

A STUDY ON NATIONAL-LEVEL ATHLETES PERCEPTIONS OF CORE SUPPORT LIFESTYLE AND CONFIDENCE LEVEL IN PERFORMANCE

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ABSTRACT:

Exploring national-level athletes' perceptions of core support lifestyle and confidence levels is vital for deepening our understanding of the complex factors that contribute to athletic success. This study examines how these athletes view lifestyle aspects and confidence in relation to their performance. A survey of 100 athletes participating in the Railway Meet was conducted, using Likert-scale questions to evaluate their opinions on nutrition, recovery practices, lifestyle choices, confidence, and the role of mental preparation in performance outcomes. The results reveal varied perspectives among athletes, underscoring the intricate nature of factors that affect performance at the national level.

Key Words: Confidence level, National-Level Athletes, Performance as Perceived.

INTRODUCTION:

In competitive sports, the interaction between athletes' lifestyle choices, core support systems, and confidence levels plays a crucial role in shaping their performance outcomes. Achieving excellence in sports requires a comprehensive approach that integrates physical training, mental toughness, and effective lifestyle management (Bostanci, Ö. et al 2019).

National-level athletes often face immense pressure to perform at their best while managing demanding training regimens, competitive pressures, and personal responsibilities. Within this framework, core support lifestyles—which include nutrition, recovery strategies, social support, and mental resilience—are key factors in determining athletic success (Feltz, D. L. 2007).

Research has consistently highlighted the significant impact of lifestyle factors on athletic performance. Proper nutrition is essential for fuelling the body, enhancing recovery, and maintaining peak physical condition. Sufficient rest and effective recovery practices are equally important for injury prevention and muscle repair and growth. Additionally, social support networks, including coaches, teammates, and family members, play a critical role in bolstering athletes' overall well-being and psychological resilience (Mateus, N. M. D. C. 2023).

Similarly, athletes' confidence levels are a crucial driving force behind achieving peak performance. Confidence not only affects how athletes perceive their abilities but also influences their response to challenges, adversity, and pressure-filled situations (Bostanci, Ö., et al 2019).

Studies indicate that athletes with high confidence levels tend to be more resilient when facing setbacks, stay focused under pressure, and consistently perform at a high level.

Despite the recognized importance of core support lifestyle and confidence, there is limited research examining how national-level athletes perceive these factors and their interrelationship. This study seeks to clarify athletes' views to better understand the dynamics that shape their lifestyle choices, confidence, and, ultimately, their performance outcomes.

HYPOTHESIS:

H1: It was hypothesized that there would be a significant effect of lifestyle and confidence level on the performance of national-level athletes.

RESEARCH METHODOLOGY:

This study utilizes a quantitative research approach to examine the connection between lifestyle, confidence levels, and performance among national-level athletes participating in the Railway Meet. The research is conducted using a survey instrument with Likert-scale questions, distributed to 100 participating athletes.

Sampling Procedure: A convenience sampling method was employed to choose participants from the group of national-level athletes in Railways.

Data Collection Procedure: The survey was conducted electronically, with athletes as the respondents. Participants were informed about the study's objectives and assured that their responses would remain confidential and anonymous.

Data Analysis: The quantitative data gathered from the survey responses were analyzed using relevant statistical methods.

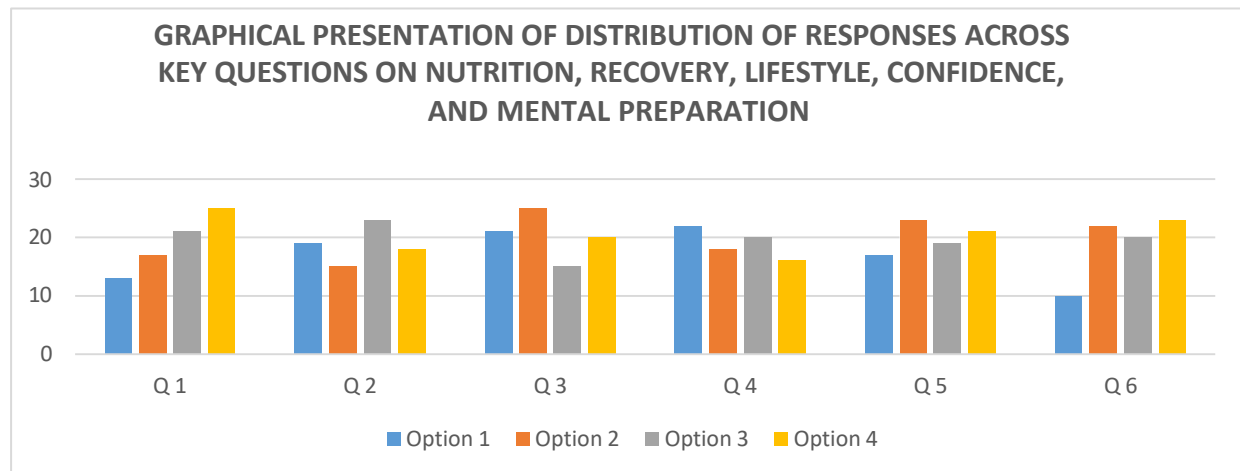
RESULTS:

