THE RELATIONSHIPS BETWEEN SELF-ESTEEM LEVEL, SELF-ESTEEM STABILITY, AND PERFORMANCE IN SOCCER-BALL-LIFTING TASKS

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Introduction

Athletes perform differently under pressure in sport competitions, and self-esteem is one of the important factors affecting individual differences. Athletes with unstable high self-esteem have self-doubt when they are faced with failure, whereas, those with stable high self-esteem can recover from their failure sooner (Seery et al., 2004). The purpose of this study is to examine the relationships between self-esteem level, self-esteem stability, and performance in soccer-ball-lifting tasks.
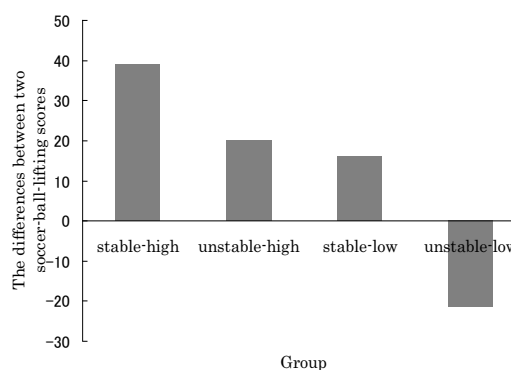
Methods

Twenty three undergraduate soccer players participated in this study. They filled out the Rosenberg Self-Esteem Scale (SES), the State-Trait Anxiety Inventory (STAI), and a cognitive appraisal of their task, and then were required to lift a ball for as long as possible. Their performances were measured in terms of the number of soccer-ball-lifts. The experiment was conducted over two days, and the participants were divided into four groups based on their SES score: stable-high, unstable-high, stable-low, and unstable-low. An analysis of variances (stability × level) was conducted for the differences between their two STAI scores, two cognitive appraisal scores, and two soccer-ball-lifting scores.

Fig 1. The differences between two soccer-ball-lifting scores in each group.

Results & Discussion

For the STAI, the main effect on the level was that it showed significant tendency. For the cognitive appraisal, there was significant tendency in the interaction between participants' stability and their level. For the soccer-ball-lifting scores, there were no significant effects or interaction, however, the number of soccer-ball-lifts increased the most in the stable-high group (see Fig. 1).

Conclusion

These findings suggest that the athletes with stable high self-esteem can recover from their failure sooner.

References

1. Seery, M. D. et al. (2004). *J PERS Soc Psychol,* 87(1): 133–145.