational concerns the relationship between the performance of different results to determine interesting. To this end, researchers spanning the course of future athlete's competitive season inquiries are encouraged to pursue. Second, the men used in the study sample, it concludes to a female teen population generalizable or not remains unclear. Athlete's mental States are male and female population, there are a variety of games, and different level of competition using self-presentational effects concerns, further research remains a worthwhile area. Along these lines, whether gender self-presentational/-game mental state moderates the strength of the relationship would be further investigation exploring the region Knowledge. Thirdly, given that the presentation concerns negative positive East game mind set (i.e., attentiveness and self-assurance) were associated with, and while positive (not quite) associated

with fear, Researchers should check the experimental self-presentational skills training, psychological interventions impact concerns inquiries are encouraged to pursue. As indicated above, imagery and goal setting training mastery and performance focused on teen, reducing concerns of itself and sank to East game mind set can be beneficial in increasing. Fourth, although we have a number of concerns it to damaging consequences, this self-presentational concern a certain degree can be beneficial for athlete performance possible. For example, somehow by a relevant (for example, coaches) is considered to be concern about the practice of motivation and skills continue to improve growth. Self-test possible tonal intentions present positive results and research would be beneficial.

5. Conclusion

With regard to the lack of association between self-presentation concerns and fear, it is possible that the experience of pre-game fear was grounded in concerns of a non-self-presentational nature not measured in the current study. For example, recent research has shown fear to be a multidimensional construct comprised of a number of different elements not assessed in the present investigation, including fear of performance failure, fear of injury or physical danger, fear of the unknown, and fear of negative evaluation. In summary, this study self-presentational concerns and investigated the relationship between mental States game. This check results for Broil self-emotional States will predict the former game presentational concerns some assistance. In particular, athletically untalented and mental concerns about appearing negative forbearance 52 attentiveness and with self-assurance. To force a result suggesting that coaches, Managers and mentoring promotes positive roles those ex-game sets in an effort to reduce concerns of self-goal of presentational. The findings also suggest further investigation teen game experience self-presentation examining the impact of concerns that warranted.

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