

DEVELOPMENT OF A SELF-PERCEIVED SOCCER COMPETENCE SCALE FOR JAPANESE COLLEGIATE SOCCER PLAYERS

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Introduction

Although researchers tried to develop many questionnaires to assess physical and sport related competence, no research was conducted to develop a scale which evaluates soccer players' competence as a soccer player. The purpose of this study was to develop a self-rating scale that would enable the measurement of the level of soccer player's self-perceived soccer competence.

Methods

The total of 228 Japanese male collegiate soccer players completed a questionnaire, which was composed of 60 items selected from a preliminary study. Exploratory factor analysis was applied to reveal a factor structure of self-perceived soccer competence. Participants were also asked to score their own ability as a soccer player out of a hundred. The players' score in their own soccer ability was used as a criterion variable.

Results & Discussion

Exploratory factor analysis revealed that the scale had 11 sub-scales: pass & control /decision making, understanding of tactics & leadership, speed, dribble skill, strength, defense skill, endurance, motivation, shoot & long kick skill, heading skill, agility. The scale contained individual ball techniques & group skill (pass & control /decision making, understanding of tactics & leadership, dribble skill, defense skill, shoot & long kick skill, heading skill), physical fitness (speed, strength, endurance, agility) and mental fitness (motivation), thus it seems that the scale covered enough area to evaluate a soccer player's self-perceived soccer competence. Additionally, the players displayed lower soccer ability score showed significantly lower evaluation in the self-perceived soccer competence scale comparing to that of the players displayed higher soccer ability score. This result suggests that criterion validity of the developing scale was confirmed.

Conclusion

The results of the self-perceived soccer competence scale would multi-dimensionally and precisely reflect Japanese collegiate soccer players' soccer competence.

References

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