TABLE NO. 1

DISTRIBUTION OF RESPONSES ACROSS KEY QUESTIONS ON NUTRITION, RECOVERY, LIFESTYLE, CONFIDENCE, AND MENTAL PREPARATION

Question	Option 1	Option 2	Option 3	Option 4	Option 5
1. Importance of nutrition in your athletic performance	13	17	21	25	24
2. Frequency of engagement in recovery and restorative practices after training sessions (1 - Rarely, 5 - Always)	19	15	23	18	25
3. Belief in the influence of lifestyle choices on overall performance as an athlete	21	25	15	20	19
4. Level of confidence before entering a competitive event (1 - Very Low, 5 - Very High)	22	18	20	16	24
5. Perception of confidence level's impact on performance during competitions	17	23	19	21	20

6. Extent of impact of mental preparation and confidence-building strategies on performance outcomes	10	22	20	23	25
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ANALYSIS OF RESULTS:

1. **Importance of Nutrition in Athletic Performance:** The majority of athletes (25%) rated the importance of nutrition as a 4 on the Likert scale, reflecting a strong acknowledgment of its significance. A considerable percentage (21%) rated it as a 3, suggesting a moderate level of importance. Only 13% of athletes deemed it of very low importance (Option 1), whereas a substantial portion (24%) recognized it as extremely important (Option 5).

2. **Frequency of Engagement in Recovery and Restorative Practices:** The most frequent response was a rating of 3 (23%), indicating a moderate level of engagement in recovery practices. A significant number of athletes (25%) reported engaging in recovery practices consistently (Option 5). Conversely, a smaller proportion (15%) stated they rarely participate in such practices (Option 1).

3. **Belief in the Influence of Lifestyle Choices on Overall Performance:** A significant percentage (25%) strongly believed that lifestyle choices have a major effect on their overall performance (Option 5). In contrast, 15% had a lower belief in this impact (Option 3). Around 21% rated it as a 1 or very low belief, reflecting some variation in opinions.

4. **Level of Confidence before Entering a Competitive Event:** The most common response was a high level of confidence (22% rated Option 4), highlighting the athletes' positive self-assessment. Additionally, a notable percentage (24%) reported very high confidence (Option 5). A smaller group (16%) expressed very low confidence (Option 1).

5. **Perception of Confidence Level's Impact on Performance during Competitions:** The majority of athletes (23%) felt their confidence level significantly affects their performance (Option 2). Responses were fairly balanced among Options 3, 4, and 5, showing diverse views on the link between confidence and performance.

6. **Extent of Impact of Mental Preparation and Confidence-Building Strategies on Performance Outcomes:** A notable portion (25%) recognized a high impact

of mental preparation and confidence-building strategies on their performance (Option 5). A significant number (23%) saw a moderate impact (Option 4). A smaller group (10%) perceived a very low impact (Option 1).

The study investigates athletes' views and attitudes regarding lifestyle and confidence in relation to their performance. It highlights that nutrition and recovery practices are important factors, with many athletes recognizing their significance. However, opinions differ on how lifestyle choices affect performance. Most athletes report high levels of confidence before competitions, reflecting mental resilience. Additionally, the study examines how mental preparation and confidence-building strategies impact performance outcomes, with differing perceptions of their effectiveness.

CONCLUSION:

This study offers valuable insights into national-level athletes' perceptions of lifestyle factors and confidence levels in relation to their performance. The findings highlight the complex nature of athletic performance and the interaction between physical, psychological, and environmental factors. Understanding athletes' views and attitudes on these aspects allows coaches, sports psychologists, and support staff to customize interventions and support mechanisms to enhance both performance and overall well-being. The study emphasizes the need for a holistic approach to athlete development, integrating physical training, psychological preparation, and lifestyle management. Future longitudinal studies and targeted interventions could further clarify the evolving relationship between lifestyle choices, confidence levels, and performance outcomes, providing a deeper understanding of the elements that drive athletic excellence at the national level.

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