Social Support Role Model of Performance in Swimming Athlete: A Self-confidence Mediator

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Abstract: This study aims to examine the theoretical model of social support role to the performance of swimming athletes through the mediator of self-confidence. The hypothesis of this research is the theoretical model used to measure the athlete performance through self-confidence mediator with empirical data. The population of this study included swimming athletes who joined the fun swimming championship 2019 in Yogyakarta. Sampling technique used in this study was purposive sampling. Samples in this study were 30 athletes consisting of athlete in the age of 10-12 years old. The data were collected through scale and documentation. The data were then analysed using SmartPLS program to test the suitability of the measurement model with existing data in the field. The results showed Goodness of Fit (GoF) values of 0.271 which might be used as a model used to measure individual performance through self-confidence mediator in accordance with empirical data. The test results showed that the social support role model was direct, positive and significant to athlete's performance and there was a significant role model of social support for the employee through the mediator of self-confidence. In conclusion, the effects of social support role model upon performance were therefore only apparent when the attention was focused on the components of performance.

1 INTRODUCTION

Social support has a significant factor in maintaining physical health and psychological health (Malinauskas, 2008) (Holt & Hoar, 2006). Social support or social interaction on positive outcomes, represent a positive athlete social experience (Bianco & Eklund, 2001). This support which may come from coaches, teammates, family, friends, and staff is considered to affect athletes' cognitive, emotional, and behavioural aspects in a positive (Rees, 2007). Coaches, considered by their players to provide high social support, have players who perceived greater task cohesion in their teams (Westre & Weiss, 1991). Perceived support plays a significant role both for sport performance and for psychological health outcomes, such as low levels of burnout (Rees, 2007) (Rees & Freeman, 2010) (Tsuchiya, 2012). As such, perceived support has commonly been measured in research examining social support within a sport context.

In addition, to the perception of social support, more recently, researchers have moved their focus onto an exchanged social support, which is called received support. Received support is defined as the actual receipt of social support reported by a recipient (Rees, 2007). Received support has been reported, mostly in the interviews with athletes, as a significant factor in athletes' self-confidence, performance improvement, in dealing with negative psychological states due to injury in competitive stressors, and organizational stressors (Rees & Freeman, 2010) (Hays, Maynard, Thomas, & Bawden, 2007) (Carson & Polman 2012) (Weston & Thelwell, Bond, & Hutching, 2009) (Kristiansen & Roberts, 2010).

Confidence is a quality found in many aspects of society. Recent research has shown that success has affected the level of confidence in which can also affect success. Elite athletes have revealed that confidence affects their performance through their thoughts, behaviour, and feelings (Hays, Maynard, Thomas & Bawden, 2007). Subjective performance and confidence were statistically significant and

positively correlated (Bell & Poul, 2009). The world of sport recognizes the importance that confidence has on success (Cox, 2007).

The sources of sport confidence identified by the athletes were categorised into nine global dimensions representing preparation, performance accomplishments, coaching, social support, innate factors, experience, competitive advantage, trust and self-awareness. The role of the coach in the form of social support for the athlete is very important, in the environment of swimming sports the reality on the field of the coach becomes a central figure. One of the functions of sport psychology over 80 years ago was that experienced and successful coaches and athletes be systematically studied for the purposes of identifying the psychological principles they employ, so that these principles can then be disseminated to inexperienced and less successful coaches and athletes. Few studies have explored sport confidence in World Class sport performers; although there is evidence to suggest that these athletes derive confidence from mental and physical training and performance accomplishments (Cox, 2007) (Landy & Conte, 2007).

2 METHODS

The subject of this research is the swimming athletes in Yogyakarta Special Region province, which joined the Swimming Fun Championship 2019. The total population of the swimming athlete is 78 people consisting of 33 males and 45 females from 12 swimming clubs. This present study employed purposive sampling technique. The samples in this study were 30 athletes consisting of athletes in the age of 10 to 12 years old (FINA, 2017). Before conducting further research, the participants were first required to fill out a letter of willingness to be involved in this research.

In this study, the data were collected through instruments investigating athlete's performance at Swimming Fun Championship 2019, which then included in data documentation by the researchers. In addition, this research instrument also used both a self-confidence scale and social support model for collecting data. The questionnaire consists of 45 items divided into 21 items measuring social support and 24 item concerning self-confidence. The statement in the questionnaire include four choices of answers, namely VA (very appropriate), A (appropriate), NA (not appropriate), and VNA (very inappropriate). The scoring system for each statement is different. A favourable statement, the

answer score will move from number 4 for VA, 3 for a, 2 for NA san 1 for VNA, whereas in the unfavourable statement, the answer score will move from number 1 for VA, 2 for A 3 for NA and 4 for VNA.

All the statements in the questionnaire refer to the variables in this research that is self-confidence and social support model (Landy & Conte, 2007). The aspects of social support refer to the theory put forward by Landy and Conte (2007) including appreciation, informative, emotional and instrumental. Social support in this study is expressed by the scale of social support. The higher the score obtained by the subject, the higher the social support. On the contrary, the lower the score obtained by the subject, the lower the social support. In addition, the aspects of self-confidence refer to the theory put forward by Lauster (1992) which includes optimism, confidence in one's ability, objective, consequence, rationality and reality. Self-confidence in this study is expressed by the scale of self-confidence. The higher the score obtained by the subject, the higher the self-confidence. In contrast, the lower the score obtained by the subject, the lower the self-confidence. Meanwhile the performance athlete used the result on 50 m and 100 m freestyle at swimming fun championship 2019.

After all the data were collected, they were processed with descriptive statistical techniques using SPSS 16 for windows program. Meanwhile for the data analysis by using PLS (Partial Least Square) in which the processing was done by Smart PLS 3.0 program to test suitability of measurement model with existing data in field.

3 RESULT AND DISCUSSION

The data collected for the study were analysed using SPSS 16 for Windows to get a general description of the respondents' data. Furthermore, to test the suitability of measurement model with existing data field will use SmartPLS program. The result of the data is presented below.

Tabel 1: Result of composite reliability for self-confident, social suport and performance

	Cronbach's Alpha	Rho_A	Composite Reliability	AVE
Self-confident	0.902	0.902	0.915	0.403
Social suport	0.951	0.949	0.956	0.548
Performance	1.000	1.000	1.000	1.000

The research variable is considered reliable if the composite reliability value is greater than 0.70. Based on the above results note that all variables have passed the reliability test.

Tabel 2: Result of Goodness of Fit (GoF)

	Saturated Model	Estimated Mo
SRMR	0.202	0.202
d_ULS	25.726	25.744
d_G	22.369	22.359
Chi-Square	1,868.841	1,869.480
NFI	0.271	0.271

The test results show the value of Goodness of Fit (GoF) of 0.271, so it can be concluded that the theoretical model that describes the role of social support to the achievement of the athlete through the mediator of self-confidence fit with the empirical data. The results of data analysis are explained below.

The influence of social support for athlete's performance showed r = 0.767 with *p*-value = 0.000. Meanwhile, based on the output of data analysis, the estimation model of the social support has a significant and positive effect on the self-confidence. Therefore, it can be concluded that the model of social support positively to the performance of swimming athletes.

Similarly, the influence of self-confidence to swimming athletes' performance showed r = 0.538 with *p*-value = 0.000. Meanwhile, based on the output of data analysis, the estimation of the role of self-confidence positively and significantly contributed to the performance of the athlete. Then, it can be concluded that self-confidence positively contributes to the performance of swimming athlete.

Likewise, the influence of social support to the performance of swimming athlete through mediator of self-confident resulted with r = 0.412 with *p*-value = 0.000. Meanwhile, based on the output of data analysis, the estimation of the influence of the nurturing model positively and significantly contributes to the performance of the athlete through the mediator of self-confidence. Therefore, it can be concluded that the model of social support plays a positive role in the performance of the athlete through the mediator of self-confidence.

From these results, it is indicated that the variables of the study with the greatest influence is self-confidence with r= 0.538.

4 CONCLUSION

The results show that the social support role model plays a direct, positive and significant influence to the performance of the athletes, and there is a significant social support role model to the performance of the athletes through the self-confidence mediator. Social support positive has been proven to improve the performance of the swimming athletes. The coaches then must be alert and aware of the level and manner of their engagement so that the experience of their athletes in the sport context will be positive. The researchers also found that aquatic athletes rely on parental support to be able to participate and develop their sporting potential. With appropriate parenting support, the athletes will gain achievement motivation that will make him or her achieve maximum performance. Based on the result of this study, the appropriate model of social support is appreciation in which the athletes will have optimism, confidence in one's ability, objective, consequence, rationality and reality. These characteristics are the characteristics of self-confidence that can determine the success of the athlete to have maximum performance.

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